

**2019 MSTCA
“Do it Clinic” Registration Form**

School: _____ **Coach’s Name:** _____

Coach’s/ Phone/cell phone (not school phone) _____

***Coach’s E-mail** _____ **MSTCA Member?** **yes** **no**

NOTE: Do It Clinic is **free** to members: \$50 per team fee - non-members

Boy’s Team ____ **Girl’s Team** ____

Staff / Clinicians : Frank Mooney, Sotirios Pintzopoulos, Joe Patrone, Fred Doyle, Mike Bower, Keith McDermott, Peter Molloy, Joe Tranchita, Nicole O’Neil, Kennedy Brothers Physical Therapy, Ina Krueger, Mike Donahue, Tommie Campbell, Jacqui Barrett, Rick Kates, Bill Jennings, John Carroll, Dick Sullivan, Patrick O’Connor, Jackie Bachelder, and more! **Special Guests** = Matt Ellis of Primal Athlete Training Center, and Brendan Shea of Shea Training Systems, who have led seminars @ our MSTCA Coach’s Spring Clinic. Also, Marathon Sports apparel sale on site!

Events Offered: shot put, high jump, triple jump (new this year) relays, hurdles, sprints, mid-distance, distance, long jump, special interest seminars/inter-active workshops, including core strength training, flexibility & strength training, , plyometrics, speed drills, weight training, yoga for runners, injury prevention topics and much more!!!! ALSO “Mobility Impaired” session focusing on disabilities, including physically challenged athletes or wheelchair bound... (Special Presenter = Mr. Joe LeMar, please indicate on attached form)

Entry Fee: Free For MSTCA Members! Non-members = \$50 per team (boys/girls). Check web-site @ mstca.org).

Athlete’s Level of Ability: 1) Beginner (*absolutely new at the event*)
2) Novice (*done the event but needs work*)
3) Intermediate (*pretty good at the event, scorer*)
4) Advanced (*state meet level performer*)

Note: Limit of only six (6) entries per team maximum, each (i.e. boys / girls) in the ‘Sprints’ (dash only) for Beginner and Novice levels of ability!

Also: You **must** pre-register for the physically challenged sessions by Wed.12 /04....no exceptions please. SEE ATTACHED FORM below

