

Do It Clinic A Resounding Success

The **2012 Do It Clinic** was held at the Reggie Lewis Center on December 2nd. With the numbers lower than previous years, the boys & girls were able to get more individualized attention from the Clinicians, who presented a diverse, inter-active program. Subsequently, the response & feedback was tremendous from the athletes, coaches, and parents who attended this 'free for MSTCA members' event.

Clinicians included MSTCA Hall-of-Famers Bill Jennings, Tom Meagher, Joe Tranchita, John Carroll, Billy O'Connor, Kevin Maloney, Mike Glennon, Steve Gardiner of UMass-Dartmouth, Dale Snyder, and Rick Kates. Also returning to present were Isaiah Houtman (hurdles), 3:53 miler Said Ahmed, Mike Donahue (shot put), NCAA champ Jacqui Barrett (shot put), Nicole O'Neil (high jump), Dick Sullivan of Babson (sprint drills), Jerry Espinosa (off season conditioning), NCAA All-American Nate Hunter (shot put), Joe Patrone (high jump), Livvy Kates (distances), Pat O'Connor (pre-race routine), RLC Director Keith McDermott (long jump), and the always popular Jake & Rich Kennedy of Kennedy Brothers Physical Therapy (injuries). Special guests included Adam Stuhlfaut ("Sev's Cone Drills"), Sumner Fletcher ("Yoga For Runners"), and Byron Gartrell of Marathon Sports, who each joined our all-star roster this year.

Additionally, thanks to Steven Infascelli for his outstanding assistance, Keith McDermott and Nancy Sheehan-Curran of the RLC, and of course, MSTCA Executive Director Frank Mooney.

A great day of instruction in track & field for 21schools and 308 athletes!

Lou Tozzi
Do It Clinic Director