

MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

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www.mitca.org

Benjamin Watson/Rockford
President/Track Clinic '14
bwatson@rockford.k12.mi.us

Dean Blackledge/Hanover-Horton
1st V. President/Track Clinic '15
dean.blackledge@hanoverhorton.org

Angelina Bauer/Saugatuck
2nd V. President/CC Clinic '13
abauer@saugatuckps.com

Scott Werner/Pewamo-Westphalia
Secretary/CC Clinic '14
srwerner1@gmail.com

Jerry Lasceski/Retired
Treasurer/mitcatreas@airadv

David Emeott/East Kentwood
Political Action
david.emeott@kentwoodps.org

Jim Murray/Brandywine
Newsletter-Vendor Liaison
murrayjim0@gmail.com
FAX (269) 687-8316

Mike Dennisuk/Woodhaven
Cross Country Comm. Chair
dennism@wbsdweb.com

Jeff Schember/Caro
Track & Field Comm. Chair
jschember@ggmail.com

Mark Scoles/Monroe
Midwest CC Meet Chair
scoles@monroe.k12.mi.us

Brian Salyers/Milford
Midwest T & F Meet Chair
salyersb@huronvalley.k12.mi.us

Asa Kelly/Benzie Central
Academic All/State Chair
kellyt@benzieschools.net

TRACK & FIELD CLINIC

Lansing Best Western
Feb. 6-7-8 2014

CROSS COUNTRY CLINIC

To be determined
Nov. 6-7-8 2014

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BILL FRIES 2013 AMBROSE WINNER



Bill is the type of person that is probably not comfortable with somebody up here on the stage talking about him. He is not one to brag or boast about himself. So let us do that for him, as he deserves this moment. He grew up in Hartford where he played football until a broken arm. He continued athletics with cross country, basketball and track & field. After high school he attended Southwestern Michigan Community College where he ran on its first National Junior College Cross Country Championship team, finishing his education at Western Michigan University, where he also ran.

Bill taught in Portage Public Schools for the majority of his career with a short stint in Vicksburg. He started out in the elementary school moving to the middle school when he returned to Portage. Bill has 30 years of coaching in cross country and track & field, - from 1978 to 2007 with 22 conference or division titles including a stretch of 9 straight years, 5 regional titles, 19 trips the state

finals with 15 top 10 finishes. He also did some youth basketball.

Many people aspire to have stats like this, and these statistics help you earn your way into the MITCA Hall of Fame. It's what you have done above and beyond for the sport of cross country and for the people around you that earns you the Kermit Ambrose Award.

Bill loves the sport of cross country, it's a passion for him. He always wants to make the sport better. As Bill always said "nothing but the best". This was a phrase he used in his coaching and his involvement in the sport. The Portage Invite would not be what it is if it wasn't his for his drive for excellence.

He was the driving force to start the Portage Invite. He always wanted nothing but the BEST. Always wanted to add to the event: chip timing, split marks, gifts for coaches and athletes. Always a step ahead of the rest. Setting the standard for big meets in Michigan and the Midwest, if not Nationally.

The Great Lakes ChampionChip Timing company spawned from the Portage Invite. Progressing to working with the State Finals as the official timing company.

Bill was always there for the kids. His relationships with his kids are what allowed his teams to become successful. Always pushing them to be their best, yet letting them learn from the valuable experiences gained from the sport of cross country. Taking kids to camp, national meets, putting kids to work so they could earn their way to camp...even having one of his teams tear off the shingles of the roof of a house on a hot summer day. Bill cared about the kids on the team as if they were his own. Bill always put his kids in position to succeed not only on the course, but in life as well.

Some of Bill's famous one liners:

When kids complain in PE class that something isn't fair, he would reply "the Fair is in August"

Or "this isn't Burger King, you can't have it your way."

Susie - Mr. Fries, Jimmy said the "S" word....Mr. Fries - What did he say..."soccer"?

As a teacher, Bill started the PIE Run, Personal Improvement Effort Run. This is where kids could earn a pie made by a teacher. Bill always told his kids that his pies were made from rotten apples. One of his greatest accomplishments was that he never lost at table tennis in all of his years teaching.

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THE PRESIDENT'S LANE: Ben Watson/Rockford, President

MITCA's Cross Country Proposal: Districts, Regionals and State...What Comes NEXT?



At this past clinic, we as an organization voted to send a framework for a MHSAA Cross Country Tournament that includes three championships races; a District, Regional and State. The next step is that the proposal will be presented to the MHSAA on January 21, 2014. Specifically, it will be brought to the Rules and Regulations Committee of the MHSAA dealing with Cross Country and Track and Field.

The major positives of this framework are that it will solve a problem with our current state tournament structure associated with Regional Championship inequity hence resulting in more of the most deserving teams making it to the State Final race, while at the same time bringing more recognition and opportunity to our beloved sport, Cross Country. These are both important steps forward for Cross Country.

The increased opportunity and additional recognition available for athletes and teams by adding a District Championship race to our post-season tournament is exciting and improving the process for who

ends up at the State Finals is far over-due.
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Bill Fries continued.....

To summarize Bill as a person, some of the best words to describe him are:

Coach – Educator – Mentor - Innovator - Motivator - Humble

And the most important comes from this.

I'm in the hospital just having been diagnosed with cancer. Bill is on the phone with me. He asks me. "What can I do for you?" I replied, "just be my friend".

Bill is a great FRIEND to all of us.

As friends of Bill, let's congratulate Bill Fries as the 2013 Ambrose Award Recipient.

The president's land continued.....

However, the change that we voted to advance to the next level is just that, advancement to the next level. We as coaches are only one of many stakeholders in the sport of Cross Country.

Others include parents and athletes, school administrators, the MHSAA itself, meet managers, the media and meet officials. With this being taken into consideration, it is now our job to convince the other stakeholders that our proposal is best for all of us. If the other stakeholders do not believe a District, Regional and State Finals Tournament is in everyone's best interest it will fail at one of the next levels of decision making. So, if you feel strongly about what we as an organization passed and would like to see it become a reality, actively seek out the other important people in the decision making process; primarily members of the Rules and Regulations Committee at this point.

Make some phone calls, ask your Athletic Director to persuade someone that they know, have a parent contact an administrator to express how great this proposal can be for Cross Country. A lot of individuals have put their time into improving Cross Country in the state of Michigan; if you think this proposal makes it even better, take the time to help get it implemented.

ASSOCIATION OF TRACK OFFICIALS OF MICHIGAN 2014 ATOM CLINIC - Jan. 31 - Feb. 1
at Daugherty Hotel Register With George Babcock, ATOM Treasurer
Clare Michigan (877) 2-DOHERTY 460 N. Main St. Allegan, MI 49010

\$75 Includes Atom Membership (\$50 Clinic Only) after Jan. 1 \$85 Clinic & Membership

7:30 PM Friday Business Meeting & Hospitality ----- **8:30 AM Saturday** **MHSAA RULES MEETING**
Pole Vault - New Official- What's in Your Bag - ATOM Awards/Recognition - You Make the Call
for more information got to: atomofficials.com

2013 CROSS COUNTRY COACH OF THE YEAR AWARDS

GIRLS



l-r: Dave King, Carey Hammel, Doug Jager, Nancy Smith. *steve porter mitca photos*

Div. 1: Nancy Smith/Northville

nominees: Kevin Conkel/Hudsonville, Jeff Devantier/Birmingham Seaholm, Mike Smith/Saline.

Div. 2: Doug Jager/Grand Rapids Christian

nominees: Aaron Andres/Spring Lake, Steve Long/Otsego, Teresa Wright/Linden.

Div. 3: Carey Hammel/Shepherd

nominees: Dean Blackledge/Hanover-Horton, Traci Kelly/Benzie Central, Jeff Schember/Caro.

Div. 4: Dave King/Mt. Pleasant Beal City

nominees: Royce Humm/Breckenridge, Tony Shrum/Bear Lake, Scott Werner/Pewamo-Westphalia.

BOYS



l-r: Rick Bauer, Asa Kelly, Jon Davidson, Brian Salyers *steve porter mitca photos*

Div. 1: Brian Salyers/Highland Milford(repeats)

nominees: John Lober/Traverse City Central, Ryan Robinson/Waterford Mott, Carl Spina/Saline.

Div. 2: Jon Davidson/St. Clair

nominees: Doug Jager/Grand Rapids Christian, Clinton Lawhorne/Linden, Mike Mahler/St. Joseph.

Div. 3: Asa Kelly/Benzonia Benzie Central

nominees: Steve Allison/Stockbridge, Adam Burhans/Clare, Tim Simpson/Lansing Catholic Central.

Div. 4: Rick Bauer/Saugatuck

nominees: Dave Jordan/Concord, Tony Shrum/Bear Lake, Scott Werner/Pewamo-Westphalia.

You must be a member of MITCA by: Oct. 1 2014 for Cross Country May. 1 2014 for Track & Field to be considered for: **2014 COACH or ASSISTANT COACH OF THE YEAR** honors. If you do not attend a clinic this year you are not a member. If you are not a MITCA member to go mitca.org for information.

MITCA'S CROSS COUNTRY DREAM TEAM 2013

Selection is based on the 7 fastest times at MIS on the day of the finals. Times taken to the nearest tenth. @ 2012 Dream Team Member

BOYS

Grant Fisher-11/Grand Blanc, **Keenan Rebera**-11/Lansing Catholic Central, **Brian Kettle**-12/Highland Milford@, **Ben Hill**-11/Royal Oak, **Ryan Robinson**-11/Waterford Mott, **Daniel Kroth**-12/Okemos, **Kyle Dotterer**-12/Traverse City Central.

GIRLS

Audry Belf-11/Birmingham Seaholm, **Lauren Brasure**-12/Rockford, **Kirsten Olling**-12/Breckenridge, **Kenzie Weiler**-11/Cedar Springs@, **Jackie Bredenberg**-11/Beverly Hills Detroit country Day, **Valerie Wierenga**-10/Grandville, **Gina Patterson**-11/Macomb Lutheran North@.

MITCA'S MR. and MS. CROSS COUNTRY 2013

Ms. & Mr. honors are awarded to seniors, one girl & one boy, who the MITCA Executive Board, deems are the top senior athletes in cross-country that year.

Brian Kettle/Milford

Brian is a 3-time All-State Cross Country Runner that with 2nd place finishes this year and in 2011 to go with his 2012 D1 Individual Championship. His win in 2012 was the 11th Fastest Time Runner at MIS. He led Milford to 3 straight D1 Team Championships. (2011, 2012, 2013)

He is the 2012 D1 Champion in the 1600 meters. Nationally Brian is a 4-Time Relay All-American, earning the honor twice in the DMR and once each in the 4x8 & 4x16, with the 4x16 win in 2013 earning the National Championship, running the fastest time, 17:16.2, since 9986. Her was part of the 2012 State 4x8 Relay record.

Brian got into running cross country in junior high and then track in high school partly through the influence of his older sister, Lauren.

He has made the Honor Roll at Milford High and is interested in studying Biology or Earth Science in college. As yet he has not decided on a major. He is considering Michigan State, University of Michigan and Montana State.

His interests are in the outdoors and enjoys seasonal sports such as mountain biking, snowboarding motorcycle/dirt biking - Enduro riding and racing. He is involved with his church, assisting in community runs and camps.



Lauren Brasure/Rockford

Lauren started out running in the 21 minutes as a freshman, progressing each year, finishing runner-up in the D1 Finals, earning **Ms. Michigan Cross Country**. She won the conference and regional championships after earning all-conference & all-regional last year.

Last spring she was conference and regional champion in the 3200 and earned all-state in the 4x8.

For personal enjoyment she likes spending time with family, friends and teammates. She is an Honor Roll student at Rockford and is involved with her church youth group.

Lauren wants to major in Hospitality & Tourism management with a minor in Business. She has had an internship with the YMCA, working as a community events

coordinator.

Lauren finished 8th in the Footlocker Regional to qualify for the Nationals.

Schools she is considering are the University of Florida, Michigan State University and San Francisco University.

Reading T-Shirts on Saturday

I'm A Thrower Because.....

I'll Throw Further Than I'm Willing To Run.

2013 MITCA CROSS COUNTRY RECOGNITION AWARDS

Patsy Arpino – Kermit Ambrose Scholarships

Patsy Arpino, long time coach at Jackson Lumen Christi and MITCA member, established this scholarship fund to help support higher-level education for the sons and daughters of fellow MITCA members. Two \$500 scholarships are awarded each year. Memorials made at Kermit Ambrose's Funeral will allow MITCA to offer a 3rd scholarship for several years

Connor Anderson a freshman at Western Michigan in Business.

son of Erik and Ann Anderson, Grand Ledge

Scott Kloss a senior at Grand Valley State in Advertising & Marketing.

son of Mike and Emily Kloss, Harbor Springs

Grant Feldpausch a sophomore at Cornell in Dairy Science.

son of Jill & Glen Feldpausch, Ithaca

The selection process is a simple blind draw from among the names submitted. Applications are available at mitca.com and must be in by October 30.

KERMIT AMBROSE 101 CLUB

Bring your checkbooks to the MITCA Clinic. It is time to join or renew your membership in the **Kermit Ambrose 101 Club** and join us for an ice cream sundae, provided members at the banquet. Kermit, for years after hospitality following each banquet, would go with a group of coaches and get an ice cream sundae. The name of the club comes from Kermit's saying that he wanted 101% and he lived for 101 years.

The **Kermit Ambrose 101 Club** and the Kermit Ambrose Foundation were started at the February 2013 Track and Field Clinic. Membership in this Club is \$101.00 dollars with the funds going toward the Mid-West Meet of Champions (track) the Mid-East Meet of Champions (CC) and the Kermit Ambrose Scholarship. This is hoped to be a seed for foundation that will continue Kermit's love of the sport for years to come. More details will be posted at www.mitca.org and available at the clinic.

2013 CROSS COUNTRY CLINIC PREDICTION RUN: 1-Mark Scoles-0:02, 2-James Spencer-0:04, 3-Dave Kuderka-0:09, 4-Carl Rundell-0:25, 5-Doug Jager-0:39, 6-Glen Maylath-0:47, 7-Lisa Shaw-0:50, 8-Traci Kelly-0:50, 9-Ben Gordon-0:51, 10-Terry Shell-0:59, 11-Randy Hunt-0:59, 12-Daryl Bernard-1:11, 13-Sharon Becker-1:11, 14-Jon Davidson-1:13, 15-Mike Nesbitt-1:14, 16-Scott Pozystas-1:23, 17-David Jordon-1:28, 18-Kevin Conkel-0:29, 19-Brian Kalsbeck-1:31, 20-Cliff Somers-1:32, 21-Erik Anderson-1:33, 22-Jeff Schember-1:35, 23-Ed Roginski-1:45, 24-Asa Kelly-1:46, 25-Steve Rogers-1:47, 26-Todd Crouch-1:49, 27-Brian Wilson-1:50, 28-Krys Brish-1:51, 29-Michael Brown-1:51, 31-Tim Becker-2:13, 32-Jill Stockford-2:15, 33-Sierra Garcia-2:16, 34-Michelle Aultman-2:17, 35-Brian Wilson-2:26, 36-Matt Koleszar-2:33, 37-Larry Cardinal, Jr.-2:44, 38-Lisa Brower-2:59, 39-Jill Evers-2:59, 40-Mike Timpa-3:18, 41-Rick Shaw-4:05, 42-Deb Jager-5:35, 43-Emily Kloss-07:03.0, 44-Gary Whitmer-??

College Credit for MITC Clinics!! Remember Coaches, that you can earn your choice of 1 or 2 graduate credits from the University of Sioux Falls for your attendance at our February 2014 Track & Field Coaching Clinic! This opportunity was taken advantage of by 16 coaches at the fall XC clinic and was a great success by all reports! Registration and payment for the class are both done at the clinic so plan ahead! For more information, contact Kevin Behmer at behmer@aaps.k12.mi.us

MITCA EXECUTIVE BOARD MEETS Saturday/Sunday, January 11/12 at 10:30 Track & Field Committee, January 12 at 10:00
Dates for the Executive Board meetings will be established at the March Ex Board meeting. This meeting will be at the Lansing Best Western Plus.

MHSAA RULES MEETINGS ARE ONLINE THIS YEAR

MHSAA ONLINE TRACK & FIELD RULES MEETING

Starting Date: Monday Feb. 10

A traditional MHSAA Rules Meetings you can attend:

It must be completed by Thursday, April 17.

ATOM Clinic - CLARE (Doherty Hotel) – Feb. 1, 2014 8:30am

MITCA'S ACADEMIC ALL-STATE TEAM 2013

MITCA awards Academic All-State awards to both individuals and teams. An individual with a GPA of 3.800 (on a 4.000 scale) finishing in the top half of the field will automatically receive an award. At least twenty-five awards will be given, awarding GPA's down to 3.500. Teams are ranked based upon five of the top seven runners who participate in the final meet. We have listed the top five teams in each division and the individuals that were in the top 10. @ repeated with as 4.00 Academic All-State member.

GIRLS

Division 1::: 1-GRANDVILLE-4.000, 2-Grand Haven-3.988, 3-Milford-3.975, 4-Canton Salem-3.966, 5-East Lansing-3.926..... 21 teams. Salem returns as a Top 5 Academic All-State team.

Individuals: Alex Berends/12-Hudsonville, Janey Berends/12-Hudsonville@, Olivia Bordeywyk/12-Caledonia@, Samantha Hanson/10-Sterling Heights Stevenson, Ashley Ko/11-Traverse City Central@, Ellie Leonard/12-Jenison, Anna Piccione/10-Grosse Pointe South, Grecia Quiroga/12-Jackson High, Kerianne Schoff/11-Rockford@, Allison Shannon/10-Sterling Heights Stevenson, Graceanne Tarsa/11-Traverse City Central@, Maddy Trevisan/10-Farmington, Rachael Webb/12-Grandville, Valerie Wierenga/10-Grandville..... 50 runners- 14 with a 4.000 GPA

Top Academic All-State Finisher: 3rd-Valerie Wierenga-10/Grandville.

Division 2::: 1-WARREN REGINA-4.000, Middleville Thornapple-Kellogg-3.996, 3-Charlotte-3.949, 4-Grand Rapids Forest Hills Northern-3.946, 5-Sparta-3/938. Warren Regina & Thornapple-Kellogg return as a Top 5 Academic All-State Team, Regina for the 3rd year..... 18 teams.

Individuals: Bryn Beyer/12-Middleville Thornapple-Kellogg, Cassie Bloch/12-Warren Regina, Elizabeth Bloch/12-Warren Regina, Jackie Bredenberg/11-Detroit Country Day, Abby Bringard/12-Croswell- Lexington, Lindsey Carlson/10-Charlotte, Meg Darmofal/11-Mason@, Teresa Diehl/10-Warren Regina, Julia Dutkiewicz/11-Detroit Country Day, Sydney Elmer/12-Linden@, Artemis Eyster/11-Chelsea@, Lily Fell/10-Richland Gull Lake, Danielle Groendyk/11-Zeeland East@, Olivia Lamberg/10-Middleville Thornapple-Kellogg, Amanda Montgomery/10-Grand Rapids South Christian, Bailey Montgomery/10-Grand Rapids South Christian, Jenny Ponkowski/12-Warren Regina, Christina Ridella/12-Warren Regina, Kayleigh Shillinger/12-Ludington, Karrigan Smith/11-St. Johns, Lauren Valentini/10-Warren Regina, Kenzie Weiler/11-Cedar Springs@..... 48 runners- 22 with a 4.000 GPA

Top Academic All-State Finisher: 1st-Kenzie Weiler/11-Cedar Springs. She also repeated as a 4.000 runner.

Division 3::: 1-HANOVER-HORTON-3.989, 2-Ida-3.951, 3-Schoolcraft-3.906, 4-Caro-3.878, 5-Lansing Catholic Central-3.885..... 18 teams. Hanover-Horton & Ida return as top 5 academic all-state teams. Their order is the reverse of 2012.

Individuals: Lucy Ankenbauer/11-Kalamazoo Hackett, Sarah Bellinger/10-Shepherd, Jenna Briney/11-Macomb Lutheran North@, Josephine Brown/11-Lansing Catholic@, Monica Ellicott/11-Caro@, Annie Fanta/11-Bath@, Casey Hadaway/11-Caro@, Kurstin Kalisek/10-Ithaca, Christina Kuhnmuensch/11-Lansing Catholic, Gina Patterson/11-Macomb Lutheran North, Devyn Powell/12-LeRoy Pine River, Taylor Priest/12-Shepherd, Shannon Richardson/12-Hanover-Horton@, Katie Spalding/10-Quincy, Jessica Stroede/11-Hanover-Horton, Briana Weglarz/10-Macomb Lutheran North, Mary Wheeler/10-Bridgman, Lindsay Winter/12-Clare@..... 40 runners, 18 with a 4.000 GPA.....

Top Academic All-State Finisher: 1st-Gina Patterson-11/Macomb Lutheran North repeats as finals champion and is the top Academic All-State finisher.

Division 4::: 1-TRAVERSE CITY ST. FRANCIS-3.903, 2-Royal Oak Shrine-3.902, 3-Mt. Clemens Beal City-3.794, 4-Unionville-Sebewaing Area-3.792, 5-Reading-3.787..... 15 teams. Traverse City St Francis & Royal Oak Shrine return as Top 5 Academic All-State teams.

Individuals: Holly Bullough 10 Traverse City St. Francis, Jenna Griffith 12 Mendon, Lindsay Hoard 12 Breckenridge@, Elsie Jorgensen 10 Eau Claire, Hannah Steffeke 10 Beal City@, Emily Steffeke 11 Beal City..... 30 Runners- 6 with a 4.000 GPA.

Top Academic All-State Finisher: 1st-Kirsten Olling-11/Breckenridge repeats as finals champion and the top Academic All-State finisher.

UP Division 1 Girls: 1-Houghton-3.967..... 4 teams. Individuals: Rayka Devaprasad/10-Sault Area

Individuals: Call Martysz/11-Marquette.....13 runners, 2 with a 4.000 GPA.

UP Division 2 GIRLS: 1-NORWAY-3.811..... 1 team.

Individuals: Katie Piispanen/11-Ironwood@ 8 runners, 1 with a 4.000 GPA.

UP Division 3 GIRLS: no D3 teams.

Individuals: Monica Malaski/12-Rudyard...4 runners, 1 with a 4.000 GPA.

2nd ANNUAL POLE VAULT CONVENTION

Stile Athletics Field House, University of Akron January 3-5, 2014.
Cost: \$125 for athletes, \$80 for coaches and \$30 for parents
Register by Dec. 31 - no day of registration.
Contact: Dennis Mitchell at dwmitch@uakron.edu

BOYS

Division 1::: 1-ANN ARBOR PIONEER-3.888, 2-Waterford Mott-3.853, 3-Northville-3.848, 4-Rockford-3.838, 5-Lake Orion-3.809 & Walled Lake Northern..... 20 teams. Northville & Walled Lake Northern return as Top 5 Academic All-State teams.

Individuals: Brian Barnes/12-Nov, Cooper Bellinson/10-Bloomfield Hills, Kyler Bush/11-Waterford Mott, Grant Colligan/12-Holt, Mitch Dennis/12-Walled Lake Western@, Kyle Dotterer/12-Traverse City Central@, Grant Fisher/11-Grand Blanc, Nick Hirschenberger/10-Traverse City West, Mitch Lafaive/12-Walled Lake Northern, Brennan Munley/12-Waterford Mott, John Penington/11-Brother Rice, Matt Thomas/11-Port Huron Northern, Lynus Zullo/11-Ann Arbor Huron.....36 runners... 13 with a 4.00

Top Academic All-State Finisher: 1st-Grant Fisher-11/Grand Blanc

Division 2::: 1-MILAN-3.932, 2-Whitehall-3.888, 3-Dearborn Divine Child-3.860, 4-Chelsea-3.859, 5-South Haven-3.790.....18 teams... Milan & Chelsea repeat as a top 5 Academic All-State Team, Milan for the 3rd year.

Individuals: Brayden Berson/12-Whitehall, Alex Dennis/10-Whitehall, Joey Humes/10-Milan, Greg Ingle/12-Mason, Jacob Inosencio/10-Parma Western, Nolan Redetzke/12-Forest Hills Eastern, Matt Ritter/12-Ludington, Curt Silverthorn/12-Yale, David Walter/12-Middleville Thornapple-Kellogg@ 30 runners.....9 with a 4.000 GPA.

Top Academic All-State Finisher: 10th- David Trimes/10-Chelsea

Division 3::: 1-SCOTTVILLE MASON COUNTY CENTRAL-3.950, 2-Schoolcraft-3.944, 3-Midland bullock Creek-3.864, 4-Hanover-Horton-3.749, 5-Dundee-3.748..... 17 teams. Hanover-Horton returns as a Top 5 Academic All-State team.

Individuals: Nathaniel Baird/10-Stockbridge, Zac Benham/10-Mason County Central, Brennan Burk/10-Hanover-Horton, Austin Fillmore/11-Stockbridge, Christopher Kangas/11-Madison, Shane Mudd/11-Midland Bullock Creek, Keenan Rebera/11-Lansing Catholic Central., Ben Rigling/11-LeRoy Pine River, Matt Ring/10-Schoolcraft, Zach Wehner/12-Schoolcraft@ 30 runners- 10 with a 4.000.

Top Academic All-State Finisher: 1st-Keenan Rebera/11-Lansing Catholic.

Division 4::: 1-MT. PLEASANT BEAL CITY-3.917, 2-Mt. Pleasant Sacred Heart-3.870, 3-Pewamo-Westphalia-3.814, 4-Royal Oak Shrine-3.734, 5-Sandusky-3.731..... 12 teams. Royal Oak Shrine repeats as a Top 5 Academic All-State Team.

Individuals: Tommy Brettschneider/j-Manton, Nicholas DeSimpelare/12-Unionville-Sebewaing Area, Jacob Drogowski/11-Inland Lakes, Jim English/12-Mt. Pleasant Sacred Heart Academy@, Joseph Fanelli/11-Plymouth Christian Academy, Grant Hengesbach/10-Pewamo-Westphalia, Josiah Ottolini/10-Concord, Nick Pung/11-Beal City@, Zachary Schafer/11-Pewamo-Westphalia, Jacob Weaver/12-Franklin Road Christian.....31 runners..... 10 with a 4.000GPA.

Top Academic All-state Finisher: 10th-Nick Pung/11-Mt. Pleasant Beal City

UP Division 1 BOYS::: 1-HOUGHTON-3.704..... 4 teams.

Individuals: Brady Aboussleman/10-Marquette, Jacob Colling/11-Houghton..... 8 runners, 2 with a 4.000 GPA.

UP Division 2 BOYS::: 1-St. Ignace LaSalle-3.914..... 3 teams.

Individuals: Andrew Sjogren/12-St. Ignace LaSalle, Jacob Sjogren/12-St. Ignace LaSalle..... 8 runners..... 2 with a 4.000 GPA.

UP Division 3 BOYS::: no D3 teams. Individuals: Jonathan McBain/12-Pickford..... 4 runners..... 1 with a 4.000 GPA

Reading T-Shirts on Saturday Only those who will risk going too far can possibly find out how far one can go. t. s. eliot.

.....what mitca looks like when your not involved...

Nov. 16 MIDEAST CROSS COUNTRY CHAMPIONSHIP - 2013

Indian Riffle Part Area, Dayton, Oh

Greeting a standing room only crowd of athletes, parents and coaches, the legendary Billy Mills kicked off the 2013 MidEast Meet of Champions, Team Michigan campaign.

Just steps away from the 2013 MITCA Cross Country Coaches Clinic, 124 athletes braved the wind and cold to compete for a spot on Team Michigan. Mr. Mills

served as the honorary starter and at the end of the day, Kirsten Olling (Breckenridge), Megan O'Neil (Chippewa Hills), Ashley Russo (Kent City), Audri Bornamann (Pennfield), Nicole Kowalchick (Stoney Creek), Morgan Harney (Rockford), Lauren Jenkins (Saugatuck), Erin Zimmer (Northville), Shannon Richardson (Hanover Horton), Nicole Poca (Erie Mason), Nicole Mosteller (Northville), Rachel Walney (Chippewa Valley), Kayla Kraft (St Johns) and Marissa McGahan (Brighton) formed the girls team.

Dan Sims (Northville), Alec Toreki (Romeo), Chase Barnett (Mason County Central), Calum, Ahmed (Royal Oak), Justin Kiprotich (East Kentwood), Daniel Kroth (Okemos), Costa Willets, (Ann Arbor Pioneer), Zach Hardway (Hillsdale), Trevor Holoway (St Clair), Dietrich Hittner, (East Lansing), Justin Starr (Otsego), Vincent Cantu (Holly) and Clayton Springer (Saugatuck) completed the Team Michigan roster.



One week later twenty four of these student-athletes from all over our great state met up in Dayton, Ohio as one team. The girls started the day with impressive competitiveness. Four time D4 State Champ, Kirsten Olling took the early lead. As the girls approached the 4K, Olling and Chippewa Hills' Megan O'Neil ran stride for stride. Over the last kilometer, O'Neil was able to break and claim the individual title. Olling finished runner up. Audrianna Bornamann, Nicole Kowalchick and Ashley Russo rounded out our top 5 finishing 12th. Olling finished 8th in the Footlocker Regional a couple of weeks later, qualifying for the Nationals.

We tied Indiana with 45 points, but finished 2nd with the tiebreaker as Indiana's 6th runner beat our 6th runner, Morgan Harney

The boys finished 4th with 77 points. Dan Sims led the way finishing 10th by and followed closely by Costa Willets (12th). Romeo's Alec Torecki moved up the entire race, going from last place at the mile to finish 14th. Trevor Holowaty and Alex McCormick completed the top 5 finishing 18th and 23rd, 13th and 17th respectively.

Mideast photo

Combined Team Scoring: 1-Ohio-96, 2-Indiana-98, 4-Illinois-108, 4-MICHIGAN-122 Ohio wins the combined meet edging out last year's winner Indiana by 2 points. Ohio finished 4th last year. Michigan drops 1 notch to finish 4th this year in the combined standings.

Girl's Team Scores: 1-INDIANA-45(23), 2-MICHIGAN-45(30): 1-Megan O'Neil/Remus Chippewa Hills-18:15, 2-Kirsten Olling/Breckenridge-18:31, 12-Audrianna Bornaman/Battle Creek Pennfield-18:54, 13-Nicole Kowalchick/Rochester Hills Stoney Creek-18:55, 17-Ashley Russo/Kent City-19:04(30-Morgan Harney/Rockford-19:36, 32-Shannon Richardson/Hanover-Horton-19:38, 34-Rachel Walny/Clinton Twp. Chippewa Valley-19:44, 35-Nicole Poca/Erie Mason-19:48, 36-Marissa McGahan/Brighton-19:56), 3-Ohio-57, 4-Illinois-63..... 47 runners. Michigan drops to 2nd after winning in 2012. Michigan's first win since 2004.

Boy's Team Scoring: 1-OHIO-39: 1-Garrett Crichlow-15:45, 2-Illinois-45, 3-Indiana-53, 4-MICHIGAN-77: 10-Dan Sims/Northville-16:08, 12-Willets/Ann Arbor Pioneer-16:09, 14-Alec Toreki/Romeo-16:12, 18-Trevor Holowaty/St. Clair-16:19, 23-Alex McCormick/Haslett-16:26(24-Calum Ahmed/Royal Oak-16:26, 33-Dietrich Hittner/East Lansing-16:34, 36-Clayton Springer/Saugatuck-16:39, 37-Zachary Hardway/Hillsdale-16:40, 38-Justin Kiprotich/East Kentwood-16:40)..... 48 runners. Ohio wins in 2013 after finishing 2nd last year

FOOTLOCKER CROSS COUNTRY MEETS

11/23/13 Regional at Wayne E. Dannehl Cross Country Course, Kenosha, Wisconsin. Top 10 qualify for the Footlocker Championship Dec. 8. at Balboa Park, San Diego, CA

GIRL'S REGIONAL: 1-Kelcy Welch-12/Carmel In-17:34. Michigan Runners: 6-Lauren Brasure-12/Rockford-17:47, 8-Kirsten Olling-12/Breckenridge-17:52, 11-Amber Way-11/Charlevoix-18:06, 12-Valerie Wierenga-10/Grandville-18:10, 13-Meg Darmofal-11/Mason-18:12, 16-Karrigan Smith-11/St. Johns-18:15, 18-Morgan Posthuma-11/Grand Rapids Forest Hills Northern-18:16, 22-Audrey Belf-11/Birmingham Seaholm-18:19, 24-Ellie Leonard-12/Jenison-18:25, 35-Lexa Barrott-10/Northville-18:35, 40-Sarah Kettel-10/Brighton-18:43, 43-Kerianne Schoff-11/Rockford-18:45, 46-Jennifer Rogers-12/Farmington-18:46, 48-Bailey Johnson-11/Jenison-18:49..... 266 total runners..... 80 from Michigan.

STATE SCORES: 1-MICHIGAN-50, 2-Indiana-75, 3-Illinois-118, 4-Wisconsin-119, 5-Iowa-139, 6-Missouri-143, 7-Minnesota-223, 8-Ohio-295, 9-Colorado-465, 10-Kansas-995.

BOY'S REGIONAL: 1-Grant Fisher-11/Grand Blanc-15:02

Other Michigan Runners: 10-Ryan Robinson-11/West Bloomfield-15:22, 19-Ben Hill-11/Royal Oak-15:39, 23-Brian Kettle-12/Milford-15:41, 28-Keenan Rebera-11/Mason-15:50, 31-Alec Toreki-12-15:54, 33-Calum Ahmed-12/Royal Oak-15:55, 34-Jesse Hersha-11/Concord-15:56, 40-Zacary Benham-10/16:00, 50-Mickey Davey-11/Troy-16:08... 175 runners-34 from Michigan.

STATE SCORES: 1-ILLINOIS-53, 2-MICHIGAN-81, 3-Indiana-97, 4-Ohio-118, 5-Wisconsin-132, 6-Colorado-142, 7-Iowa-312, 8-Missouri-410, 9-Minnesota-423.....

Complete results at: <http://footlockerccc.com>

Nov. 17 NCAA DIVISION 1 at LaVern Gibson Championship CC Course, Terra Haute, In (former Michigan High School runners)

10K Men: 1-COLORADO-149: 1(8th overall)-Ben Saarel/f-30:14.1..... 21-Michigan-433: 22/18-Mason Ferlic/j-30:32, 86/69-Mark Beams/s-Vicksburg-31:13.2, 99/81-Ben Flanagan/f-31:18.8, 154/124-Morsi Rayyan/s-St. Johns-31:49.2, 172/141-Tony Smorgiewicz/so-31:59.8(197/162-Cory Glines/f-32:15.3, 217/182-August Pappas/rso-Chelsea-32:32.5) **Individuals:** 1-Edward Cheserek/f-Oregon-29:41.1 34-Caleb Rhynard/rso-Shepherd-Michigan State-30:41, 100-Michael Atchoo/s-Stanford-31:19.7, 194/159-Reed Kamyszek/rj-Grand Rapids-Syracuse-32:14.2..... 253 runners.

6K Women 1-PROVIDENCE-141, 4-Michigan-214: 30/18-Erin Finn/f-West Bloomfield-Michigan, 20:40.3, 56/37-Shannon Osika/so-Waterford Mott-20:56.6, 57/38-Taylor Manett/so-Rockford-20:56.6, 64/44-Brooke Handler/j-Rochester-21:03.4, 105/78-Anna Pasternak/rso-Hartland-21:20.6(159/127-Megan Weschler/rj-Wyandotte Roosevelt-21:41.8, 212/175-Alex Leptich/rj-Saline-22:13.2) **6-Michigan State-236:** 44/28-Leah O'Connor/rj-Crosswell-Lexington-20:49.1, 50/33-Rachele Schulist/rf-Zeeland West-20:53.9, 51/34-Katie Landwehr/rso-20:54.7, 71/51-Lindsay Clark/rso-Walled Lake Western-21:06.1, 119/90-Megan Rodgers/rs-Clare-21:25.9, 154/123-Angela Swain/rj-Milan-21:40.8, 168/136-Shelby Jackson/rf-Romeo-21:47.2.. 17-Washington-375: 80/57-Megan Goethals/j-Rochester-21:11.1.... 21 Wisconsin-489: 188/154-Gabrielle Anzalone/j-Grand Blanc/j-Rochester/Wisconsin-21:56.3..... 31 teams. **Individuals:** 1-Abbey D'Agostino/s-Dartmouth-20:00.3, 45-Victoria Voronko/j-Eastern Michigan-20:49.7..... 253 runners.

While not a former Michigan High School runner, Karen Harvey, who made All-American while running at the University of Michigan and started her coaching career there as a volunteer assistant and is now the head coach at Florida State University where her women's cross country team did not reach the awards podium for the first time in year until this year in her 7 years of coaching, they finished 8th this year. She is joined on the Florida State coaching Staff by her husband & fellow U of M runner Kevin Sullivan

Rebecca Walter, Indiana University Assistant Coach was an All Big 10 runner at Michigan, graduating from Birmingham Groves. Her Indiana team finished 26th..

The 2014 MITS Indoor Track & Field schedule is now online. The 2014 MITS State Meet is scheduled for Saturday, Feb. 22nd at Central Michigan University. Go to www.mitstrack.org for complete information.

Nov. 17 NCAA DIVISION II: at Plantes Ferry Sports Complex, Spokane, Wash. (former Michigan High School runners)

Boys 10k: 1-Adams State-54: 1-Tabor Stevens/j-29:50.1, 2-Grand Valley State-104: 14/11-Brent Showerman/j-South Lyon-30:46.2@, 16/13-Alan Peterson/so-Ironwood Wright-30:5630:56.4@, 22/17-Chad Cini/rf-Northville-30:59.9@, 26/20-Josh Moskalewski/j-Allendale-31:03.9@, 52/43-Kyles Flores/rf-31:31.2, (56/46-Chris May/f-31:35.2, 66/52-Larry Julson/j-Pottersville-31:44.5, 10-

Ferris State-312: 31/24-David Silversmith/s-Shepherd-31:10.1@, 55/45-Brandon Cushman/s-Saginaw Heritage-31:44.4, 83/68-Alex Bladecki/s-Bay City Western-31:59.4, 101/84-Spencer Gerber/j-Rockford-32:17.5(108/91-Andrew Harper/j-Saline-32:24.5, 149/129-Bill King/j-Royal Oak-32:47.0)..... 32 teams..... 246 runners.

Girls: 6k: 1-Grand Valley State-54: 3/1-Allyson Winchester/j-Middleville Thornapple-Kellogg-21:05, 9/6-Jessica Janecke/so-21:18, 11/8-Kendra Foley/f-21:21, 17/14-Courtney Brewis/s-Dearborn Divine Child-21:32, 31/25-Hannah Osborn/j-21:52.0(40/32-Jordan Chester/so-21:48.9, 48/39-Madie Rodts/j-Niles-22:00.0)...**11-Saginaw Valley State-304:** 18/15-Emily Short/j-Tawas-21:32, 73/60-Taylor Stepanski/so-Alpena-22:23.8, 84/68-Jessica Reeves/j-Sanford Meridian-22:29.8, 96/79-

Chantelle Fondren/j-Chesaning-22:53.3, 101/82-Tori Peet/j-Lapeer West-22:36.2, 152/130-Cristina Micale/f-Macomb Dakota-23:07.0, 203/179-Teha Ames/j-Shepherd-23:56.6....15-Hillsdale-413: 63/60-Kristina Galat/so-24:15.4, 108/88-Molly Oren/f-Hamilton-22:41.0, 133/112-Chelsea Kilgore/j-22:53.7, 165/143-Julia Bos/f-Grand Rapids Christian-23:15.1, 168/146-Shena Albaugh/j-Hillsdale Academy23:16.7, **Individuals: 1-Jennifer Agnew/s**-University of Mary-20:50.7@, 5-Samantha Johnson/s-Troy/Ferris State-21:07.2@... 32 teams. 244 runners.

Grand Valley wins the NCAA D2 Championship for the 3rd time in 4 years. 6 of their runners earned All-American (top 40).

Nov. 23 NCAA DIVISION III: at L.S. Ayres Sports Complex in Hanover, IN (former Michigan High School runners)

BOYS 8k: 1-St. Olaf-84..... 27-Calvin College-589: 128/95-Josh Ferguson/j-26:06.7, 136/101-Zac Nowicki/f-Grandville Calvin Christian-26:10.6, 161/123-Phil Spitzer/s-Buckley-26:19.9, 171/130-Jeff Meitler/so-26:24.4, 186/140-Steven Haagsma/j-Grandville Calvin Christian-26:28.9 (220/172Sam Kerk/s-26:43.9, 246/193-Jacob Kuyvenhoven/j-Grand Rapids Christian-27:08.4)..... 32 teams. **Individuals: 1-Michael LeDuc/s-Connecticut College-24:29.3,** 62-Paul Lewis/s-Albion/Albion College-25:38.7..... 275 runners.

Girls: 6k: 6K results: **1-Johns Hopkins-85, 7-Calvin College-309:** 23/17-Cassandra Vince/f-21:51.8, 48/35-Nicole Michmerhuizen/s-Holland Christian-22:10.5, 89/65-Kimby Penning/s-Grand Rapids Christian-22:34.7, 115/87-Alyssa Oram/s-Cheboygan Home Schooled-22:44.1, 144/105-Sarah Danner/j-22:54.3(145/106-Rebekah Folkema/s-22:54.7, 259/203-Lauren Brink/f-24:11.0) **9-Hope College-340:** 17/13-Sheri McCormack/s-Holland West Ottawa-21:47.1, 75/53-Meredith Busman/s-Coopersville-22:26.1, 95/71-Camille Borst/s-Allendale-22:36.1, 129/95-Casey Campbell/so-Swartz Creek-22:48.0, 147/108-Erin Herrmann/f-22:55.0, 191/143-Katie Carlson/s-Rockford-23:18.1, 186-)... 32 teams.

Individuals: 1-Chelsea Johnson/s-St. Scholastica-21:11.7. 280 runners.
Jennie McCafferty/MICHIGAN RUNNING NEWS helped provide NCAA Information and other information used in this newsletter.

REMEMBER TO USE ATOM OFFICIALS FOR YOUR CROSS COUNTRY and TRACK & FIELD MEETS. For official's information got to: www.atomofficials.com

2014 MITCA TEAM STATE MEETS
Saturday, May 24
D1 Wyandotte-Roosevelt D2: Linden; D3: Kent City D4: Saugatuck
D2 & D4 will be at new sites for 2014.

Reading T-Shirts on Saturday
Success comes in CANS..... Failure Comes In CAN'T

CLINIC IN A NEWSLETTER

This issue topics for this newsletter's "Clinic In A Newsletter" deals becoming a coach from the outside, which is happening more and more, not as part of the faculty as many of us did in the past. Your editor is always looking for ideas; themes or suggestions for articles for "Clinic In A Newsletter" If you have an idea for a theme or would like to contribute an article please contact your editor..... jgm

The Task of Rebuilding from the outside...

When my twin sons decided that they wanted to run cross country after their 8th the Athletic Director to ask when they should expect to receive details on practices and other team related items. I was informed that no coach had been selected, but my boys should be doing some summer running. A month later when I inquired again, he invited me to his office to discuss the coaching position. The day we met, he asked me jokingly if I wanted to apply for the coaching position.

I told him that I preferred to be an involved parent.

After hearing his options for coaches and explaining my background and coaching philosophy, I agreed that I would be interested as long as I received permission from my employer. I had run cross country in high school and college, and my philosophy was to bring respect back to the cross country program at the high school. It was down for at least 5 years and only had 3 runners the year before I took over. The school hadn't had a cross country runner qualify to the State Championships in 20 years.

At the end of July, I received permission from the High School to have an informal meeting about "What is Cross Country" to explain about summer running. Two boys plus my sons, showed up for the meeting. The first official day of practice was the day I was given permission to coach by the school district. Four boys showed up to practice. I asked if anyone had friends willing to run to have a full team. By Labor Day, the team had 7 runners. I had seven years of competitive running in high school and college, but coaching was different. I had to coordinate my "day job" with my coaching. The school day ends at 2:00pm, however, I could not arrive until 3:15pm. The boys were left to sit around until I arrived.

I reached out to the internet and my high school coach for advice on workouts. My high school coach had kept every workout I did my sophomore and junior years. I had to modify the workouts to adjust for the running levels of the boys. I received advice on the meets and invitationals from opposing coaches, officials and others who had coached in the past. I asked the Athletic Director a lot of questions. Everyone was very encouraging as I tried to rebuild the

rebuilding cont.....

I made sure to copy the AD and Principal. The something to talk with the kids. As the team grows and improves, the teachers, staff, and fellow classmates of the runners are recognizing the boys for their cross country running. This has also helped with more boys joining the cross country team.

As part of the goodwill to the school, I buy t-shirts for both the Athletic Trainer and Principal. The team volunteers for the community outreach events that the school hosts. The team marches in the homecoming parade every year. These gestures go a long way for diplomacy.

Tom Gibson/Boys Cross Country Coach, Wayne Memorial High School
program. It helped that I had two very good parents assisting me with driving to the Saturday meets since the school does not allow buses to Saturday meets.

I had to keep an open mind when dealing with many situations. It was very frustrating at times, but I had to accept the cards I was dealt. The team was in dire need of uniforms and other equipment when I first took over the team.

My second year of coaching, the school implemented a policy that students could not stay on campus without being chaperoned by an adult. In order to accomplish this, my wife would go to the school and sit with the boys while they did homework from 2:00pm until I arrived for practice.

This year the school implemented a policy that a paid staff member had to be present with the students for them to be on campus after school hours. I reached out to a teacher to allow us to use her room while my wife chaperoned the team until I arrived. This assisted with implementing a study hall for the team giving them an extra 45 minutes of studying. This also allowed the younger students to be tutored by the older students if they needed help or advice.

I am working with the Athletic Director to slowly purchase the equipment necessary to improve practices and conditions during meets. It was important to make the Athletic Director aware of the needs and the reasons for the needs. Very few AD's have a full knowledge of Cross Country. To get new uniforms the first year, I offered to split the cost of the uniforms. With a small team of 7 runners, I was able to use some of the funds that were in the cross country account towards new uniforms for the team. The second year, I added 14 more uniforms to cover the difference sizes I may encounter over the years. This year, the school bought a distance wheel to assist with practices.

I worked with some of the parents on fundraisers to maintain the team account balance. I didn't have parents volunteering to take things over, but had some parents that would assist when I asked for their help. Cross Country is always a forgotten sport at schools, compared to football or soccer. I made sure to send the meet results, win or lose, to the local newspaper and the boys appreciate their names being mentioned and it gives the teachers have announcements made.

cont next page

Coming in as a high school cross country coach and not having an educational background is challenging. You do not have the connections within the school

as you would if you were a teacher. It is important to make yourself known throughout the school, and have acts of goodwill to show the character of the athletes on your team. The more the staff and students know about the positive things the team does, on and off the field, the better the relationship you will have with the school. Be patient with the AD and transportation department. You may know your team's needs, including bus schedules, uniforms, etc., but the AD needs reminding of these needs. The more

diplomatic you make your requests, the better your relationship is with the AD and the better future requests will be responded.

MIDWEST TRACK & FIELD MEET

June 14, Findlay, Ohio

Qualifying: **Seniors only, Invited based on State Finals & season marks.**

MITCA'S "LEARN BY DOING" STUDENT SESSIONS

MITCA is sponsoring a **Learn By Doing Clinic** for athletes on Saturday, Feb. 8. The student sessions will be held at the Best Western Plus, where the clinic is being held. Coaches are encouraged to stay to view how the information gained from previous sessions is actually applied. There will be two sessions Session 1 1:00 until 2:25 Session 2 2:35 until 4:00.. This is a learn by doing clinic – students will be working out. They do not need to bring shots, discus, blocks etc. Indoor instruction will be provided in all track & field event areas. Several speakers from the track & field clinic will speak to the athletes.

We will cover: High Jump, Long Jump, Sprints, Hurdles, Distance, Pole Vault and the Throws.

Clinicians Jim Aikens, Dan Fichter & Tony Veney will join some of Michigan's top high school coaches in conducting the Student Sessions. The cost is \$15 for both sessions advanced registration and \$20 at the door. Each athlete will receive a T-shirt. There is limited space. Go to the mitca.org website for registration information. Sign up now!!

MITCA CROSS COUNTRY QUESTIONNAIRE 2013

Items on the questionnaire at the Cross Country and Track & Field Business Meetings that obtain a 70%+ support from the membership are taken to the MHSAA for its consideration. The Cross Country Committee was responsible its development. The membership voted on these questions at the 2012 Clinic Business Meeting. 215 votes cast were cast.

Proposal #1: CROSS COUNTRY DISTRICTS

The MHSAA Finals series for the Lower Peninsula will include a District, Districts, Regional and Lower Peninsula Final Meet meets

Yes 181 (77%) No 54

Proposal #2: LENGTH OF SEASON

Make the length of the Cross Country season a standard 13 weeks counting back from State Meet (the first Saturday in November). This year that would have been Monday August 5th in 2013.

13 week season: Yes: 217 (90%) No. 23

Informational Survey: The MHSAA allow 4 person, (run 6, count 4) cross county for small schools be allowed: Yes 137(57%) No 102

TRACK & FIELD COMMITTEE POTENTIAL PROPOSAL ON SCORING THE STATE FINALS

Jeff Schember/Caro Track & Field Committee Chair.

I hope everyone is having a great cross country season, but with that being said track and field season will come upon us shortly. The MITCA Track and Field Committee would like to present a potential proposal to all the coaches. The proposal would be to score the State Finals meet to 16 places (20,18,16,14,12,11,10,9,8,7,6,5,4,3,2,1) for all the events. The medalist will remain the same, top 8. This proposal will provide more acknowledgement to athletes, teams, and our great sport of track and field. We hope to be able to provide more information at the upcoming MITCA Track & Field Clinic. Please feel free to make suggestions, comments, and to contact us with any additional thoughts on how we can improve our sport.

Please send the MITCA newsletter to me in the regular mail.

As a means of cutting MITCA expenses our newsletter is now being distributed via our website, with an email reminder when it is available. If you prefer to receive your newsletter in the mail please fill in the following form and return it to Jim Murray, Editor.

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Return by: email: murrayjim0@gmail.com **FAX:** (269) 687-8316 or Jim Murray. 1321 Country Club Dr. Niles Mi. 49120

PHOTOGRAPHS AT MIS 2013

Photographs are courtesy of runmichigan.com.



D1 NORTHVILLE



D1 MILFORD



D2 GRAND RAPIDS CHRISTIAN



D2 ST. CLAIR



D3 SHEPHERD



D3 BENZONZA BENZI CENTRAL



D4 MT. PLEASANT BEAL CITY



D4 SAUGATUCK



D1 BOYS CHAMPION
GRANT FISHER



D2 BOYS CHAMPION
AUSTIN SARGENT



D3 BOYS CHAMPION
KEANAN REBERA



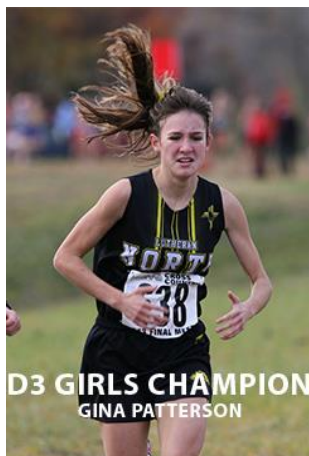
D4 BOYS CHAMPION
JESSE HERSHA



D1 GIRLS CHAMPION
AUDREY BELF



D2 GIRLS CHAMPION
KENZIE WEILER



D3 GIRLS CHAMPION
GINA PATTERSON



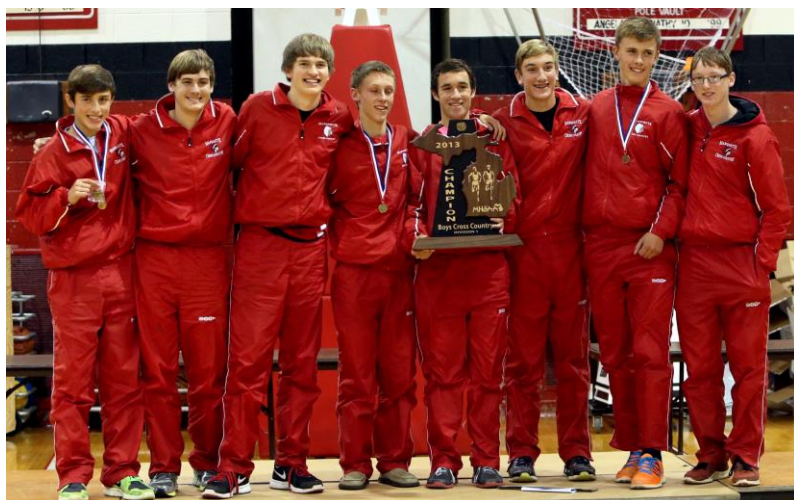
D4 GIRLS CHAMPION
KIRSTEN OLLING



D1 Lance Rambo/Marquette



D2 Jared Joki/Ironwood



D1 MARQUETTE



D2 St. Ignace LaSalle



**D3 Connor Cappaert
Stephenson**



D3 Powers North Central



**D1 Kameron Burkmeister
Menominee**



**D2 Abby Tembruell
Hancock**

NEW MITCA MEMBERS - 50% off Clinic Registration

The 2014 Track & Field clinic is coming up soon. Tentative lineups and schedules can be found at mitca.org Registration forms are also available.

For this year's clinic, MITCA will be offering a one-time benefit of 50% off the Registration Fee for **FIRST TIME MEMBERS**. If you have never been a MITCA member, this is a great time to join this fantastic organization. If you have an assistant coach, middle school coach, or former athletes that you'd like to get into coaching...this is a great way to introduce them to MITCA and get them to a clinic.

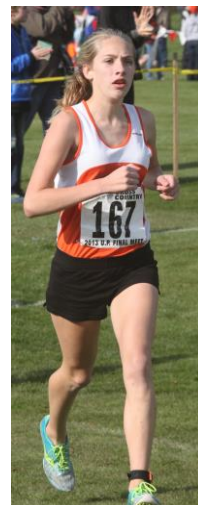
RETIRING::: Retiring after this season? Not attending the track & field clinic this year? **Then this is your last MITCA Newsletter.** Keep in contact with MITCA, Michigan High School Cross-Country and Track & Field. MITCA offers a lifetime membership to retired coaches. You do not have to be retired from the classroom. The only requirements for this Lifetime Membership to MITCA are: You must be 50 or older and retired from coaching cross country and track & field. A Lifetime Member receives a lifetime member's pin, the MITCA Newsletter; clinic information with the only cost to attend the clinic is your banquet ticket, currently \$25. There is a one-time membership fee of \$100. Applications for the Lifetime Membership are on line at mitca.org. If you will be attending the clinic in February you can apply there.



D2 Hancock



D3 Munising



Kaylee Hoolsema/Rudyard

TRACK & FIELD MEMORABILIA

At PAST MITCA ClinicS, we had some items from Kalamazoo Loy Norrix's XC programs from the past and Track and Field items from Traverse City Central. These were received very well and we would like more, from you to display for other coaches to gain ideals and a glimpse of the past. We need your high school history in our programs. We want books, pictures newspaper articles, anything you think is important to our sport. We don't want to have our previous accomplishments forgotten. Help us preserve your history for future coaches and athlete. Where is your school? What should we know about your athletes? Why have you been so successful? What can we learn from your program? Help us out, get your stuff in. Contact me at coachduckett@hotmail.com

MITCA BUDGET 2012 - 2013

The following is MITCA's Profit and Loss Statement September 1, 2012 through August 31, 2013 For Fiscal Year 2012-13

Income	
Academic All-State	\$ 544.57
Advertising Income	\$ 384.00
Ambrose Memorial Funds	\$ 50.00
Cross Country Clinic	\$ 22,770.00
Interest Income	\$ 456.24
Investment Income	\$ 161.30
Membership Dues	\$ 3,300.00
Team State Championships	\$ 5,380.00
Track Clinic	\$ 57,235.00
Cross Country Vendors	\$ 1,205.00
Track Clinic Vendors	\$ 5,855.00

Total Income \$ 97,341.11

Expenses	
Academic All-State Expense	\$ 1,487.65
Administrative Expense \$	2,106.01
Advertising Expense	\$ 370.00
Cross Country Clinic Expense	\$ 22,709.88
Depreciation Expense	\$ 1,133.82
Education Expense	\$ 1,213.10
Legal Fees Expense	\$ 602.00
Liability Insurance Expense	\$ 7,893.00
Meeting Room Expense	\$ 394.75
Membership Dues Expense	\$ 4,315.00
Mid-East Meet Expense	\$ 3,534.97
Mid-West Meet Expense	\$ 7,384.00
Promotions Expense	\$ 5,317.21
Scholarship Expense	\$ 1,500.00
Team State Championships Expense	\$ 2,195.00
Track Clinic Expense	\$ 46,453.94

Total Expenses \$ 108,610.33

Net Income \$(11,269.22)

Other Income

Donations \$ 2,410.13

Net Other Income \$ 2,410.13

Net Income \$ (8,859.09)

ON THE LINE..... Not much space for any comments this issue. The **Ambrose 101 Fund** continues to grow. We hope more will join at the Track & Field Clinic and those that joined last year will renew for 2014. Kermit was the long time editor of the **MITCA Newsletter**.

Also Men..... If you are 40 or over, just a reminder to get you PSA test for prostate cancer. If detected early the survival rate is extremely high. There is a controversy about testing, but it is still the 2nd most common cause of cancer death in males. I have had the surgery & follow-up radiation, finding the need because I had the test.

So as we end 2013 have a happy and holy Christmas and may 2014 be the best ever..... jgm.

MITCA MEMBERSHIP FORM

You must be a member of MITCA by:

Oct. 1 for Cross Country

May. 1 for Track & Field

to be considered for:

COACH or ASSISTANT COACH Of The YEAR honors.

Name _____

New Address ☐

Home Address _____

City _____ State _____ ZIP _____

Home Phone _____ email _____

In what year did you begin coaching? _____ Mail my newsletter ☐

Number of years coaching CC _____ Track & Field _____

Coaching assignment? Mid. S. ☐ H.S. ☐ Univ. ☐ Retired ☐

School Name _____

School Address _____

City _____ State _____ ZIP _____

School Phone _____

School Classification A ☐ B ☐ C ☐ D ☐

CC Div. 1 ☐ 2 ☐ 3 ☐ 4 ☐ T&F Div. 1 ☐ 2 ☐ 3 ☐ 4 ☐

Mail with \$25 to: Jerry Lasceski, Treasurer
1691 N. Hinson Road
Fairgrove, MI 48733-9503

Retired Lifetime Membership: \$100

see mitca.org for details

MITCA'S 2014 TRACK & FIELD CLINIC

Feb. 6-7-8

Hotel Rate: \$102.99 – Mention MITCA

Cut-off Date January 20th/

Best Western Plus, Lansing

6820 S. Cedar St. Lansing, Michigan 48911
(517) 694-8123

CLINICIANS

Tony Veney/Ventura College: High Jump, Hurdles and 400 & 800

Tony has coached at Occidental College, Portland State, Cal State Northridge, UCLA and now Ventura College. He has coached 25 NCAA DI and DII All-Americans. He has been involved with the Olympics, PanAmTeam USA and Emerging Elite Coaches Clinics.

Bill Lundberg/Hillsdale College retired: 1600 & 3200 and FCA

A 1972 graduate of Jackson Lumen Christi Catholic High School and a two-time NJCAA National Champion in track and also set a national record with in the two-mile. National Junior College Coach of the year at Jackson Community College in 1980

1985 took over the Hillsdale College program earning 1994 National NAIA Coach of the Year and 2000 NCAA Division II Coach of the Year. In 2009/10 he had 10 different athletes in seven events ranked among the top performers in the nation. Lundberg has been actively involved with Fellowship of Christian Athletes (FCA) and Athletes in Action (AIA).

Davie Emeott/East Kentwood High Pole Vault

One of Michigan's most successful high school coaches. His teams & athletes have won numerous championships in Michigan and Nationally. His "Beach Vault" is one of the highlights of summer track & field in Michigan.

Jim Aikens/Fremd High School, Palatine, IL - throws

Jim has been coaching the throws in high school since 1984, winning four state championships and 13 other state medals. Jim has served as the director of Junior Athletics for USA Track & Field in the state of Illinois and holds USA Track & Field Level 1 and Level 2 certification. He is a Level One USATF Lead Instructor and is a USATF Nationally Certified Official in the throws. His sessions are hands on so be prepared to be up and moving.

Dan Fichter/Wannagetest Power/Speed Training

Wannagetest is a performance training business in the Upstate NY area that offers training to elite athletes. Wannagetest's clients have included pro hockey players and Olympic track and field athletes. Fichter has traveled the country speaking on speed & strength training, and nervous system development and how to pull these elements into a comprehensive package that can substantially elevate an athlete's speed and strength. Fichter's system attacks the athlete at the individual specific level (SBN-Specific body needs) unlike most programs that offer the cookie cutter approach. Honorary Coach for Team Ukraine at the World Championships in Sweden.

Aaron Moser/MF Athletics

Aaron was an All American Decathlete when he was at Miami and was on the their National Championship football team. Aaron does not use power point presentation but instead uses the participation approach. Aaron will tackle the following sessions:
Building a Better Athlete - Dynamic and Functional Training for Track and Field - Dynamic Warm Ups and Workouts

Jerry Baltes/Grand Valley State University - 800

In his 14 years at GVSU his teams have won 12 straight men's regional championships the 2013 - Women's Cross Country won its 3rd DII National Championship in 4 years. He has been named USTFCCCA Women's Coach of the Year. His teams have been dominate in the GLIAC Conference.

Check at mitca.org for time of sessions

Check online for actual speaking schedule!

<http://www.mitca.org>

Mark Guthrie/Central Michigan University– 400

Mark was a 2008 inductee into the U.S. Track & Field and Cross Country Coaches Association Hall of Fame. Previously, he was the head coach at the University of Wisconsin-La Crosse for 19 seasons. During Guthrie's tenure at UW-La Crosse, he led the Eagles to 22 NCAA Division III Team Championships, sweeping the indoor and outdoor national titles in 1988, 1991, 1992, 1993, 1997, 2001, 2002, 2003, 2004 and 2006. In total, Guthrie's teams have won 12 indoor national titles and 10 outdoor championships. Only five head coaches in NCAA history have won more team championships than Guthrie. He has been named the Mondo Division III National Coach of the Year eight times.

Kelly Lycan/Western Michigan University

As Kelly Lycan begins his 12th year as the head coach of the Western Michigan University women's cross country and track and field teams. Still an active competitor, Lycan finished third in the 110m hurdles for athletes ages 45-49 at the U.S. National Master's meet in 2006, and also finished second at the 2005 U.S. National Master's Decathlon championships.

Walt Drenth/Michigan State University

Drenth has coached at Central Michigan University, William and Mary, and Arizona State University before coming to MSU. He has earned Coach Of The Year Honors in the Pac-10, MAC, Central Collegiate Conference, CAA and a Big Ten Coach of the Year. He has had numerous all-conference and NCAA Athletes. His daughter Emma, is a member of his MSU Track & Field and Cross Country programs.

Session on Discussing the Issues that will be brought up at the Business Meeting

The Track & Field Committee will be hosting a session to discuss the questions that will come up at the business meeting. If you have questions make sure you stop in and get them answered.

BEGINNER SERIES - JUNIOR HIGH COACHES

New to coaching or taking on an unfamiliar event- the beginner sessions will help with 5 special sessions for you.

STUDENT SESSIONS

At the hotel. Go to mitca.org for information & registration

COLLEGE - SB-CEU credits will be available at the Clinic.

MITCA SESSIONS

Will discuss what MITCA is & does and how you can become more involved.

MidEast & MidWest Meets will be presented and how you can become involved.

Thursday – 7:00 – 10:10 PM Registration

3 session with multiple speakers each session

The 8:05 Session

College coaches will discuss college running and how to help your athlete become a college athlete.

MITCA HOSPITALITY TO FOLLOW until 12:00PM

Friday, 7:15AM Registration

Check at mitca.org for time of sessions

Lunch (on your own – sandwich buffet in lobby)

MITCA Business Meeting

Banquet - Hospitality

Saturday, 8:00AM Registration

7:30 Fun Run

8:30 – 12:00 Check at mitca.org for time/topic of sessions

TRACK & FIELD CLINIC ISSUE

Jerry Lasceski
Membership
1691 North Hinson Road
Fairgrove Mi 48733

or

Jim Murray
Newsletter Editor
1321 Country Club Dr.
Niles Mi 49120

Visit Us On The Web
MITCA.org

Please detach before mailing

MITCA TRACK AND FIELD CLINIC
February 6 – 8, 2014

Name _____

New Address ☐

Home
Address _____

City _____ State _____ ZIP _____

Home Phone ()

E-mail address: If you intend to obtain SB-CEU credit, be sure your email is the same as the one listed in your SCR account.

In what year did you begin coaching? _____

Coaching assignment? **Mid. S.** ☐ **H. S.** ☐ **Univ.** ☐

School Name _____

School Address _____

City _____ State _____ ZIP _____

School Phone ()

How many years have you coached Track and Field? _____

School Classification A ☐ B ☐ C ☐ D ☐
Track & Field Division 1 ☐ 2 ☐ 3 ☐ 4 ☐

Mail to: **Jerry Lasceski, Treasurer**

1691 N. Hinson Road

Fairgrove, MI 48733-9503

Postmarked on or before Janurary 30:\$100.00

On site registration: \$110.00

50% off the registration fee if you are a new member attending your first clinic

Life member registration fee is now \$50.00. (Hall of Fame, Sweeney, Ambrose & Life)

Make checks payable to MITCA

Clinic Notes and Giveaway LIMITED to the first 800 registrants registration form.

Payment must accompany the

Questions? Call: 989.693.6068 or Email: mitcatreas@airadv.net

NO CREDIT CARDS

Full refund if notified by Feb. 3rd, NO REFUND after Feb. 3rd.