

2024 MSTCA “Do it Clinic” Registration Form

When: Monday December 30th from 9:30 – 1:00

Where: Reggie Lewis Center, Boston

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 : \$75 per team **fee** - non-members

Boy’s Team _____ **Girl’s Team** _____

Staff / Clinicians : John Byrnes , Fred Doyle , Mike Bower , Keith McDermott , Graham Eaton , Nicole O’Neil , Mike Donahue , Tommie Campbell , Michelle Bell , DJ Brock , Steve Gardiner , Mike Glennon , Nellie Moore , Mary Ellen Kelly, & more ! **Special Guests :** Rich Kennedy of Kennedy Bros. Physical Therapy , Samirah Moody, the USC record holder @60m , plus all-time great distance runner Mary Cobb. ALSO , **seminar & classroom** sessions for **wheelchair / handicapped** student-athletes w/ Mr. Joe LeMar of the MSTCA / “Adaptive Sports”.

Events Offered: shot put, high jump, triple jump, hurdles, sprints, mid-distance (600-1000), distances, 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 !!(note: pole vault NOT offered). ALSO “Mobility Impaired” (see above) sessions 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 = \$75 per team** (boys/ girls separate fee). **check web-site @ mstca.org**).

Athlete's Level of Ability:

- 1) Novice (*done the event but needs work*)
- 2) Intermediate (*pretty good at the event , scorer*)
- 3) Experienced (*Div./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 the Novice level of ability !

Also: You **must** pre-register for the "physically challenged" sessions by Thursday 12 /26....no exceptions please. SEE ATTACHED FORM below

Please PRINT your athlete's name, the event they will do at the **Clinic**, and there ability level on this form only. **Please arrive no later than 9:30 on Dec. 30th.**

<u>Athlete's Name</u>	<u>Event</u>	<u>Level</u>

**** Reminder ;** You must Pre-register early by 12/26 for "physically challenged" athletes.

SUBMIT BY E-MAIL ONLY !!!

TO : Lou Tozzi - Clinic Director
LP.Tozz@gmail.com
617 947 1031

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 Tuesday , December 26th, 2023, 7 PM