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.

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
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.

ASSOCIATION OF TRACK OFFICIALS OF MICHIGAN 2014 ATOM CLINIC - Jan. 31 - Feb. 1
at Daugherty Hotel
Clare Michigan (877) 2-DOHERTY
$75 Includes Atom Membership ($50 Clinic Only)
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
Register With
George Babcock, ATOM Treasurer
460 N. Main St. Allegan, Mi 49010

2013 CROSS COUNTRY COACH OF THE YEAR AWARDS

GIRLS

I-r: Dave King, Carey Hammel, Doug Jager, Nancy Smith.
Div. 1: Nancy Smith/Northville
nominees: Kevin Conkel/Hudsonville, Jeff Devantier/Birmingham
nominees: Dave King/Mt. Pleasant Beal City
nominees: Dean Blackledge/Hanover-Horton, Traci Kelly/Benzie
nominees: Royce Humm/Breckenridge, Tony Shrum/Bear Lake, Scott Werner/Pewamo-Westphalia.

BOYS

I-r: Rick Bauer, Asa Kelly, Jon Davidson, Brian Salyers
Div. 1: Brian Salyers/Hillmond Milford/repeats)
nominees: John Lober/Traverse City Central, Ryan Robinson/Waterford
nominees: Dean Blackledge/Hanover-Horton, Traci Kelly/Benzie
nominees: Steve Allison/Stockbridge, Adam Burhans/Clare, Tim Simpson/Lansing Catholic Central
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.

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


GIRLS

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 M1S. He led Millford 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 1998. 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 an

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 steve porter mitca photos events

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 hospitalization 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.

College Credit for MITCA 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 and Field Coaching Clinic! This opportunity was taken advanta

College Credit for MITCA 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 and Field Coaching Clinic! This opportunity was taken advanta

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 It must be completed by Thursday, April 17. A traditional MHSAA Rules Meetings you can attend: ATOM Clinic - CLARE (Doherty Hotel) – Feb. 1, 2014 8:30am

MITCA’S ACADEMIC ALL-STATE TEAM 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.


College Credit for MITCA 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 and Field Coaching Clinic! This opportunity was taken advanta

For more information, contact Kevin Behmer at behmer@aaps.k12.mi.us

MITCA’S MR. and MS. CROSS COUNTRY 2013

Reading T-Shirts on Saturday

I’m A Thrower Because…...

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

MITCA’S MR. and MS. CROSS COUNTRY 2013
Division 1::: 1-GRANDVILLE-4.000, 2-Grand Haven-3.988, 3-Millford-3.975, 4-Canon Salem-3.866, 5-East Lansing-3.862……… 21 teams. Salem returns as Top 5 Academic All-State team.

Individuals:  
- Alex Berends/12-Hudsonville, Janey Berends/12-Hudsonville@, Olivia Bordewyk/12-Caledonia@, Samantha Hanson/10-Sterling Heights Stevenson, Ashley Ko/11-Traverse City Central@, Ellie Leonard/12-Jenison, Ann 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 Top 5 Academic All-State Team, Regina for the 3rd year………. 18 teams.


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


Individuals: Lucy Ankenbauer/11-Kalamazoo Hackett, Sarah Bellinger/10-Shepherd, Jenna Briney/11-Macomb Lutheran North@, Josephine Brown/11-Lansing Catholic@, Monica Ellicot/11-Carol@, Anni Fanta/11-Bath@, Casey Hadaway/11-Carol@, Kursten Kalisze/10-Thaca, 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-Bridgean, Lindsay Winter/12-Clare@…………. 40 runners, 18 with a 4.000 GPA………

Top Academic All-State Finisher: 1st-Gina Patterson/11-Macomb Lutheran North repeat 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 Bea Cty-3.794, 4-Unionville-Sebewa 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 Shoemaker 10 Beal City@, Emily Steffke 11 Beal City@……. 30 runners- 6 with a 4.000 GPA.

Top Academic All-State Finisher: 1st-Kirsten Oiling/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 Mattysz/11-Marquette……….13 runners, 2 with a 4.000 GPA.

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

Individuals: Katie Pispanski/11-Ironwood@ 6 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

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 athletics braved the wind and cold to compete for a spot on Team Michigan. Mr. Mills  

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.
One week later 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 O’Neil took the early lead. As the girls approached the 4K, Oiling 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. Oiling finished runner up. Audrianna Bornamann, Nicole Kowalchick and Ashley Russo rounded out our top 5 finishing 12th. Oiling 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, but Dan Sims led with 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.

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.


**FOOTLOCKER CROSS COUNTRY MEETS**


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

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


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.mitsrrack.org for complete information.

Nov. 17 **NCAA DIVISION II:** at Patents Ferry Sports Complex, Spokane, Wash. (former Michigan High School runners)
The Task of Rebuilding from the outside...

When my twins 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 invitations 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 Athlete 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.

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……………… jjm
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.

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!!

MIDWEST TRACK & FIELD MEET

June 14, Findlay, Ohio

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

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.
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.
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

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<td>Promotions Expense</td>
<td>$ 5,317.21</td>
</tr>
<tr>
<td>Scholarship Expense</td>
<td>$ 1,500.00</td>
</tr>
<tr>
<td>Team State Championships Expense</td>
<td>$ 2,195.00</td>
</tr>
<tr>
<td>Track Clinic Expense</td>
<td>$ 46,453.94</td>
</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td><strong>$ 108,610.33</strong></td>
</tr>
<tr>
<td><strong>Net Income</strong></td>
<td><strong>($11,269.22)</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Income</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Donations</td>
<td>$ 2,410.13</td>
</tr>
<tr>
<td>Net Other Income</td>
<td>$ 2,410.13</td>
</tr>
<tr>
<td><strong>Net Income</strong></td>
<td><strong>($8,859.09)</strong></td>
</tr>
</tbody>
</table>

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/

Tony Veney/Winona State University: High Jump, Hurdles and 400 & 800
Tony has coached at Occidental College, Portland State, Cal State Northridge, UCLA and now Winona State. He has coached 25 NCAA DI and DI 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 an 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 Fischer/Wannagetfast Power/Speed Training
Wannagetfast is a performance training business in the Ustate NY area that offers training to elite athletes. Wannagetfast’s clients have included pro hockey players and Olympic track and field athletes. Fischer 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. Fischer’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 DI National Championship in 4 years. He has been names 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

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

CLINICIANS

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
MITCA TRACK AND FIELD CLINIC
February 6 – 8, 2014

Name ___________________________________________________________
New Address □
Home Address ____________________________________________________
City ____________________________ State ______ ZIP ______________
School Name ______________________________________________________
School Address _____________________________________________________
City ____________________________ State ______ ZIP ______________
Home Phone (__________)__________________________ School 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? ___________
How many years have you coached Track and Field? ___________
Coaching assignment? Mid. S. □ H. S. □ Univ. □
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
Registration deadlines and cost:
Postmarked on or before January 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)
Clinic Notes and Giveaway LIMITED to the first 800 registrants
Payment must accompany the registration form.

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.