

## MSTCA “Do It” Clinic Information Sheet

**Date:** Sunday, December 4, 2016

**Place:** Reggie Lewis Track and Athletic Center

**Schedule:**

9:00 to 9:40 post-registration

9:40 to 9:55 welcome, introductions and directions (event **program** supplied)

10:00 to 1:55 clinic instruction and seminars (sessions are 50 minutes long)

2:00 wrap-up, prizes & famous MSTCA raffle (expanded this year!)

**Note:** athletes are responsible for their own snacks / lunch

**Key Clinicians:** Five MSTCA Coach’s Hall of Fame members, plus Fred Doyle, Joe Patrone, Tim Broe, Kennedy Brothers Physical Therapy, Isaiah Houtman, Nate Hunter, Nicole O’Neil, Mike Donahue, Michelle Millane, Keith McDermott, Dick Sullivan, Jacqui Barrett, Dr. Tim Hilliard, Tom Meagher, Quran Hodge, Patrick O’Connor, Summer Fletcher, Ina Krueger, and much, much more ! !

**Special Guest:** Stacey Dragila – World & Olympic Champion Pole Vault.

**Events/Topics Being Coached:** shot put, hurdles, relays, high jump, sprints, sprint starts, mid distance, distance, long jump, pole vault, injury prevention, core strength training, off-season conditioning, yoga for track & field, drills, plyometrics and more! Added again this year = “Mobility Impaired” session for physically challenged athletes, led by Para -Olympic champion / MSTCA E-Board member Mr. **Joe LeMar**.

**Every athlete will participate in one event/category only.** Each event / group has **4 different** sessions connected to it related to the specific event of the athlete.

For example: high jump = #1 technique, #2 drills and approach, #3 weight work and plyometrics , and #4 injury prevention /seminar. **NO SPIKES!**

**Cost To Athlete:** Pre-registered = **free** for MSTCA member coaches; Non-members = \$50 per team w/ boys & girls team’s separate. (Checks payable to MSTCA). (IF there is room). **NO** registration ‘at the door / day of’! **Limitations:** Each group will average 8 to 15 athletes. Only those registered athletes will be allowed to participate. If you wish to participate you NEED to register early!! After 12/01 a LATE FEE of \$50 will apply per team! See enclosed form on next page to be forwarded by E-Mail only to:

Lou Tozzi @ [LP.TOZZ@gmail.com](mailto:LP.TOZZ@gmail.com). We need your help in getting these forms in by **Thursday, December 1, 2016 @ 6PM**. We are expecting huge numbers and pre-registration is required. Please check *mstca.org* for acceptance.

*Accepted / Registered teams will be posted on [mstca.org](http://mstca.org) by Friday 12/02, 6PM, and you will receive a phone call or e-mail from the Meet Director by Wednesday 11/30.*

**Lou Tozzi** MSTCA “Do It” Clinic Director 781 837 5185, 617 947 1031 (cell)

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