

Special Thanks To,



new balance

&

M-F Athletic Co

For Their Support and Help

Clinic Room Discount

You may wish to stay overnight on Friday March 16, 2012 at the Marlborough Royal Plaza Best Western Hotel in Marlborough, Ma. To help we have reserved a limited amount of rooms at a discount rate. To obtain this discount rate call the Marlborough Royal Plaza Best Western Hotel at 508-460-0700 and ask for the New England Track Clinic room discount.

MSTCA MEMBERS BENEFIT

2011-2012 MSTCA paid members attending the Saturday MSTCA general meeting at this year's New England clinic will receive a free boxed lunch. 2011-2012 membership card must be present.

For Clinic Updates

Go To: www.mstca.org

Clinic Registration If you are a paid MSTCA member will you be attending the General Meeting? Y / N

1 Registration Per Form Do You Plan to Attend Pole Vault Certification? Y / N

Male Female Email

NAME Phone ()

Home Address

City State Zip

School Affiliation State

**\$85 for 2011-2012 Paid MSTCA Members, \$95 For Non-MSTCA Members
Registration at Clinic \$110 For All!**

Mail To:

N.E. Track Clinic
C/O Cindy & Bill Tilden
PO Box 1115
Marion, Ma. 02739

No Purchase Orders

Registration Form Due

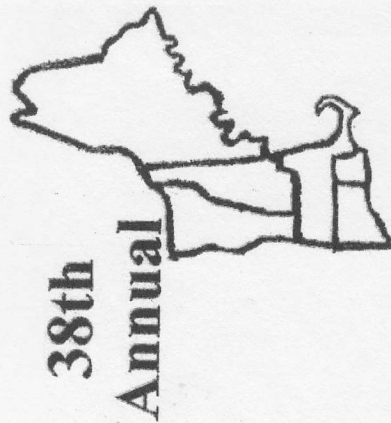
March 9, 2012

Check Made out to: MSTCA

Check Must Accompany

Registration Form

No Refund After Due Date



38th

Annual

**New England
Track & Field
Clinic**

**Presented By The
Massachusetts State
Track Coaches
Association
(MSTCA)**

**Marlborough Royal Plaza
Best Western Hotel
181 Boston Post Road West
Marlborough
Massachusetts**

**Friday & Saturday
March 16 & 17, 2012**

CLINIC SCHEDULE

Friday, March 16, 2012

- 3:30-8:30 Registration & Merchants
- 4:00-5:45 Pole Vault Certification
- 4:30-5:30 Lindeman: An Approach to Coaching Today's Kids
- 6:00-7:15 Lasorsa: Discus training & Drills
- 6:00-7:15 Collin Peddie: It's All in Your Stride
- 6:00-7:15 Valmon: Relays
- 7:30-8:45 Freeman: XC Coaching & Training
- 7:30-8:45 Strawderman: PV Technique for Beginners
- 7:30-8:45 Seagrave: Developing Sprints/Hurdles Warm-up Coaches & Clinicians Social
- 9:00-11:00 Saturday, March 17, 2012
- 7:00-10:00 Registration (Merchants till 3:45)
- 7:00-8:30 Clinic Breakfast (served till 8:30am)
- 8:00-9:15 Freeman: Truth in Team Building
- 8:00-9:15 Lasorsa: Javelin
- 8:00-9:15 Seagrave: Hurdling & Drills
- 9:30-10:45 Lindeman: Art of Coaching High Jumpers
- 9:30-10:45 Strawderman: PV Drills
- 9:30-10:45 Valmon: 400m Training
- 11:00-12:15 Lindeman: Training for Multi Events
- 11:00-12:15 Freeman: 1 & 2 Mile
- 11:00-12:15 Seagrave: Sprinting & Drills
- 45 Minute Lunch Break
- 12:20-12:50 (MSTCA Members Meeting & Luncheon)
- 1:00-2:15 Lindeman: Keys to Longer LJ & TJ Jumping
- 1:00-2:15 Lasorsa: Shot Putting & Drills
- 1:00-2:15 Valmon: 800m Training
- 2:30-3:45 Freeman: TBA
- 2:30-3:45 Seagrave: 400m Hurdles

Directions to the Royal Plaza Best Western Hotel

From CT & Points South: Connect to I-95 North, Take Exit 24B. Go about 1 mile hotel is on your right.

From NY & Points South: Connect to I-90 (Mass Pike) East to I-495 North, Take Exit 24B. Go about 1 mile hotel is on your right.

From Maine & Points North: South to I-495 South, Take Exit 24B. Go about 1 mile hotel is on your right.

For Clinic Updates Go To:

www.mstca.org

CLINICIANS

Andrew Valmon: The 2012 Olympic Men's Head Coach and a 2 time Olympian himself in 1988 & 1992. Coach Valmon has been the Head Coach at Maryland since 2003. Besides coaching many of our countries best T & F athletes Andrew has coached the club and High school athlete and will share some of the secrets that coaches will enjoy listening too. Go USA!!!!

Will Freeman: Head Coach at Grinnell College in Iowa and former chairman of the USATF's Coaches Education Program. He is called a "Teacher of Coaches" by many who have attended his sessions. Many of today's top distance coaches use his lectures to improve their training programs. Many of his DVD's are some of the most popular for coaches, so hear from the man himself on things that will help you develop your distance runners.

Sharon Seagrave: 2 time U.S. Olympian and presently an assistant coach in charge of sprints & hurdles at the University of Tennessee. Sharon has spoken at many clinics around our country which have been described as very informative and entertaining. Coach Seagrave has worked with many a high school sprinter on her way to becoming one of this country's finest female coaches. Her sessions will help all coach in developing their athletes in the sprint events.

Rob Lasorsa: Rob has been the U.S. National Throws Chairman and has coached athletes from around the world. He has been the U.S throws coach for the World Championships and Pan-American Games. Many coaches asked for us to bring Rob back as his sessions are always a clinic favorite as he keeps it basic and always draws a crowd.

All Massachusetts State Track Coaches Paid Members attending the Saturday MSTCA General Meeting at the clinic will receive a FREE boxed lunch. Please check off on the registration form if you will be attending. Membership card needed!!

Ralph Lindeman: The USA Olympic multi-events coach and Head Coach at the U.S. Air Force Academy. When it comes to coaching the multi-events there is no one better than Coach Lindeman. Ralph has spoken at many clinics around the world and will share his knowledge that you will be able to use in the simplest terms for athletes of all abilities to understand.

Colin Peddie: A former high school All-American. After college he made his mark on the road race scene with PR's of 28:18 for 10k and 47:44 for 10 miles. Colin's sessions center on biomechanics. In 1992 he purchased Marathon Sports Stores and now helps educate many health practitioners, coaches and customers on the virtues of Right Fit.

Mark Strawderman: Without question one of the USA's foremost experts in pole vault. Mark will explain everything you need to know for coaching drills to technique. Mark was a 3 time All-American in pole vault and has spoken at clinics around the world.

*The MSTCA is not responsible for the withdrawal of any Clinician, but will make every attempt to find a suitable replacement. (MSTCA) Massachusetts State Track Coaches Association.

If Attending Pole Vault Certification

Full Clinic Fee Applies