

# **M.S.T.C.A.**

## **“DO IT CLINIC”**

The MSTCA is sponsoring our second annual “do it” track and field Clinic on Saturday, December 10, 2005 at the Reggie Lewis Center. Our staff will include keynote speaker Benn Fields, the USA Olympic Trials winner in the high jump @ 7’5” in 1980.

We have gathered a great group of clinicians, athletes and coaches to work with your squad during this clinic. This event will be limited (see the package) as you **MUST** pre-register your athletes, either by mail or e-mail. Once we are filled the event will be closed. See [mstca.org](http://mstca.org) (our website) to find out if your entry is accepted.

Registrations will be accepted on a first come-first served basis only. If your entry is accepted you must be on time and you will receive a packet with information and identification tags for your athletes, beginning with the introductory meeting scheduled for 9:00 in the gym. You will be given maps of the facility explaining where each activity will be held, to aid you in helping us move the athletes from one station to another.

Please remind your athletes t-shirts will be sold for \$10. We need this income to help defray the cost of the clinic. At the conclusion of the day, we’ll give away a large number of prizes in our raffle. Hope to see you there!

*Lou*

Lou Tozzi  
MSTCA Executive Board

# MSTCA Do It Clinic Information Sheet

**Date:** Saturday, December 10, 2005  
**Place:** Reggie Lewis Track and Athletic Center  
**Schedule:** 8:00 to 9:00 post-registration  
9:00 to 9:30 welcome, introductions and directions  
9:30 to 1:15 clinic instruction and seminars (sessions will be 45 minutes long)  
1:30 to 2:00 Benn Fields motivational speech, autographs/photos with clinicians

**Key Clinicians:** Olympic Trials qualifier Jeff Chakouian, Nike's Fred Doyle, America East hurdle champ Luis Moreira, Bally Total Fitness staff, MSTCA Hall of Fame staff

Events being coached: shot put, hurdles, relays, high jump, long jump, sprints, mid distance, distance, injury prevention, core strength training, weight room and more!

Every athlete will participate in one event only, example: Shot Put  
Each event has 4 sessions connected to it.

For example: shot put,  
#1 technique,  
#2 medicine ball drills and core work,  
#3 weight room for throwers and  
#4 unassigned (visit merchants, attend seminars)

**Cost to athlete:** pre-registered: free, post-registered: \$10 (checks payable to MSTCA). Last year we had over 600 athletes in this clinic. If we get too many the registrations will be closed.

**Limitations:** 80 athletes for LJ, HJ, Shot. 100 athletes for Hurdles, sprints, mid-distance and distance groups. Each group will average 20 to 25 athletes. Only those registered athletes will be allowed to participate. (Others may watch and listen but not participate.) This will allow the coach to handle only 20 to 25 athletes per session. If you wish to participate you NEED to register early! See enclosed form.

We strongly encourage you to inform your athletes that t-shirts will be sold at \$10 each.

We need this revenue to help defray the cost of putting this event on.

We need your help in getting these forms to us by **December 5, 2005**. We are expecting huge numbers and pre-registration is strongly suggested. Please check our site: **mstca.org** for acceptance and further details.



