2019 MSTCA "Do it Clinic" Registration Form

School:	Coach's Name:
	t school phone)
	MSTCA Member?yesno members: \$50 per team fee - non-members
Boy's Team Girl's Team	
Staff / Clinicians : Frank Moor	ney, Sotirios Pintzopoulos, Joe Patrone, Fred
Doyle, Mike Bower, Keith McD	Dermott, Peter Molloy, Joe Tranchita, Nicole
O'Neil, Kennedy Brothers Phys	sical Therapy, Ina Krueger, Mike Donahue,
Tommie Campbell, Jacqui Barro	ett, Rick Kates, Bill Jennings, John Carroll,
Dick Sullivan, Patrick O'Conn	nor, Jackie Bachelder, and more! Special
Guests = Matt Ellis of Primal A	thlete Training Center, and Brendan Shea of
Shea Training Systems, who h	ave led seminars @ our MSTCA Coach's
Spring Clinic. Also, Marathon S	ports 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

Please PR	INT you	r athlete's	name,	the eve	•		e Clinic , an
their "	ability	level"	on	this	form	only	
DECEME	BER 8TH	H: PLEAS	E ARI	RIVE N	O LATER	R THAN 9):15 AM!
Athlete's	<u>Name</u>		Eve	<u>ent</u>			Level

** Reminder; you must Pre-register early by 12/04 for physically challenged athletes.

SUBMIT BY E-MAIL ONLY!!!

Event is Sunday December 8th from 9:15 – 2:15 TO: Lou Tozzi - Clinic Director LP.TOZZ @gmail.com 781 837 5185

NOTE: Form must be completed & submitted by team's **Coach**, **NOT** an athlete No Exceptions!

You will get an e-mail confirmation if accepted

Deadline is now FRIDAY, December 6th, 2019, 7 PM