

**2017**  
**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

**Boys' Team** \_\_\_\_ **Girls' Team** \_\_\_\_

**Staff/Clinicians:** Joe Patrone, Quran Hodge, Tom Meagher, Keith McDermott, Dick Sullivan, Tim Broe, Michelle Bell, Nicole O'Neil, Isaiah Houtman, Mike Miller, Kennedy Brothers Physical Therapy, Fred Doyle, Ina Krueger, Pat O'Connor, Kristen Pollizotto, Mike Donahue, Ted Norton , Jacqui Barrett, 5 MSTCA Hall-of-Famers, & many more!

**Events offered:** shot put, high jump, relays, hurdles, sprints, mid-distance, distance, long jump, special interest seminars / inter-active workshops, including core strength training, flexibility & strength training, motivational strategies, plyometrics, speed drills, yoga for runners, injury prevention topics and much more ! ! ! ! ALSO "Mobility Impaired" session focusing on disabilities, including physically challenged athletes or wheelchair bound. (Please indicate both on attached form). Special Presenter = Mr. Joe LeMar. **Entry Fee: Free For MSTCA Members! Non-members = \$50 per team** (boys/girls). However : Any team that registers **after** November 30<sup>th</sup> , 4PM will be subject to a \$50 late fee **per team** ( boys \$50 , girls \$50 ) (**IF there is room ... 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*)  
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. November 11/29 ....no exceptions please. SEE ATTACHED FORM

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