

MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

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www.mitca.org

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CROSS COUNTRY CLINIC
Holiday Inn Hotel & Conf. Center
Big Rapids
Nov. 10-11-12 2011

TRACK & FIELD CLINIC
Lansing Causeway Bay Hotel
Feb. 9-10-11 2012

DOWN UNDER GAMES, BRISBANE, AUSTRALIA

Bob Blunk, Oxford Head Track & Field Coach

G'day Mate. That was our welcome and official phrase for the next week and a half as we touched down in Sydney, Australia after a 14 hour flight from Los Angeles. We would enjoy a day tour in Sydney that featured a drive by bus over the bridge overlooking the infamous Opera House. After exploring the Opera House and the Harbor, we were back to the airport for the hour flight to Brisbane and the Gold Coast. Being late June, it is winter in Australia and the sun set just after 5 PM. Not a bad winter considering it is 70 degrees by day and low 50's by night, I had to wear a jacket once.

On Day 3 of the trip, (we lost a day to the International Date Line) my assistant, Ed Carleton of Crosswell-Lexington and I prepared our team of 22 athletes and parents for practice at Griffith University, Gold Coast Campus. We were joined by nearly 200 more athletes from 38 different states of the U.S. This track was used in the Summer Olympics in 2000 for training by the European teams before actual competition.

I consider this meet as the mini Olympics for high school athletes. Along with Track & Field, there was Cross Country, Football, Wrestling, Volleyball, Golf, and Cheerleading in the Down Under Games. Our three days of competition consisted of high school athletes from the United States, Australia, New Zealand, Fiji and for the first time Japan and Canada. What an unforgettable experience to watch these athletes first compete and then celebrate together in closing ceremonies. Highlights of this year's meet was Andrew Cusmano/DeLaSalle and now Michigan State, run step for step with an extremely talented athlete from New Zealand and edge him out in the 3000 meter run for the gold medal. For the first time, U.S. athletes swept the boy's steeplechase, the winner was from the state of Wyoming with Ross Chapman/Oxford finishing just ahead of Andrew.



Cory Noeker Mr. T&F- back row with medal *Bob Blunk pic* day excursion that went into the mountains and rainforest by jeep. Most of our athletes go on this trip as they learn how to throw boomerangs and really get to see the real Australia. Being my fourth year, I rented a mountain bike and rode 60 miles up and down the coastline and into the mountains and made my own tour. It was fun just to be riding on the different side of the road.

After leaving many new friends in Australia, the team is headed for Hawaii for three fun filled days. This year, we had the 4th of July for 48 hours, the first in Australia and after crossing the International Date Line, repeating the same day at Waikiki Beach. The team visited Pearl Harbor and we dined that evening at an authentic luau with a Polynesian cultural show. What an enjoyable experience for all as we got to watch three firework displays up and down the coast from Pearl Harbor to Honolulu. **cont next page.....**

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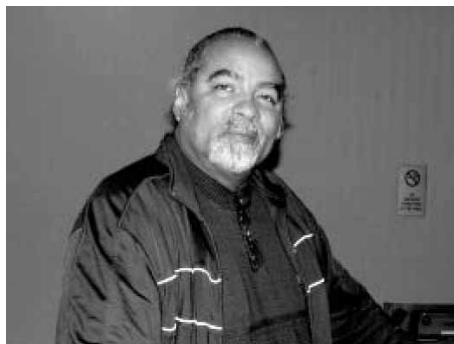
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THE PRESIDENT'S LANE: Ted Duckett/Loy Norrix

CLASS ACT I recently attended a cross country meet in the Kalamazoo area. I was impressed with parents and the competitive spirit of many of our athletes this year. It was good to see everyone giving each other support and encouragement.

I watched athletes fight for those last few steps to finish their races. It didn't matter if they were fighting for 1st place or 60th place. They were competing to the bitter end. It was refreshing to see the competitive spirit alive and well. Parents were encouraging, taking pictures, no matter what position they were in. **cont next page.....**



down under games cont.....

95% of our athletes totally fundraise their money for this once in a lifetime trip. Many of our athletes are from the U.P and scattered from all over Michigan. I return for my fifth season on July 1st, 2012 and Coach Carleton will again assist in his second year. I am currently looking for new assistants to help with the team as I will now be coaching Ohio, Illinois, and New York as well. I would especially love to have a coach from the U.P. or the west side of this state. My assistants get greatly discounted prices and there are additional incentives to reduce your cost. I would like to get a Head Coach for Cross Country for Michigan as well represented.

If interested, please email me soon at coachbb13@aol.com for additional information. You may contact me if your athletes have received a packet and are interested on being on the team.

presidents lane cont.....

It didn't matter if it was there own child, or another team. They applauded an honest efforts and the ability to finish the race. This was a wonderful event to show what happens when athlete, parents, and coaches are on the same page. I'm sure this goes on in many areas of our state. I just want to commend you and your programs for doing a great job. New leaders, young men and women are on there way to keep America strong, because of you, your programs and positive parental support. Keep up the good work. MITCA salutes you.

CLINIC IN A NEWSLETTER

This part of the newsletter features a collection of workouts and/or training comments from coaches around Michigan. This "clinic in a newsletter" has comments about working with the elite runner/he entire team & coaching organization. If you have suggestions for topics to include or would like to submit an article contact me, Jim Murray/Newsletter Editor.

Standout Runners, and How to Keep Them Integrated Within Your Team

Having been fortunate enough to work with several outstanding runners in recent years (including two state champions), I am sometimes asked how we train these superstars as opposed to the rest of the talent spectrum. Initially, my reaction is, "We don't really do many things differently." That is true in the sense that Devan John, Ali Wiersma and our other all-state athletes have always been on the same basic training plan as the rest of the team. However, there are ways in which top-level runners – especially the highly-motivated ones – must be handled differently in order to best serve both their needs and the needs of the 28-minute girl and the 24-minute boy.

At Allendale we generally always have the top kids do the same workouts on the same days as the rest of the team. It's in vogue in coaching circles to cater workouts to individual runners or groups of runners within a team (Greg McMillan recently wrote on the subject for *Running Times* and it is also discussed in Kenny Moore's "Bowerman and the Men of Oregon"). My opinion, though, is that a good training plan will work well for almost everyone and that having 12 kids do a tempo/threshold run while 10 more run 400-meter intervals and the other 15 on the team do a recovery run, is counterproductive for team unity. So, barring injury, our entire team will be found doing the same workout on any given day, state champions included.

The way I've found to separate the diverse range of talent is to run by time rather than distance on long runs, tempos and recovery runs, and to vary the number of intervals on repeat/interval workouts. For example, last Monday we did our usual Monday long run on a flat, rural gravel road. Everyone worked hard and ran for 75-85 minutes, but some kids ran six miles, some eight, some 10 and our top group ran 12. Later in the season we'll run 1,000-meter repeats: Group 1 may do six of these, Group 2 four or five, and Group 3 just three intervals. But the key is that the entire group, from 30-minute first year runners to girls with 3200-meter PRs

under 10:45, is together and doing the same basic workout. This builds team camaraderie and shows the younger kids that "hey, the multiple state champion and Footlocker hopeful isn't so different from me!"

Our training program revolves around building up the aerobic capacity and that means mileage. While we may not be as extreme in this regard as some teams, our top athletes routinely put in 50-65 miles a week. To do this during practice would require either having the slower neophyte runners spend the same amount of time running (such as a talented new freshman running 40-50 miles a week) as the top kids, or to spend a lot of practice time sitting around and waiting for the top runners to get back from their runs. A solution I've found is to give the highest-mileage group a list of weekly mileage goals in June. They are asked to hit a certain number of miles each week, from 5-15 beyond what they'll run at practice alone, and can do this by running extra in the mornings, doing long cool downs on race days, running a little more on the weekends, etc. Meanwhile, the entire team is able to stretch and do form drills, core strength and other ancillary work together at the end of each practice session.

All that is well and good, but elite high school runners are still going to have special needs at times. For example last season, our top boy Thomas Bambach was 80-90 seconds ahead or our second boy in most meets and Ali Wiersma was sometimes more than four minutes ahead of our next girl. How to make sure these athletes are getting in high quality workouts? In Bambach's case, I was in good enough shape to run some workouts with him during his senior year. Even when he had to go it alone, however, he was able to focus and hit his goal times. I've found that most top-level runners, by the time they're upperclassmen, can do this. In Wiersma's case she had fellow state champ John to train with, as well as four-time all-stater Camille Borst, for her first two years.

Our boys' and girls' teams almost always train

Grant Lofdahl, Allendale High School together and for Ali's junior season she was running with the boys on most hard workouts. This worked better than might be imagined for both groups: while there was the occasional spat from boys racing to beat her in practice, both Ali and our second group of guys worked well together and benefited from training together. On those occasions when she does end up running solo, she is able to bear down and achieve the requirements of the workout.

One last way that superstar runners are different from most kids is that their seasons are often extended. There are many opportunities out there after the state meet, from the Mideast Meet of Champions and Footlocker Regional/National meets in cross country to New Balance Nationals and USATF Juniors in track.

I'll use Ali Wiersma again as an example of how we handle this. For both her junior and senior cross seasons, we set the state finals and the Footlocker Midwest Regional as her goal meets (rather than conference, regional, and state for the rest of the team). Therefore, her mileage stays at a higher level farther into the season than the rest of the group and we don't really try to peak until the state meet. She also will treat many of our meets like workouts rather than races.

Few things make me scratch my head more than coaches whose state champion caliber runner seems to be racing all-out 10-15 times in three months, winning most meets by more than a minute. My belief is that especially for an elite kid (obviously less so for a first-year runner who needs to gain racing experience), they may have 4-6 really good races in them per season. The new rule on wearing watches will help greatly in this regard, as I may have Ali do 15 minutes at tempo effort and then finish hard in one low-key meet, and then do a fartlek of 6 X 2:00 hard/1:00 easy in the

next. She will probably race hard once in August to get the rust out, and then only once or twice in all of September before we get down to business in October and November. After state, we'll rest and recharge for a few days before resuming some of the same workouts we did leading

up to state, in preparation for Footlocker. There are surely many different ways to treat champion runners, I'm sure some will disagree with me and believe that they should be on a largely separate training plan from the rest of their team. This system has worked well for us for the past few years, and certainly different

ideas work well for other runners and teams. Whether you've been blessed with a super talent or two like we have or just a blue-collar, hardworking bunch of kids, good luck this season and we'll see you at MIS on November 5th!

Even A Small Team Can Become One Big Happy Group Of Runners

With a Division 4 squad, it's not always possible to get the kids to run as a pack -- but it is possible to get them to think like a team.

Last year, it was easy. Our first five boys finished in the top nine, and our first five girls finished in the top 11 en route to winning twin Catholic League championships. Our time gaps were miniscule, and I'm sure some of our runners had a better day just because they could rely on their teammates to get them through the tough stages of the race.

On a small team, though, that doesn't always happen. Let me tell you about the squad we had ten years ago -- our top girl was a bona-fide all-stater, and our second girl struggled to complete a race. Oh, and by the way, they were the only two girls on the team. Simply watching them race was a difficult task, since the pair would often finish 15 minutes apart from one another.

Admittedly, that situation was pretty difficult to solve, but we chipped away at it nonetheless. When our lead girl qualified for the state meet, we brought her teammate along as well. The two shared a hotel room. We let the second girl wear her uniform on site, and they did a common warm-up together. The only difference was that only one of them ran when the gun went off.

That did pay dividends down the line when we got more girls out for the team. Even though our All-Stater ended up transferring to her neighborhood public high school, the other girl was looked to for her knowledge

and experience -- and that really proved valuable when our squad earned a team berth at the state meet two seasons later.

Nowadays, we have a healthy-sized team, with one out of every nine students in our school out for the sport. Nonetheless, we still do a lot to promote group running in both our races and our everyday practice loops. Not only is running with teammates in practice good as a safety factor, eventually you do find that you pull more runners into the pack, and everyone seems to depend upon each other more.

Not everyone has the same ability or experience. On top of that, some may have been persistent in their summer training while others have been lazy, so we often come into the season with a wide range in talent.

We can vary the early-season practice loops with long, medium and short options. I usually plant any variation into the middle of the route, so everyone in the group can start out in the same direction and finish on the same stretch. Often, some runners from different groups will complete their routes at the same time, enabling them to know what it's like to finish next to their teammates regardless of ability.

Sometimes, it's a simple out-and-back loop, and the distance is determined by the top runners (or pack of runners). For those who fall behind, we instruct them to turn around when they see the lead pack coming toward them. Theoretically, all can finish together.

Invariably, we'll have some dedicated middle-of-the-packers who aspire to be in the top group -- whether they're sharpening up their

Wright Wilson Royal Oak Shrine skills or their friend is a front-runner -- so they'll tackle the higher-mileage route. In doing so, they get better as they get closer to the leaders. And as the season goes on, I offer fewer route options. By late October, there's only one loop choice and hardly any of the kids even notice.

When it comes to speedwork, we tend to keep it short and in an open area. That way, there's not a big spread from the front of the group to the back of the group, and the kids get the sensation of running in the pack.

And we don't overlook the social dimension, either. We have a pre-season team camp, and the team bonding we get from that is just as useful as amount of August miles. After staying in cabins together, cooking meals together, running through the woods together, and kayaking down the river together, the seed is planted and the kids become one big happy running family.

Throughout the season we maintain that social dimension through such activities as pot-luck suppers after our home meets, or side trips to cider mills and Hell (Mich.) following invitationals. You only need to look as far as the school lunchroom -- if you've done a good job in this area, you won't have your top seven runners eating at seven separate lunch tables, either.

So, there you have some ideas on building up your group, and none of them are directly related to how many miles you run or how fast your pace is. It's not rocket science, but hopefully your team takes off!

ORGANIZING FOR SUCCESS: Musings from a long time Coach. Tom Micallef

We all go into coaching with grand expectations. Too often we find the job is way too much work! There are some simple things that can make your life easier and allow you to stay in the game longer -- maybe even get you into the Hall of Fame someday! Here are a few organizational ideas for you to ponder. I had a great run as a head coach and now enjoy just being an assistant -- but here is some of my advice for you to have a fun and successful career!

#1. Surround yourself with a quality staff. You simply cannot do it all alone. If your school does not provide you with assistant coaches -- figure out a way to fund them or pick up some volunteers from your community.

There are people out there who are willing to help -- you just have to ASK! Retirees, former athletes, fellow runners, friends, and family members are all potential sources of help. Even if you cannot get these people to be involved every day -- get them on board at least part time. I always had an "entourage" of assistant coaches. They might not be able to attend every practice or meet but their contributions were still significant. They weren't always perfect, but then, neither was I. Use their areas of expertise to your advantage to help lighten the load on yourself.

#2. Go all in! You expect commitment from your athletes -- make sure you can match theirs! I always made coaching my number two priority -- family was first. I was willing to

go the extra mile and the kids saw that. Athletes will do extraordinary things when they know you care about them and are working to make their experience in the sport a meaningful one. You get out of it what you put into it.

#3. Get organized! If athletes and parents view your program as one that is organized and family friendly they will be much more apt to give it a try and stay with it once you get them in the door. Your world is fast paced and your athletes are cruising right along with you. They have a lot of other activities -- not just your sport. Be considerate of that and make your sport available and accessible. Once they learn to love it (running I hope) they

will make it a priority. This takes time and patience on the part of the coach. If you build it – they will come!

One of my endeavors that helped eliminate excuses and build organization was the “WEEKLY PLANNER.” I put it out each week on Thursday and it gave a game plan for the upcoming week and then a glimpse into the next week beyond. I copied it on paper and gave it to every athlete. I put it on colored paper so that it stood out from the other papers that were just tossed into their books and backpacks. I reviewed it at team meetings each day. I quizzed the kids sometimes and gave prizes if they could answer simple questions. I added little motivational quotes and silly pictures along with ideas and information for them to ponder. Most of the time I put this kind of

stuff on the back so that it didn't fog the message I was trying to get across.

I also posted the weekly planner up in the athletic office and on my bulletin boards in my room, in the cafeteria, and down in the locker room. I also emailed it to parents, athletes, and made sure my athletic director and his secretary had a copy of it. This really helped to eliminate confusion. I made sure there simply was no excuse for not knowing!

There is no one best way to produce this weekly planner but here is what worked for me. At the top, I posted my phone number and email address in a distinct font so that there was no excuse for not knowing how to get in touch with me!

I took each day of the week along with the date and briefly described where we would meet, the time we would begin and end, and what the

workout would be. Posting the workout in advance eliminated a lot of questions and anxiety for the athlete and helped as well if someone had to miss the practice and wanted to know what to make up on their own.

I highlighted meet days and put on the bus times of departure and return. I listed team functions for the week and you can even get as detailed as listing team members birthdays! We noted fundraising activities, forms due, etc. We clearly noted “off days” and gave them workouts to perform on their own on these days.

If you think athletes “tune in” to you when you talk....hmm, think again. They are often times daydreaming, scheming, worrying or sleeping while you talk. Put it on paper to reinforce the message!!! Good Luck with your season!!!

NATIONAL FEDERATION RULES CHANGES - 2012

Editors note: The following are rules changes adopted by the National Federation of State High School Associations (NFHS). We will find out how Michigan adopts the changes in the rules meetings this winter. For example, the walk-up start is already in use in several states but Michigan has not used it.

3-4-2 Deals with the referee's authority
4-3-1b(8), 4-3-1c(7), 9-6-1b(7), 9-6-1c(7)
contrasting stitching

New NOTE 2 A visible garment worn under the uniform top and/or bottom displaying contrasting/different color stitching to the single, solid color of the undergarment and which functions as the actual seam for the undergarment's construction is legal.

4-3-3 PEN For the first violation, the competitor shall be required to remove the jewelry before further competition and be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official and he/she shall notify the coach of the offending school of the competitor's violation and the warning

5-7-3- Walk-up start (will Michigan adopt) The starting command for individual races, or opening relay legs of 800 meters or more outdoors and 600 meters or more indoors shall be to instruct all competitors to take a position three meters behind the starting line or dashed arc behind the line. With the command “On your marks” all competitors will step to the starting line without delay. When all competitors are steady, the starter shall fire the starting device.

7-4-10, 7-5-17- continuous flights

When the number of entries dictates, the games committee may assign competitors to flights of no less than five competitors for preliminary competition or may conduct the event in continuous flights. In continuing flights, the first five competitors as determined by the games committee constitute a flight. As a competitor clears the bar, passes at turn at the height or is eliminated, the next competitor in order will be moved up so that the number of competitors in the active flight will be constant.

7-5-2- vaulting pole & taping

The vaulting pole may be of any material and of any length and diameter. It may have a binding of layers of adhesive tape of uniform thickness on the grip end. However, the plant end of the pole may be protected by layers of tape, PVC, sponge rubber or other suitable material to protect the pole when placed in the planting box.

7-5-25, 7-5-29 new- catching the pole

No person shall be allowed to touch the vaulting pole except the pole may be caught by an assigned official, designated pole catcher or the competitor, when circumstances warrant, but never to prevent the pole from dislodging the crossbar which would result in a foul.

9-1-1- measuring a cross country course

The cross country run shall be a course 2500 to 5000 meters (1.5 to 3.1 miles) in length as determined by the meet director or games committee. Measurements shall be along the shortest possible route a runner may take.

9-3-3, 9-6-2- chip use

Computerized transponders may be used to record the finish of a runner in cross country. A bib transponder or two transponders per runner, one attached to each shoe must be used. When transponders are used, the official order of finish for the runners is that recorded by the transponder, torso for bib transponder and foot for chips.

2012 Track and Field Major Editorial Changes

4-4 new NOTE Clarifies the authority and criteria for the state association to authorize exceptions to the competition rules to provide a reasonable accommodation to individual participants.

5-10-7 Clarifies a legal relay handoff between the incoming and outgoing runners.

6-3-2a and b Unnecessary verbiage removed in describing the tie breaking procedure in throwing events is removed.

6-6-1 Brings the high school javelin specifications in line with current IAAF rules which are used in the high school event.

7-4-16 Clarifies that it is a foul if the competitor takes off from two feet or uses weights or artificial aids.

9-6-1 PEN, 9-6-4 PEN Corrects a clerical error and clarifies disqualification.

2012 Track and Field Editorial Changes

1-1-1, 1-1-2, 2-2-3, 4-3-1b(5), 5-3-7 NOTE 1, 6-2-3, 6-2-5, 6-2-6, 6-2-7, 6-6-2, 7-1-3, 7-1-4, 7-2-2, 7-3-3, 7-4-16d, 7-6-29e, 9-4-2, 9-7-4

2012 Track and Field Points of Emphasis

1. Starter positions
2. Exchange zones
3. Jewelry and uniforms
4. Safety around landing systems
5. Throwing event safety

A complete listing of all rules changes approved by the committee is available on the NFHS Web site at www.nfhs.org. Click on “Athletics & Fine Arts Activities” on the home page, and select “Track and Field.”

coaching tip: On rainy & wet days wear a pair of baggies/plastic bags over the socks, inside the shoes during warm-up to keep the feet dry until race time.

2010 MITCA COACH OF THE YEAR for the MHSCA

The MITCA Executive Board selects a "Coach Of The Year" for the MHSCA in both cross-country and track & field. The MHSCA then forwards those nominees to the NHSCA for consideration for regional and coach of the year honors.

CROSS COUNTRY

Girls **Mike Smith** - Saline
Boys **Tony Magni** - Novi Detroit Catholic Central

TRACK AND FIELD

Girls **Tony Mifsud** - Dearborn Divine Child
Boys **Mike Jurasek** - Albion

MID-EAST CROSS-COUNTRY CHAMPIONSHIPS

Open to senior runners only. Two teams of 12 runners each, male and female will be selected to represent Michigan in the **MID-EAST CROSS-COUNTRY CHAMPIONSHIP**. There is no entry fee and registration is the day of the race.

Coaches put these dates on your calendar. Encourage your senior runners to consider the **MID-East Meet**. The qualification is one last race and a great way to end their high school cross-country career. Those athletes that qualify for the **MID-East** meet will have a tremendous opportunity and a wonderful experience competing in the meet.

QUALIFYING

Sunday, November 13, 2011

Sharp Park, Jackson

MITCA Coaching Staff: Mike Woolsey, Lumen Christi (517) 768-0930

CHAMPIONSHIP MEET.

Saturday November 19, 2011

Kettering Recreation Park, Kettering Oh.

Kevin Hanson, Sterling Hgts. Stevenson (586) 268-6964

ON THE LINE.....

Former Track and Field star, Todd Duckett/Kalamazoo Loy Norrix, recently took a trip to Africa to see two schools he sponsors. One of them is in Equatorial Guinea, and the other is in Tanzania. It was his first trip, and very informative. The Children were wonderful and eager to show what they were learning. While there, he experienced cultural costumes, outstanding natural landmarks, and wild animals. It was truly a once in a lifetime experience. I might also add he took his dad along.

TRACK AND FIELD, AND CROSS COUNTRY MEMORABILIA. & REMINISCANCES

We are going to attempt to collect what ever history we can find, that informs our membership and the public of our past accomplishments and outstanding Track & Field and Cross Country athletes.

If you have any articles of the past or stories, that we can display at our clinics, for public information, we want them. The goal is to develop a pictorial and written history to be put somewhere for public consumption.

If we receive enough items there will be a display at the Track and Field clinic in February, 2011. We want to go as far back as possible. Today's information is too current. Lets start from 2000 back and see what we can come up with.

If you have anything you think we can use send them to:

Ted Duckett, Kalamazoo Loy Norrix High School
606 E. Kilgore
Kalamazoo, MI., 49001.

Your editor is still looking for members of the "old guard" to provide short stories about the "old days." They can be humorous, tearful, reminiscent or whatever about the pre computer, pre asphalt pre digital days.

Days when there were no pre entries and of course results may not be coming. Stories about the old one site cross-country finals. Running barefoot or without a shirt, no shoes - no shirt, you still ran. Team members wore different uniforms.

Cinder tracks where the coach may have had to spend the day lining the track. What about the track where the coach tried to get a 4th lane and an opposing athlete found it had a light pole in the middle half way around. Where any lane but 1 may be longer or shorter than the 440. The 200 yard straight, with no stagger for the 440 at MSU Final meets.

With all of the current talk about regional strength there was a time when coaches just showed up at a region of their choosing. No pre-entries and competed.

The history of cross-country and track & field has many stories. We need to record and share these. Please help with your reminiscences

mitca.org..... Have you been to our web site lately????? It is newly redesigned. As in the past all **MITCA** activities, officers and committees are listed. Clinic information, awards, newsletter, clinic vendors and more is available. Additionally there is the opportunity for vendors to advertise on the home page. Contact Derek Gonzales, MITCA Technology Officer at tech@mitca.org for more information.

All **MITCA AWARD APPLICATIONS** are available at the web site. Last year we published all of the MITCA Award applications in this newsletter and had more interest and applications than we have had in years. We are again publishing those applications this year to

highlight the awards and create interest. The hope is in the near future interest and knowledge of the awards and the website usage will become such that we will not have to publish applications in the newsletter.

VENDORS AT MITCA CLINICS: If you know of any business or group that would be interested being a vendor at any of our clinics please have them contact me. You can also give them my email or refer them to **mitca.org** and they can contact me through there.

The **NCAA Final Meet** will again be held at Terra Haute, In. This meet is held on Monday, November 21.

The meet is held at the LaVern Gibson Championship Cross-country Course at the Wabash Family Sports Center. The cross-country course is just that, a cross-country course! It is compact enough that spectators can see most of the meet.

The tentative 2012 site is Louisville, KY.

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MITCA Hall of Fame

WHY: It has always been assumed that Sweeney and Ambrose Award recipients constituted the MITCA Hall of Fame. Whereas the Sweeney and Ambrose Awards, recognize coaching qualities that do not necessarily include coaching longevity or team performance, the MITCA Hall of Fame will do just that.

WHEN: Starting with the 2005 MITCA XC Clinic, up to four people each year will be inducted into the Hall of Fame.

HOW: Eligibility for the Hall of Fame in either Cross Country OR Track & Field requires a minimum coaching career of twenty-five years in the sport for which the coach is being considered. For induction consideration, the coach must have accumulated *at least* sixty points, all points pertaining only to the sport for which they are being considered. It is anticipated that applicants with the highest point totals will become the inductees for that year. If not successful upon first application, coaches are encouraged to reapply for Hall of Fame honors. Retired coaches will have their applications kept on file.

Points are awarded as follows:

1. One point for each year as head coach
2. One to five points each year awarded as follows:
 - a. Final Meet Performance
 - i. Five points each 1st place
 - ii. Four points each 2nd-5th place
 - iii. Three points each 6th-10th place
 - b. Regional Meet Performance
 - i. Two points each 1st place
 - ii. One point each 2nd or 3rd place
 - c. Conference
 - i. One point each championship

Coaches are allowed to use only one team (boys OR girls) and only score their highest finish for the year.

Example: Bob coach's boys and girls at Wonder High School. His boys win the conference and regional, his girls are regional runner-ups and third at the final meet. From the boy's performance, Bob scores 3 pts. From the girls, Bob scores 5 pts. In this particular year, Bob would use his girl's team performance towards his Hall of Fame point total. Remember, if a coach is being nominated as a cross country coach, track and field data cannot be used for any year being tabulated, and vice versa.

Assistant and Junior High/Middle School coaches with twenty-five years experience may be nominated and the MITCA Executive Board will make a decision regarding their induction.

All inductees and their schools will be notified as to the honor and the opportunity given to purchase a Hall of Fame ring. MITCA will present an award to all inductees. Coaches may select to receive their award at the MITCA Cross Country Clinic or the MITCA Track & Field Clinic.

The nomination form (see next page) must be filled out completely and all information submitted must be verifiable. Each form requires three signatures, the nominating coach/administrator, athletic director, and principal.

Applications must be received by a member of the MITCA Executive Board by September 1st, prior to the Track and Field Clinic.

MITCA membership is required for all nominated coaches (unless retired before 1980).

MITCA Hall of Fame - Nomination Form

| | | | | | | | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----|------------------------------------------------------------------------------------|-------|-------|-------------------------------------------------------------------|------|------------|----------------------|
| Nominee Name | | | | | | | | | |
| Hall of Fame Sport <small>(select one)</small> | | | <input type="checkbox"/> Track and Field <input type="checkbox"/> Cross Country | | | Yrs in Sport <small>(indicate years for T&F OR XC)</small> | | | |
| List earliest years first * For each year indicate: Year * Name of School * Boys OR Girls Team * "X" in appropriate place boxes | | | 5 pts | 4 pts | 3 pts | 2 pts | 1 pt | 1 pt | Point TOTAL for year |
| | | | MHSAA Final Meet Place | | | MHSAA Regional Meet Place | | Conference | |
| Year | School | B/G | 1 | 2 - 5 | 6-10 | 1 | 2-3 | 1 | |
| 2003 | Wonder HS | G | | X | | | X | | 5 |
| | | | | | | | | | |
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Name of Coach

Signature of Nominating Person and date

Name of Athletic Director

Signature of Athletic Director and date

Name of Principal

Signature of Principal and date

Make additional copies as needed

Submit to: Steve Porter, Milan High School, 200 Big Red Dr., Milan, MI 48160
Work (734) 439-5063, Fax (734) 439-5084



This is the official form for the **2010** season. This is the only acceptable form for **2010**

The Academic All-State Award is based on a student's GPA (grade point average).

1. Athletes must have a cumulative high school GPA established prior to the current season. (Freshman not eligible).
2. GPA's must be based on a 4.0 system to three decimal places. Schools not using a 4.0 system will have to make their conversions to three decimal places. Weighted GPA's will not be considered.
3. **Fax** completed form (please include Overall Race Place), **BEFORE** two-thirty on the Monday following the Final Meet
4. OR, submit form at Final Meet check-in.

Team Academic All-State

1. Calculate team average GPA using any five non-frosh runners from your team who completed the final meet race.
2. Two certificates to teams with a GPA 3.0 -< 3.499, seven certificates to teams with a GPA >= 3.5.

Individual Academic All-State

1. Awards shall be given to the top 30 GPA-qualifiers in each division. Individuals receive two certificates.
2. A GPA-qualifier is a non-freshman with a minimum cumulative non-weighted GPA of 3.5 who finishes in the top half of the final meet field.

(NOTE: an athlete with a GPA of 3.8 and finishing in the top half of the field will receive an award)

| | | | | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|-----------------|-------------------------|-------------------------|-------------------------|-------------------------|
| School Name | enter school name here | School Division | <input type="radio"/> 1 | <input type="radio"/> 2 | <input type="radio"/> 3 | <input type="radio"/> 4 |
| School Address | City, Zip | | | | | |
| School Phone | School Fax | | | | | |
| Coach Name | Home Phone | | | | | |
| The signatures below certify that all GPA's, having been obtained through official school records, are computed, on a 4.0 non-weighted scale, to three decimal places and do not include ninth graders | | | | | | |
| Coach Signature | | | | | | |
| Admin. Signature | | | | | | |

| Name | Gender (M/F) | Grade | GPA (to three decimal places) | | | | Overall Race pl |
|------------------------|--------------|-------|-------------------------------|---|--|--|-----------------|
| 1 _____ | _____ | _____ | | . | | | _____ |
| 2 _____ | _____ | _____ | | . | | | _____ |
| 3 _____ | _____ | _____ | | . | | | _____ |
| 4 _____ | _____ | _____ | | . | | | _____ |
| 5 _____ | _____ | _____ | | . | | | _____ |
| 6 _____ | _____ | _____ | | . | | | _____ |
| 7 _____ | _____ | _____ | | . | | | _____ |
| *TOP FIVE TEAM AVERAGE | | → | → | | | | _____ |

| Division Contacts | Div | Contact Name | School | Fax Number | Questions? |
|------------------------------------------------------|-----|-----------------|----------------|----------------|-----------------------------------|
| Proudly Sponsored by 8-694-8415 | D1 | Carl Spina | Saline | 734-429-8052 | spinac@saline.k12.mi.us |
| | D2 | Tony Mifsud | Divine Child | (313) 562-9361 | Tonymifsud150@aol.com |
| | D3 | Dean Blackledge | Hanover-Horton | (517) 563-0155 | Dean.Blackledge@hanoverhorton.org |
| | D4 | Ron Hart | Bellevue | (269) 763-3955 | bmsgr5ss@cs.com |
| | UP | Gary Whitmer | Gladstone | (906) 789-8319 | gwhitmer@chartermi.net |

Patsy Arpino Memorial Scholarship

Currently MITCA provides two \$500 Scholarships

Guidelines:

1. Recipient must be a legal dependent of a parent or legal guardian who is a member of MITCA for at least five consecutive years prior to the application.
2. At the time of application the recipient must provide evidence of full time enrollment with a minimum of twelve credit hours in a college, university, or trade school.
3. The recipient is eligible to win only once.
4. Applications must be postmarked by **OCTOBER 30** of the application year.

Procedure:

1. The MITCA President (or designee) will be charge of:
 - a) Verification of the scholarship guidelines.
 - b) Selection and notification of the recipients.
2. All eligible candidate names are placed in a box. The recipient(s) will be drawn at the MITCA Executive Board meeting after the deadline date and announced to the membership at the MITCA Track and Field Clinic. Alternate recipient(s) are drawn and kept secret with the MITCA Executive Board and will receive the award should any recipient fail to meet any of the guidelines.
3. All applications are destroyed after a selection is made, therefore it is necessary to re-submit applications each year.
4. Recipient is eligible to win only one time.
5. The scholarship is made in the form of a tuition reimbursement. The check will be written to the MITCA parent/guardian or college. The recipient will notify MITCA as to how the check will be made.

Complete and mail the form below:

MITCA Member Information

| | | | |
|------------|-----|------------|--------|
| Name | | | School |
| Address | | | |
| City | | | |
| State | | Zip | |
| Home Phone | () | Work Phone | () |

School Information

| | | | |
|-------------|-----|-----|--|
| School Name | | | |
| Address | | | |
| City | | | |
| State | | Zip | |
| Phone | () | | |

Jerry Lasceski, Treasurer

1691 N. Hinson Road

Fairgrove, MI 48733-9503

APPLICATION DEADLINE: OCTOBER 30

Donations can be made to the Patsy Arpino Memorial Scholarship Fund

Send to: Jerry Lasceski, MITCA Treasurer 1691 N. Hinson Road Fairgrove, MI 48733-9503

MITCA CROSS-COUNTRY CLINIC

Holiday Inn Hotel and Conference Center
Ferris State University
1005 Perry Ave.
Big Rapids, Mi 49307
231 796 4400

Nov. 11-12-13, 2010
Rate: \$86 cutoff date for this rate is October 22 – call today

CLINICIANS

Mike Parker Iowa City High School

Mike was a big hit at the track clinic so we brought him back for this years Cross Country clinic. He will be with us for 3 hours explaining the training theory he implements to get the results you see below. This is a dynamic speaker with easy to understand training. The best thing about Mike is he is a HIGH SCHOOL COACH, he knows what we go through every day!

Here are Mike's stats: You cannot argue his success.

14 Years as Track and Field Coach

6 State Championships – 2nd all time by any coach, 8 Regional Championships / 11 Conference Titles, 2010 team scored more pts. than any team in history, 5 All – Time State Records / 3 Drake Relay Records, 3 Iowa All Time Best Records

16 Years as Cross Country Coach

5 State Championships, 13 Regional Championships, 11 Conference Championships 2001 – Had 5 girls in Top 10 – 28 pts, Coach of the Year 21 times and 4 times nominated for National Coach of the Year

Jen Welter combines her experience as a personal trainer, group fitness expert, and professional athlete (Dallas Diamonds – professional football team) with an impressive education that includes a Bachelor's degree in Business from Boston College, a Master's degree in Sports Psychology, and she is currently completing her dissertation for a PhD in Psychology. Additionally, she has become a female role model in the Dallas community and actively promotes women's football, supports local charities, and provides motivation and inspiration to others through public speaking. Jen will be here to share her thoughts on motivation, goal setting, self-talk, along with other topics. You do not want to miss her sessions. In addition, if you attend all of Jen's sessions you will have satisfied the MITCA requirements for certification in the area of psychological theory.

Laurens TenKate - Helping Kids Develop a Passion for Running

Ran CC and Track at Calvin College, Coached 5 years at Calvin Christian Coaching both boys and girls he has won 3 conference championships, and 2 regional championships. In addition he has finished 6th, 2nd and 1st at the state

meet. Laurens has had 8 all state runners, and his team finished 2nd in 2010 for the GPA team standings.

Doug Jager -A Season of Cross Country at GR Christian

21 years at Grand Rapids Christian. Girls have 18 conference champs, 6 regional wins and 3 State Championships. They also have 3 second places, 2 third places and 1 fifth place in the last 10 years. His boys have 14 conference championships, 9 regional champs and finished 3rd at the state meet in 2010.

Emily and Mike Kloss - The Harbor Springs Program

Started the Harbor Springs program 12 years ago and they have developed a strong state contending pro-gram. Emily and Mike have 5 state championships, 15 regional wins, 2 individual state champs, and 34 All-State Athletes in only 12 years!

Asa and Traci Kelly -Benzie Central—A winning Tradition

Since 2008 look what the Kelly's have done in CC- 1 state championship and 12 All-State Athletes. Since 2003 in track they have amassed 7 regional championships and 3 state championships, with their girls 3200 relay team winning 3 straight championships with a state record.

Thursday - 6:30 – 7:00 PM (tentative) Registration

7:00 -10:00

Hospitality Follows

Friday 7:30 AM (tentative) Registration

Morning Sessions

Lunch/Awards (furnished)

Business Meeting

Afternoon Sessions

Banquet - Hospitality

Saturday 8:00 – 12:00 AM Registration

7:30 Fun Run

9:15, 10:30 Sessions

Check online for actual speaking schedule! <http://www.mitca.org>

Please detach before mailing-----

MITCA CROSS COUNTRY CLINIC

November 10 – 12, 2011

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.

Mail to: Jerry Lasceski, Treasurer

1691 N. Hinson Road
Fairgrove, MI 48733-9503

School Name _____

School Address _____

City _____ State _____ ZIP _____

School Phone ____ (____) _____

How many years have you coached Cross Country? _____

School Classification A B C D

Cross Country Division 1 2 3 4

Registration deadlines and cost:

Postmarked on or before November 2: \$90.00

After November 2: \$100.00

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

Clinic Notes and Giveaway LIMITED to the first 350 registrants

Make checks payable to MITCA

Payment must accompany the registration form.

NO CREDIT CARDS

Full refund if notified by Nov. 7th, less \$25 after Nov 7th.

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Visit Us On The Web
mitca.org

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OR

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Fairgrove MI 48733

CROSS-COUNTRY CLINIC ISSUE

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