

**2021 MSTCA
“Do it Clinic” Registration Form**

School: _____

Coach’s Name: _____

Coach’s/ Phone/cell phone (not school phone): _____

Coach’s Email: _____

MSTCA Member (please check one): ___ YES ___ NO

Boy’s Team ___ **Girl’s Team** ___ **Both Teams** ___

Events Offered:

- Field Events: shot put, high jump, triple jump (new), long jump
- Running: hurdles, sprints, mid-distance, distance,
- Electives: interactive workshops including core strength training, flexibility & strength training, , plyometrics, speed drills , yoga for runners, injury prevention and alternative workouts
- MobilityImpaired/Physically challenged sessions focusing on disabilities

For additional information please check our website 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 ,scorer*)

Mr. Kent Taylor, MSTCA Media Director, will be on site filming athletes/sessions.

Please note, there is a limit of six (6) entries per team, each gender in the ‘Sprints’ (dash only) for Beginner and Novice levels of ability!

You must pre-register for the physically challenged sessions by Wednesday December 1, 2021.

Please complete the application below and submit to Fred Doyle, MSTCA Special Events Director, at doyleteamsports@gmail.com

