

# Massachusetts State Track Coaches Association

[www.mstca.org](http://www.mstca.org)

Linda Rowbotham, President  
Matthew Griffin, Vice-President

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## 2023 MSTCA “Do It” Clinic Registration Form December 29, 2023 @ Reggie Lewis Center

### 2023 Clinicians:

Joe Patrone  
Fred Doyle  
Mike Bower  
Keith McDermott  
Peter Molloy  
Nicole O’Neil

Mike Donahue  
Steven Keyes  
Tommie Campbell  
Michelle Bell  
John Byrnes  
Graham Eaton

Steve Gardiner  
Mike Glennon  
Nellie Moore  
Paul McGovern  
Joe LeMar

### Special Guests:

Rich Kennedy

Samirah Moody

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### Events Offered:

Field Events: Shot Put, High Jump, Triple Jump, Long Jump

Running Events: Hurdles, Sprints, Mid-Distance, Distance

Electives: Core Strength Training, Flexibility, Yoga, Injury Prevention, and more

Mobility Impaired: Event-specific sessions

### Additional Details:

- The Clinic will begin at 9:30 am and conclude at 1:30 pm. Please make sure to arrive by 9:15 am.
- The Clinic is free to schools whose coach is a current MSTCA member. The cost of the Clinic is \$75 for schools whose coach is not a current MSTCA member.
- To register, coaches should email the 2nd page of this form to both Lou Tozzi [lp.tozz@gmail.com](mailto:lp.tozz@gmail.com) and Fred Doyle [mstca.events@gmail.com](mailto:mstca.events@gmail.com).
- The deadline to register athletes in the Mobility Impaired sessions is 7 pm on Friday, December 22, 2023.
- The final registration deadline is 7 pm on Tuesday, December 26, 2023.

