

MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

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www.mitca.org

Ted Duckett/Loy Norrix
President/Track Clinic '11
coachduckett@hotmail.com

Chris Owens/Tawas
1st V. President/ Track Clinic '12
cowens@tawas.net

Benjamin Watson/Rockford
2nd V. President/CC Clinic '11
bwatson@rockford.k12.mi.us

Dean Blackledge/Hanover-Horton
Secretary/CC Clinic '12
dean.blackledge@hanoverhorton.org

Jerry Lasceski
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

Angelina Bauer/Saugatuck
Cross Country Comm. Chair
abauer@saugatuckps.com

Jill Evers/Kent City
Track & Field Comm. Chair
ccj_me@hotmail.com

Mike Woolsey/Lumen Christi
Mideast CC Meet Chair
mwoolsey@hotmail.com

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

David Hovarter/Leslie
Academic All/State Chair
davidhovarter@yahoo.com

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

CROSS COUNTRY CLINIC
tbd
Nov. 9-10-11 2012

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DAN ROGGENBAUM 2011 AMBROSE WINNER



steve porter/mitca photo

Many of you would recognize this person by his distinctive voice at track and XC meets. That certain lilt has been known to travel over a mile and inspire runners to find that extra gear in a race. Even at this year's state final meet, one of his former star runners who now works for Orthopedic Rehab and was working at the meet said that she heard him long before she saw him.

Dan arrived at Vandercook Lake in fall of 1974 coaching 7th Grade Football and as an assistant, for Hall of Famer Tom Gass, in track that spring. He took a sabbatical in 1976-7 to complete his master's work in athletic training at Indiana State. Girls' cross country was beginning about that time and when he returned numbers were sufficient to field a separate girls team so Dan became its coach and by 1981 took over the reins of the girls' track program. He has been head coach of these sports ever since. Dan retired from the classroom last June, but has continued to stay on as coach of the track and XC teams.

Dan has guided his teams to 4 conference and 3 regional championships, 10 State Finals with 3 top 10 finishes. His track teams won 3 conference and 3 regional championships with 3 Top 10 finishes and a runner-up spot in the MITCA Team Meet. Dan has been nominated for MITCA Coach Of The Year honors in both cross country and track & field, winning the COY Award in Track & Field in 2003.

As a coach, Dan has made a difference in his runners. If there is one consistent lesson that his runners have learned over the years, it is to play by the rules. He would teach this to his athletes and would have their back if there were a question. That first year coaching together, there was an interference collision at our first relay meet, and being much younger and more energetic back then, was over the fence and inquiring as to what the ruling was. The athletes also knew from that moment that as coaches, we would be watching out for them.

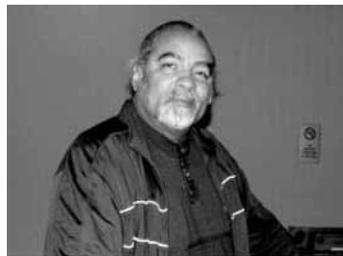
Dan made our school and teams a place of opportunity. He was instrumental in changing a community paradigm. VCL became known as a running community. Before his arrival our school had not been a consistent winner since the 1920's. It had some great performers, but not much team success. That changed after he arrived.

Dan graduated from State College High School, Pa. and wanting to attend a small Christian college enrolled in Spring Arbor College, as it was called then, in Michigan. He participated in a few years of his high school's 187 consecutive dual meet winning streak, that covered several years. Dan was a distance runner on the teams in high school and college, not a star he is quick to add but he felt he was part of 2 great programs and had outstanding coaches and that was where the foundation was laid for his coaching.

He majored in mathematics with a minor in chemistry spending his entire classroom career teaching those two subjects. Last year the Jackson area published a magazine featuring the five top educators in Jackson County and Dan was recognized in that issue. He was the mathematics department chair for many years and chaired our school's academic development committees also for many years and worked on the North Central accreditation. He also was instrumental in getting something as obvious as longevity awards and our hall of fame instituted for the staff at VCL.

Dan has been the meet director for the XC conference meet for over 25 years, is an integral part of the J. Chris Jensen XC run Committee, Jackson County's all county race. He has helped put on at least 10 regional XC meets over the years, and he is also a member of the XC State Final committee out at MIS where he has been supplying workers and anthem singers for many years. *continued on the next page*

THE PRESIDENTS LANE: Start Of Winter Ted Duckett, President MITCA



steve porter/mitca photo

A bear hibernates, a chill fills the air, and holidays abound with tiding of good cheer. The Yule season passes and Track and Field coaches begin their visions of spring to come.

If you want to give your athletes a chance, on the edges of summer, you must begin work now. Good teams don't happen three weeks before the season. Quality must be developed, worked, sustained and pushed to its ultimate limits. Success at our level is only achieved through commitment and hard work. We need a support system of parents, friends, teachers and a coach who knows the road map to get to the State Meet and perform at the highest level.

The coach and the athlete must have a plan that is agreed upon, that they are willing to execute, with parent support. Coaches have to be knowledgeable in seventeen events to ensure all of their athletes get the very best of instruction and training. This is an awesome task especially if one has large numbers to work with. The coach has to make sure all his help is educated, to complete the task that is ahead. Their athletes must be aware of rules, and procedures of their event.

We will watch athletes soar, jump, and speed, racing and powering their way to victory or personal best. That last note, personal best, I sometimes think that is more important than not. That means to me you gave more than you ever gave before, we maximized the effort to achieve something we never did before. Sometimes it turns into victory. Some times we end up short, but the truth is we did the very best we could on that day and exceeded previous accomplishments. That is great because there are no losers, that is a win, win situation. *continued on the next*

dan roggenbaum continued.....

Dan has served MITCA also. He is currently on the track committee and will be finishing up 9 years of committee work after this term. He has been the chair of 2 of the committees. He has been a tireless and enthusiastic worker in all of these endeavors and is continuing to help make our sport better. He has also served on several MHSAA Committees; currently he is on the regional site selection committee.

Dan and his wife Nancy have 2 children; a son, who now is married, and living in London, and a daughter who is continuing her musical career currently on tour.

In recognition of his 36 years coaching, his service to MITCA, his contributions to the sport, and success on the field. It is my honor and privilege to present the 2011 Ambrose Award to Mr. Dan Roggenbaum. *Taken from the presentation by Tom Gass*

presidents lane continued

As a coach, I strive for a win, win situation. An honest effort, which is all you have to give; a determination to remind myself, I have not reached my limits and the courage to go beyond the norm and dare to be different.

It is easy to put on a uniform and go out and compete, going through the motions. It is another thing to go out and leave a quality performance with a portion of you left on the track willingly in the pursuit of your personal best.

Every day in Track and Field is a day to improve your last performance. As a coach and athlete we must embrace the challenges that lie ahead and meet them with energy, wisdom and perseverance. I wish you Happy Holidays and a successful season

This past summer we had what maybe a first, 3 of our track & field athletes qualified for the **World Junior Games** in Lille, France. Two of those athletes placed in the games. Michigan has been well represented in the "extended season", i.e.: Footlocker, Indoor & Outdoor National Track & Field Meets. We have regularly had out athletes make it on the national scene but I believe this is a first for underclassmen. Rather than have **Clinic In A Newsletter** section in this issue we will let two of those athletes talk about their experiences. Both are excited about their experience but both talk strongly about their high school teams.....

REFLECTIONS ON THE WORLD GAMES Hannah Meier, Grosse Pte. South



2011 MIS runmichigan.com photo

Let's begin at the starting line...

Weeks before the World Youth Trials in Myrtle Beach, SC, I narrowed my thoughts and started focusing on what I wanted to do. I was on a mission, and I knew I could build on my individual and team success at our state finals meet to give me confidence for this competition. The day finally came in late June to run the 1500 meters and I knew that I had to do well if I wanted a shot at being chosen for the Team USA. I was ready to go, and pumped to do my best. I went out into the South Carolina heat, warmed up, and looked around at the others, as all competitors seem to do. There were girls from all over the nation but I tried to stay in my own little bubble, and follow exactly what Coach Zaranek wanted me to do. He had told me to keep in mind how hard I had worked leading up to this, to have confidence, be focused, and remember that whatever happens, he, my family, and my 106 other teammates back home would be proud of me no matter what. And lastly, just keep it simple. So I stepped up to the line, remembering what Coach Z told me, did what I could and placed 1st with several other competitors and my twin sister, Haley, close behind.

I was one of 42 athletes, (22 females and 20 males) chosen that night to represent the USA in Lille, France, to compete against the best 16 and 17 year-old track & field athletes in the world! We immediately began getting fitted for all of our USA apparel while my parents filled out a bunch of

paperwork. It was truly amazing that I made the team, and I could not have asked for a better opportunity to complete my sophomore track season.

We went to an informational meeting the next day to get ready for our journey, and say goodbye to our parents and siblings, because we were officially Team USA athletes now. My team and I stayed at a dorm at Coastal Carolina University, and got to know each other at the track, the cafeteria, and in the rooms we shared together. Most of the girls were a year older than me but everyone got along well. I became close friends with a girl from New York who would be running the 2000 meter steeplechase and she made me feel very at ease. We all trained for a couple days until it was time to leave for the beautiful country of France.

I had never been to Europe, and was eager to see new things, and meet people that spoke different languages, and see how they lived. After the long flight across the Atlantic, we finally arrived near Lille. I stepped off the plane, and heard French being spoken across the airport speakers, and knew that the pilot did not take us to the wrong place, this was FRANCE! We took our bus to the hotel, and attempted to get some shut-eye. We arrived at our hotel and saw unique and interesting people all around the world including the team from Zimbabwe. We settled in, and found a few hotel employees that spoke English to help us out. Throughout the trip, we were given unusual types of cuisine, and I learned that the French are really into fish entrees and they commonly serve nutella with honey on their delicious pastries.

After we ate our meal in the morning the next day, our team made a circle and we said a prayer together, which got us all ready for what was coming. It was days before we would race, so I knew it was time yet again to focus, and get some workouts in. We were taken to a practice track, and we did all we had to do the next couple days to get prepared. We thought we had the track to ourselves, until we first started seeing more countries arrive, and share the track with us. They were intimidating, but we knew we were very strong, and we were definitely ready for the races the next few days. The first countries that started coming were Botswana and Australia, then gradually came Brazil, Italy, Sweden, Romania, and Austria. All I could say was "wow." Seeing all these talented athletes from foreign countries in real life is truly a blessing not many get to see. It hit me that I was seriously representing my country to help us reach our goal of winning the competition. There are no words to describe how I felt except amazement and awe.

After my team visited the stadium track I would be competing on the next day, we walked in a parade with the athletes and coaches from 129 countries through the beautiful streets of Lille. There were so many people cheering for us. Then we headed back to the hotel and to get PASTA of course, and sleep for the exhilarating day ahead. The prelims soon came, and my USA teammate and I headed over to start warming up, and get a picture in our minds of what we had to do, and what our coaches told us

Before we knew it, it was time for us to head over to the tents, and get our numbers and spikes on. We found out that we would be in different heats, so we wished each other luck, and went our separate ways because this was our time now. All I can say was I was ready, even though I looked around at all the different teenagers from all over the world with times as good or better than mine in the 1500. I remember that the Kenyan and Ethiopian girls didn't wear socks when they were putting their spikes on which I thought was a bit odd, but I heard that they liked running in their bare feet. I thought they run their race a certain way, but I have to run my own race. Also, as I was assigned my number, I asked one of my competitors from Hungary which way to put it on, but she totally did not understand me, so I had to figure it out by myself. I thought it was rather comical, and I still think about that.

Finally, it was time to go out to the track. We all had to walk out in a line, and drop off our bags and loosen our muscles once we got to the starting line. I could not help but look around at all these girls. I just knew it was my time, right then and there, to prove myself, and let people know that I could make it to the finals. We were then called over to the line to be introduced. This was one of my favorite parts because it reminded me so much of the Olympics, and it was hard to believe that I was doing something similar for my age group. I just blew a few kisses to the crowd when it was my turn on camera, and was tempted to say "Hi Mom" like those people do on TV all the time, but I resisted, remembering I was on a mission. Before I knew it, the gun went off, and I had a great start, taking the inside lane. I knew I had to get in the top four out of twelve in my heat, so I had to make sure to work hard, but not use too much energy for the finals. After a little over four minutes, it was over, and I placed third behind the Ethiopian and Kenyan athletes.

I was very proud of myself, but looked ahead to the next race.

The finals came days later. I was very overwhelmed because I wasn't used to running so far into the season. By that time last year, I had already taken a two week break, and started getting ready for cross country season. It was new and different, but I held on knowing that I had to help Team USA. I went into my race, thinking about all the possibilities. We go through so many emotional and physical challenges when we run and I felt very brave for being able to do this. Keeping this in mind, I went out and raced the finalists, and did what I could, and ran my best time, a 4:20 placing ninth in the world. After my teammate and I crossed the finish line, we laid down next to each other in exhaustion, knowing that we had done our best. Later the next day, my USA team found out that we had narrowly won the competition and we were all thrilled!

What a great way to end the season. All the people there made it even more fascinating and we became not only teammates but instant friends. As I exited the track after my race, I had many "good jobs" from my teammates, my coaches, my family, and I even got asked several times for my autograph from spectators from other countries!

After the team celebrated our huge accomplishment, we made sure to treat ourselves to waffles with a milk chocolate drizzle, because it was the thing to do in France. Also, we made sure before we left to trade clothing with the athletes from other countries. They were excited, and our gear seemed the most popular. I managed to get a few pins, a Trinidad and Tobago jacket, Australian shirt, Jamaican shirt, and an Australian key chain. It was a good thing that we were given a lot of USA apparel at the beginning of the trip! I was willing to give away and trade a few things, but wanted to keep most of the USA gear to share with my sister and to cherish as a memento for representing the USA.

Before we left for the states, we attended a dance with all the countries to celebrate our successes. I danced with mostly the people on my team and a few others. The Jamaican athletes had their own "unique" style of dancing which to be honest, was a little frightening! They provided many laughs for my teammates and me. Before I knew it, it was time to leave. My roommate and I managed to get up the next morning and catch the bus on time, and head to the airport. I said goodbye to France, hoping that I would be back someday to visit and see more of the country.

We weren't able to sightsee a lot because we were either training, dining, in meetings or at the track supporting our teammates. I thoroughly enjoyed my experience, but was ready to go home. We landed in South Carolina, and stayed there for one night, then headed home the next day after many delayed flights, with my Michigan friends from the team, Kyra Jefferson and Kendall Baisden. I was welcomed with open arms at the airport with flowers and hugs from my parents and sister, and my little brother waiting in the car at 1:30 in the morning, just wanting to see me. I arrived home with my room all decorated with posters, a cake just for me sitting on the kitchen table, and many messages on facebook and our phone answering machine offering "congratulations." It just goes to show how blessed I am, and how I have such wonderful friends and family, and coaches especially Mr. Z and coaches Schiabe, Lamberti, Novak and McNamara to support me. Now, I am looking ahead as a more experienced upperclassman, and hoping that I can accomplish something even better in the future. I know a lot depends on how much I work, my passion, and my support in helping me to reach my potential. Finish line. I'm ready for next season. Let's do this.

Kendall Baisden's Summer Experience

Kendall Baisden, Detroit Country Day

This past summer will always be a pivotal time in my running career. One reason being that it was the first time I had an opportunity to run against international competition. An abundant amount of preparation and dedication was required for me to be able to compete at this level. However, I enjoyed every day of it and didn't mind spending most of my summer training. I was enthusiastic to work towards improving my technique, dropping my times, and overall becoming a better competitor. Now that I reflect on this summer, I cannot think of any way to have spent my summer.

Ending my high school track season with a state championship and three individual championship titles, I was eager to kick off my summer season. After running prelims and finals for the 100, 200, 400, and 4x2 relay in order to contribute to our trek to a championship win, I was assured that I would be successful this past summer season. While running numerous rounds during the championship meet, I contemplated whether I should run to break records or simply run to win for the team. This was a tough decision for me knowing that the points I could accumulate from winning all my events would ensure my team a championship win. Something I desperately wanted to do because of my situation last season. I was not able to compete in the 200m regionally last year because of inclement weather which extended the meet an extra day. That extra day was the day of my grandfather's funeral which coincided with the final 200m race. This situation cost us the championship but we took second place and my tennis team won the state championship which let me redeem myself personally. My preference has always been to run to break personal, meet, or national records, but knowing that to do so would expend much energy and stop me from qualifying further in my events. Therefore, I decided to run simply in hopes to win the events and to preserve energy for more rounds in order to ensure a championship win for my team, Detroit Country Day Yellow Jackets.



2011 Finals

runmich photo

Starting the season with the New Balance Outdoor Nationals meet, I was quite ready to put some times down in preparation for the World Youth Championship trials. Having won the New Balance Indoor Nationals meet that automatically made me feel more pressure to defend my title. Ultimately, I was very pleased with my winning time in the 400m final (52.87) and definitely saw qualifying for a spot on the World Junior Championship team as a good possibility.

Arriving in Myrtle Beach for the World Junior Championship trials, making the team was my primary focus. This would be my opportunity to make a junior team since I was always too young to do so before. Going into the 400 final to qualify for the team I was rather nervous and anxious. I knew I was up against great competition and anyone could have made the team; it all came down to who could perform the best that day. Fortunately, I was able to place second in the race and qualify to join the team that would compete in the World Junior Championships in Lille, France. My hopes to compete internationally would finally be granted.

My experience in Lille, France will always be a memorable one for me. From day one I enjoyed every moment of being able to represent the USA in the World Junior Championships. Receiving what seemed like a lifetime supply of USA gear and practicing for the big meet only further excited me to compete to my best ability. Being able to run with elite athletes from all over the world and see how I compared to them speed wise excited me even more. Even though I wasn't able to perform well enough to make the medals stand in my individual event, I was able to redeem myself and help the USA team obtain second place in the sprint medley relay. Receiving my medal during the medal ceremony, trading gear with other athletes from other countries, and partying at the closing ceremony gave my businesslike trip a fun twist. Every aspect of the meet and being part of the USA team made me feel as if I was already a professional runner.

Reading T-Shirts on Saturday MILES MEAN CHAMPIONSHIPS

Reading T-Shirts on Saturday
EXPECT MORE THAN OTHERS THINK POSSIBLE.

ASSOCIATION OF TRACK OFFICIALS OF MICHIGAN 2011 ATOM CLINIC - Feb. 4-5

at

Daugherty Hotel - Clare Michigan (800) 525-4115

Register With Dennis Hodges, ATOM Treasurer

11768 Gold Fields Dr. Grand Ledge, Mi 48837

\$75 Includes Atom Membership (\$50 Clinic Only) after Jan. 1 \$85 \$10 additional after Jan. 1

7:30 PM Business Meeting ----- Hospitality Friday ----- MHSAA RULES MEETING - Sat. 8:30

Power Point Presentation of: Officiating High School Track & Field - Officiating Field Events - Officiating Track - Events/Education on Rules

ATOM AWARDS & RECOGNITION for more information got to: atomofficials.com

NOTICE: Kermit Ambrose fell in his home Monday, Dec. 12 and was taken to Beaumont Hospital, Royal Oak. Nothing was broken and according to all reports Kermit is ready to go back home but he is spending a few days in the hospital for observation. Regular updates are being sent out to those that were at his 100th Birthday Party last year. If you would like to be added to that list please contact me with your email..... jgm

2011 MITCA HALL OF FAME INDUCTEES – CROSS COUNTRY

The MITCA Hall of Fame is intended to recognize outstanding Cross Country and outstanding Track and Field coaches. What constitutes outstanding are a variety of measures such as success within MHSAA playoffs, and career endurance. Ambrose and Sweeney Award winners are automatically inducted into the Hall of Fame; up to four other coaches are inducted each year after evaluation of their application by the MITCA Executive Board.

At the 2003 and then the 2004 Cross Country Clinics we honored and inducted into the MITCA Hall of Fame the Kermit Ambrose Award winners. At the 2004 and 2005 Track Clinics we honored and inducted into the MITCA Hall of Fame the Charles Sweeney Award winners. Now MITCA is inducting members for the Hall of Fame that are not Ambrose or Sweeney winners. This is our sixth class for cross country

Pat Pastula/Hillsdale



Pat Pastula was born on the west side of Detroit, moving to Hillsdale in 9th grade. He attended and competed for Hillsdale High school and then was a walk-on in basketball at Hillsdale College. He began helping his high school track coach, Bill Teft, in 1977. Pat graduated from Hillsdale College and began teaching English at Hillsdale High in 1978 and then became the head coach of cross country and the head girls' coach of track & field the following year. Pat spent his entire classroom career at Hillsdale High, retiring after the 2010-11 school year. He is still coaching.

His girls' teams have won 2 State Finals Championships, 1985 and 2002, while winning 2 regional meets and being conference champion 13 times with 12 Top 10 finishes at the State Finals. Pat's boys' teams won 4 regional and 5 conference championships with 5 Top 10 finishes at the State Finals.

His track teams won 20 conference, 10 regional champions and had 2 top 10 finishes. Hillsdale was a Class B team until divisions were created where they competed in Division 3. Hillsdale was a member to the Twin Valley Conference for a long time. They compete in the Southern Michigan Athletic Association (SMAA) now and will begin competing in the Lenawee County League next year.

steve porter mitca photos

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 2012 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

2011 CROSS COUNTRY COACH OF THE YEAR AWARDS

GIRLS



l-r: Steve Zaranek, Nick Hopkins, Traci Kelly, Doug Baird steve porter mitca photos

- Div. 1: Steve Zaranek/Gross Pointe South**
nominees: Jeff Devantier/Birmingham Seaholm, Greg Russick/Grand Haven, Mike Smith/Saline
- Div. 2: Nick Hopkins/East Grand Rapids**
nominees: Doug Jagar/Grand Rapids Christian, Joe Curcurcu/Grand Rapids Forest Hills Northern, Jeremy Luhmann/Hamilton
- Div. 3: Traci Kelly – Benzie Central**
nominees: Jill Evers-Bowers/Kent City, Dean Blackledge/Hanover-Horton, Mike Woolsey/Jackson Lumen Christi
- Div. 4: Doug Baird/Hesperia**
nominees: David Jordon/Concord, Rebecca Willis/Homer, Angelina Bauer/Saugatuck

BOYS



l-r: Brian Salyers, Charles, Miller, Laurens Tenkate, Doug Baird steve porter mitca photos

- Div. 1: Brian Salyers/Highland Milford**
nominees: Matt Gutteridge – Hartland, Carl Spina/Saline, Joe Verellen/White Lake Lakeland
- Div. 2: Charles Miller/Mason**
nominees: Doug Jagar/Grand Rapids Christian, Chris Young/Ionia, Mike Mahler/St. Joseph,
- Div. 3: Laurens Tenkate/Grandville Calvin Christian**
nominees: Asa Kelly/Benzie Central, George Drown/Hemlock, Tim Simpson/Lansing Catholic Central,
- Div. 4: Doug Baird/Hesperia**
nominees: David Jordon/Concord, Rebecca Willis/Homer, Angelina Bauer/Saugatuck

The tentative **2012 MITS Indoor Track & Field** schedule is now online. The **2012 MITS State Meet** is scheduled for Saturday, Feb. 25th at Eastern Michigan University. Go to www.mitstrack.org for complete information.

2012 MITCA TEAM STATE MEETS
Saturday, May 26
D1 & 2: Jenison High, D3: Kent City D4: Gobles

MIDWEST TRACK & FIELD MEET
June 9, Ft. Wayne Northrop High
Qualifying: Seniors only, Invited based on State Finals & season marks.

2012 MHSAA FINAL MEETS Sat. June 2 Sites to be determined.....

MITCA'S MR. and MS. CROSS COUNTRY 2011

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.

Taylor Manett Rockford

Taylor Manett is a 4 time Varsity Letter Winner for Rockford, a 3 time All-Conference runner, her 2011 Conference and Regional Champion and the Team Captain this year. She earned All-State Honors in 2010 & 2011 while earning Academic All-State for the last 3 seasons. She was the individual runner-up in D1 this year and was on 2 Top 3 teams during her career.

She was the Rockford MVP and 1600 Conference & Regional Champion for the 2011 Season while earning All-Conference and All-State honors as a sophomore & junior. Taylor is a 2-time Academic All-State runner in track.

Rockford has recognized her with an Academic Letter each year and she was Student of the Month twice and Athlete of the Month on 3 different occasions. Taylor has been in the school musical 4 times and is also a member of the Advanced Women's Ensemble. She is a member of the National Honor Society and a Student Council Representative. She volunteers with the Kid's Food Basket and God's Kitchen. Taylor is also a peer tutor.

Taylor advanced to the Foot Locker Finals this year, finishing 25th.

Her top choices for college are the University of Michigan, Columbia University & Georgetown. She wants to pursue a degree in Medical Research, Micro Biology.



Bryce Bradley/Chelsea

Bryce Bradley has earned 4 Varsity Letters for Chelsea and is a 4 time State Qualifier in Cross Country. He was the Individual Runner-up in 2010, winning the D2 Race this year as a senior. He earned all-state honors 3 times. He earned All-SEC Honors all 4 years, winning the SEC Red race this year.

Bryce developed a knee problem late in the season and was wearing a knee brace at the Finals. After the first half-mile or so it became a knee brace as it slipped down around his ankle.

On the track he earned All-state in the 1600 & 3200 last year as a junior.

Steve porter mitca photo

Bryce is part of the Physics Club at school and a member of the Chelsea Free Methodist Church Youth Group.

He is considering Michigan, Michigan State, Grand Valley, Illinois State, Purdue and Indiana Wesleyan for college. He is interested in a degree in Physical Education and History and would like to coach.

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.

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 2011

Selection is based on the 7 fastest times at MIS on the day of the finals. Times taken to the nearest tenth. * 2010 Dream Team Member.

BOYGIRLS

Erin Finn-11/West Bloomfield, **Taylor Manett**-12/Rockford, ***Hannah Meier**-11/Grosse Pointe South, **Julia Bos**-11/Grand Rapids Christian, **Kenzie Weiler**-9/Cedar Springs, **Ali Wiersma**-12/Allendale, **Shelby Jackson**-12/Romeo

***Bryce Bradley**-12/Chelsea, **Garret Zuk**-12/White Lake Lakeland, ***Nicholas Soter**-12/Dearborn Divine Child, **Brian Kettle**-12/Highland Milford, **Nick Renberg**-12/Saline, **Tj Carey**-11/Lake Orion, **Connor Mora**-11/Cedar Spring

2011 MITCA CROSS COUNTRY RECOGNITION AWARDS

Arpino Scholarship

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

Brent Cousino: a freshman attending Michigan Tech taking Environmental Engineering. Son of Gary Cousino of Rochester High.
Zyanya Servais-Wright: a sophomore attending Oakland University taking Health Sciences. Daughter of Gary Servais of Mercy High

MITCA 15+ YEAR COACHING AWARDS: MITCA presents coaches a certificate when they have coached 15 or more years.

15 Years: Dean Blackledge/Hanover-Horton, Matthew Weisdorfer/Holly, Robert I. O'Neil/Remus Chippewa Hills MS **16 Years:** Michael Scarbrough/Grant, Tim Lambrecht/Ithaca, Timothy J. Hoshal/Grand Ledge, Wright Wilson/Royal Oak Shrine **17 Years:** Kathy Hector/Whitehall **20 Years:** Jerry Myszkowski/Novi Detroit Catholic Central **23 Years:** Mark Liepe/Kendallville East Noble, In.

MITCA 25+ YEAR COACHING AWARDS: MITCA presents coaches a certificate and a pin when they have coached 25 or more years.

25 Years: George Hackney/Flushing, John Lober/Traverse City Central, Leo Lamberti/Grosse Pte. South **30 Years:** Dan Johnson/Vassar, Lowie VanStaveren/Gobles **31 Years:** Michael E. Taylor/Clarkston **35 Years:** John Kababik/White Lake Lakeland **41 Years:** Michael Smith/Saline **43 Years:** Don Sleeman/Ann Arbor Pioneer **45 Years:** Tony Mifsud/Dearborn **51 Years:** Donald K. Lukens/Traverse City Central.....

2012 CROSS COUNTRY CLINIC PREDICTION RUN: 1-Tim Becker-0:04, 2-David Hamway-0:20, 3-Steve Rogers-0:35, 4-Sharon Becker -0:36, 5-Matt Gutteridge-0:36, 6-Jamie Latimer-0:37, 7-Scott Przystas-0:49, 8-Ben Watson-0:56, 9-David Jordon-0:58, 10-Todd Crouch-1:18, 11-James Spencer-1:29, 12-Doug Jager-1:30, 13-Chelsey Poindexter-2:08, 14-Lisa Shaw-2:11, 15-Brian Wilson-2:17, 16-Rick Shaw-2:28, 17-Chase Gibson-2:31, 18-Nick Ekel-2:33, 19-Larry Cardinal-2:37, 20-Emily Kloss-3:35, 21-David Miller-6:11

MITCA EXECUTIVE BOARD MEETS Sunday, January 15 at 10:30 Next Cross Country – Track & Field – Middle School Committee meetings- March 2012. Dates for the Executive Board meetings will be established at the March Ex Board meeting. Meetings are at the MHSAA Office in East Lansing.

MHSAA RULES MEETING ARE ONLINE THIS YEAR.....THERE WILL BE..... A MHSAA RULES MEETING AT THE CLINIC.

The rules meeting is scheduled for Friday afternoon at 5:00 PM

MHSAA ONLINE TRACK & FIELD RULES MEETING

Tentative Starting Date: Monday Feb. 13

It must be completed by Thursday, April 19.

Another of the traditional MHSAA Rules Meetings you can attend:

ATOM Clinic - CLARE (Doherty Hotel) – Feb.4, 2012 8:30am

Remember: If the head coach does not complete a rules meeting that coach shall be prohibited from coaching in that season's MHSAA tournament for the sport involved and shall not be present at the facility where the MHSAA tournament involving that coach's team is being held. MHSAA Sec. 8 (B)

QUOTE OF THE WEEK "Twenty degrees below zero and snow - it's a perfect day to run"

Larry Steeb, quoted by Whitmore Lake eighth-grade runner Drew Ward, in Ann Arbor News, Feb. 13

PHOTOGRAPHS AT MIS 2011

Photographs are courtesy of runmichigan.com.



D1 Grosse Pointe South



D1 Milford



D2 East Grand Rapids



D2 Mason



D3 Benzonie Benzie Central



D3 Grandville Calvin Christian



D4 Hesperia



D4 Concord



D1 Marquette



D2 Rudyard



D3 Cedarville



D1 Houghton



D2 Stephenson



D3 Munising



Erin Finn
D1 West Bloomfield



Julia Bos
D2 GR Christian



Kelly Schubert
D3 Manistee



Kirsten Olling
D4 Breckenridge



Garret Zuk
D1 Lakeland



Bryce Bradley
D2Chelsea



Zachary Zingsheim
D3Lansing Catholic



Spencer Nousain
D4 Concord



Tara Kiilunen
D1 Calumet



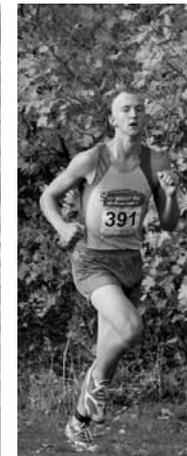
Sarah Cullip
D2 LaSalle



Lauren Spranger
D3Superior Central



Dylan Turpeinen
D1 Houghton



Jono Newlin
D2 Stephenson



Andrew Kelto
D3 Munising

FOOTLOCKER CROSS COUNTRY MEETS

11/26/08 Regional at Wayne E. Dannehl Cross Country Course, Kenosha, Wisconsin. Top 10 qualify for the Footlocker Championship Dec. 10. at Balboa Park, San Diego, CA

GIRL'S REGIONAL: 1-Molly Seidel/Hartland Wi-17:08. Michigan Runners: 2-Julia Bos/Grand Rapids Christian-17:14, 3-Erin Finn/West Bloomfield-17:34, 4-Taylor Manett/Rockford-17:45, Lindsey Burdette/Hanover-Horton-17:43, 17-Shelby Jackson/Romeo-18:11, 19-Kristen Olling/Breckenridge-18:16, 25-Rachel Schulst/Zeeland West-18:26, 26-Ali Wiersman/Allendale-18:27, Katie Weiler/Cedar Springs-18:32, 30-Julia Valencia/Walled Lake Western-18:33, 32-Gabrielle Thivierge/Rochester Adams-18:35, 45-Jamie Morrissey/Rochester Adams-18:49, 46-Brooke Kovacic/Oxford-18:49, 48-Kelly Schubert/Manistee-18:52, 49-Avery Evenson/Hartland-18:52..... 87 Michigan Runners..... 263 runners total.

FINALS: 1-Molly Seidel-12/University Lake, Highland Wi-17:22..... Michigan Runners: 2-Erin Finn-11/West Bloomfield-17:24, 10-Julia Bos-11/Grand Rapids Christian-17:40, 14-Lindsey Burdette-12/Hanover-Horton-17:56, 25-Taylor Manett-12/Rockford-18:17

TEAM SCORES: 1-Midwest-42: 1-2-10-14-15(20-21) 2-Northwest-52: 3-4-7-13-25(27-28) 3-West-61: 5-8-9-17-22(23,24) 4-South-63: 6-11-12-16-18(19-26) Midwest repeats as the top region in the Footlocker... The 4 Michigan runners had a partial score of 51

BOY'S REGIONAL: 1-Futsum Zeinasellassie/Indianapolis In-14:58 Michigan Runners: 6-Evan Chiplock/Heritage-15:18, 11-Nicholas Soter/Divine Child-15:20, 22-Zachary Kughn/Grand Blanc-15:36, 24-Nicholas Renberg/ Saline-15:39, 27-Tanner Hinkle/Mason-15:42, 33-Nicholas Raymond/Erie Mason-15:45, 34-Bryce Bradley/Chelsea-15:46, 39-Connor Mora/Cedar Springs-15:50, 43-Jeffery Bajema/Kenowa Hills-15:54..... 46 Michigan runners..... 227 total runners.

The regional girl's & boy's scores by state files were corrupted & not available.

FINALS: 1-Edward Cheserek-11/St. Benedicts, Newark NJ-14:54.... Michigan Runners: 76-Evan Chiplock-12/Heritage-15:53
TEAM SCORES: 1-South-44: 5-8-9-10-12(14-19) 2-Midwest-58: 2-4-7-22-23(24-25) 3-Noerhwest-63: 1-13-15-16-18(20-21) 4-West-63: 3-6-11-17-26(27-28)..... Midwest drops to 2nd after winning 2 years in a row. The South was 3rd last year. Complete results at: <http://footlockercc.com>

MIDWEST TRACK & FIELD MEET June 9, the week after the State Finals.
Qualifying: Seniors only, Invited based on State Finals & season marks.

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

Nov. 21 NCAA DIVISION 1 at LaVern Gibson Championship CC Course, Terra Haute, In (former Michigan High School runners)

Women 1-GEORGETOWN- 162, 2-Washington 170: 18/12-Megan Goethals-so/Rochester20:07(All-American) **15-Michigan 383:** 45/30-Danielle Tauro-s/20:34, 90/64-Jillian Smith-j/20:57, 103/77-Taylor Pogue-rf/Goodrich-21:04, 118/89-Rebecca Addison-j/Grand Haven-21:12, 157/123-Brook Handler-f/Rochester-21:26(168/133-Ellen Junewick-f/Forest Hills Eastern-21:32, 206/170-Mary Grace Pellegrini-s/21:57) **16-Michigan State 386:** 51/34-Sara Kroll-so/Churchill-20:38, 69/48-Julia Otwell-so/Traverse City Central-20:48, 122/92-Carlie Green-s/Milford-21:13, 133/103-Katie Haines-rj/Rockford-21:17, 139/109-Rebekah Smeltzer-s/Jefferson-21:19(171/136-Rachel McFarlane-rj/Churchill21:35 - senior, 198/162-Leah O'Connor-rf/Croswell-Lexington-21:50) 24-Wisconsin 529: 127/97-Gabrielle Anzalone-f/Grand Blanc-21:15(3rd runner)... 31 teams.

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 reached the podium for the fifth straight year (They were 4th this year).

Boys: 1-WISCONSIN 97: 5th Wisconsin runner, 46/35-Maverick Darling-j/Ovid-Elsie-30:20-5th on team
20-Michigan 511: 75/56-Craig Forsys-s/30:38, 107/81-Brendon Blacklaws-rso/30:51, 134/104-Bobby Aprill-s/Dexter-31:03, 161/126-Zach Ornelas-j/31:20, 179/144-Morsi Rayyan-so/St. Johns-31:31(204/167-Mark Beams-so/Vicksburg-31:51, 252/214-Mason Ferlic-f/33:13) 31 teams.

Nov. 20 NCAA DIVISION II: at Plantes Ferry Athletic Complex, Spokane Washington. (former Michigan High School runners)

Girls: 6k: 1 AUGUSTANA S.D. 75.....3 Grand Valley State University-104: 16/14 Rachel Clark-F/Pinckney-21:48.8 22/19 Allyson Winchester-F/Middleville Thornapple-Kellogg-21:57.0 23/20 Callie Clark-F/Pinckney-21:58.5, 25/21 Monica Kinney-J/West Catholic-22:04.5 37/30 Rebecca Winchester-J/Middleville Thornapple-Kellogg-22:17.2(39/32-22:18.8, 40/33 Jessie Vickers-S/Dexter-22:21.2 **8 Ferris State State University-220:** 7/6-21:28.8 31/26 Anna Rudd-J/Leslie(All-American)-22:08.8 65/54 Alyssa Osika-J/Waterford Mott-23:03.1, 76/62 Brittany Anderson-So/Pine River-23:17.3, 87/72 Felicia Slate-J/Hepseria-23:27.2(96/80 Shelby Janutol-J/Troy-23:36.5, 112/95-23:52.3) **13 Saginaw Valley State University-399:** 77/63 Megan Pittoors-S/Dakota-23:17.5 89/74 Alycia Wright-So/Lutheran North-23:30.6 100/84 Lauren Hill-J/Flat Rock-23:41.3, 104/88 Jean Hollerbach-S/Grosse Pointe-23:47.2 106/90 Chelsea Savage-J/Monroe St. Mary-23:49.7(140/122 Ashley Meyer-S/Shepherd-24:19.2,141/123 Emily Short-F/Tawas-24:19.5) 24 Teams
Individuals: 19 Amanda Putt-J/Hillsdale(Tecumseh)-21:55.6,

Boys 8k: 1 Western State-27: 1 Ryan Haebe 30:45.1 3 Grand Valley State University-100: 9/8 Tyler Emmorey-s/Cedar Springs(All-American)-31:25.0, 18/15-31:41.6, 25/21 Stephen Fuelling-s/Milford-31:50.7, 31/25-31:56.7, 38/31 Nathan Knisley-s/Coldwater-32:01.9(50/42 Brent Showerman-so/South Lyon-32:21.6, 51/44 Larry Julson-so/Pottsville-32:26.5..... 23 Teams 186 Individuals:

Nov. 20 NCAA DIVISION III: at Lake Breeze Golf Course, U of Wisconsin-Oskosh. (former Michigan High School runners)

Girls: 6k: 1 WASHINGTON UNIVERSITY-70: 13-Calvin College-399: 14/8-Jodi Hoekstra-s/-21:24.24, 63/44-Kaitlin diemer-s/-22:03.23, 99/66-Alyssa Penning-j/-22:17.70, 188/138-Sarah Danner-f/-22:57.21, 193/143-Eva Kort-s/-22:59.53(234/180-Alyssa Oram-so/-23:26.97, 266/211-Nicole Michmerhuize-so/-24:19.47) 21-Hope-506: 115/79-Sheri McCormack-20/22:24.63, 136/96-Kelly Lufkin-s/22:32.66, 138/98-Meredith Busman-so/-22:32.96, 151/108-Camille Borst-so/-22:37.66, 171/125-Kate Nelson-s/-22:43.80(197/146-Slome Emmanuel-s/-23:02.78, 256/201-Taylor Mattarella-j/-23:53.78)..... 32 Teams
Individuals: 1-Chiara Del Piccolo-so/Williams-20:52.08..... 277 runners

BOYS:1-NORTH CENTRAL, IL-110 11-Calvin College-352: 22/16-Dan Kerr-j/-24:37.97, 22/17-Matt VanderToest-j/-24:38.06, 112/83-Greg Whittle-j/-25:22.74, 101-David VanBunte-j/-25:31.77, 180/135-Rhett Morici-j/-25:47.27(190/143-Job Christiansen-j/-25:54.03, 191/144-Alex Wrobel-s/-25:54.08 32 Teams
Individuals: 1-Ben Sathre-s/St. Thomas Minn-23:44.27, 74-Paul Lewis-so/Albion-25:07.77, 81-Nathan Love-s/Hope-25:09.50..... 279 runners.

MITCA'S "LEARN BY DOING" STUDENT SESSIONS

MITCA is sponsoring a **Learn By Doing Clinic** for athletes at Okemos High School Saturday, Feb. 11. There will be two sessions, ending around 4:30 PM. Indoor instruction will be provided in all track & field event areas. Jumping pits will be set up. Several speakers from the track & field clinic will speak to the athletes.

Topics In Each Session: Discus, Shot- Glide & Rotational, Blocks, Hurdles, Distance, High Jump and Pole Vault.

Mac Wilkens/Discus – Tony Veney/Sprints - Two of the Clinic's top clinicians will be part of the "Learn By Doing" Student Sessions.

The cost is \$15 for both sessions for each athlete and a T-shirt will be provided for all athlete participants. Each presentation will be limited to 20 participants, on a first-come, first-served basis!! Go to the mitca.org website for registration information. Sign up now!!

Reading T-Shirts on Saturday
 DON'T QUIT- SUFFER NOW.
 LIVE THE REST OF YOUR LIFE AS A CHAMPION.

The Difference Between The Impossible and The Possible Lies In A Person's Determination....Tom Lasorda

MITCA'S ACADEMIC ALL-STATE TEAM 2011

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.

GIRLS

Division 1: HUDSONVILLE- 3.996, Rochester Adams- 3.954, Grand Haven- 3.953, East Kentwood- 3.857, Waterford Mott- 3.833..... 17 teams

Individuals: Erin Finn/West Bloomfield, Brooke Kovacic/Oxford, Gabrielle Thivierge/Rochester Adams, Rachel Barrett/Milford, Molly Peregrine/Traverse City Central, Hayley Williamson/Brighton, Victoria Irwin/North Farmington, Janey Berends/Hudsonville, Abby Berends/Hudsonville, Alex Berends/Hudsonville, Miranda Haas/Pinckney, Sydney Anderson/Livonia Churchhill, Caroline Kletzien/Rochester Adams, Abby Green/Troy, Riley Delben/Monroe..... 33 runners, 15 with a 4.000 GPA

Division 2: 1-WARREN REGINA- 4.00, Hamilton- 3.969, Williamston- 3.949, East Lansing- 3.936, Corunna-3.92876..... 19 teams. Hamilton & Williamston repeat as Top 5 Academic All-State teams

Individuals: Molly Oren/Hamilton, Katie Weiler/Cedar Springs, Clara Cullen/Ada Forest Hills Eastern, Sydney Elmer/Linden, Elena Miller/Bloomfield Hills Lahser, Morgan Miller/Ionia, Cassidy Hass/Mason, Michelle Kerr/Dearborn Divine Child, Kelsey Thome/Sparta, Sami Humphrey/Alma, Alana O'Mara/Bloomfield Hills Lahser, Kelsey Keyser/Sturgis, Britta Patterson/ Cadillac, Liz Overbeek/Hamilton, Ali Wiersma/Allendale..... 49 athletes. 15 with a 4.000.....

Division 3: 1-Stockbridge- 3.985, Harbor Springs- 3.94, Flint Powers Catholic- 3.886, Hanover-Horton- 3.865, Kent City- 3.861..... 17 teams Stockbridge repeats with the top D3 GPA and Kent City remains in the top 5..... 16 teams

Individuals: Emma Frost/Lansing Catholic, Lindsay Poll/Stockbridge, Shannon Richardson/Hanover-Horton, Hannah Schilling/Macomb Lutheran North, Lindsay Winter/Clare, Kwyn Trevino/Bath, Victoria Harper/Clare, Jordan Powell/Allen Park Cabrini, Lindsay Hall/Flint Powers Catholic, Megan Karney/Quincy, Laura Kelly/St. Louis, Michaela Smith/St. Louis, Amber Peabody/Benzonia Benzie Central 30 runners, 12 with a 4.000 GPA

Division 4: GIRLS..... TRAVERSE CITY ST. FRANCIS- 3.966, Ottawa Lake-Whiteford- 3.947, Johannesburg-Lewiston- 3.930, Lansing Christian- 3.927, Potterville- 3.855..... St. Francis repeats at the with the best D4 GPA..... 16 teams.

Individuals: Kate McLain/Kalamazoo Christian, Natalie Perry/Sand Creek, Lauren Zeerip/Hesperia, Sydnee Hubbard/Concord, Jasmine Hall/Hesperia, Terra Crown/Plymouth Christian Academy, Danielle Koepke/Potterville, Elizabeth Perkins/Lansing Christian, Courtney Myers/Lansing Christian, Caitlin Snyder/Royal Oak Shrine, Nicole Lauhon/Gobles..... 31 runners, 11 with a 4.000 GPA

UP Division 1 GIRLS: Marquette Senior- 3.944, Sault Area High -3.855, Negaunee-3.678..... 5 teams

Individuals: Alex Bott/Marquette Senior High School, Adeline Grier-Welch/Houghton High School, Stacey Mathieu/Menominee High School, Emily Ockenfels/Sault Area, Isabel Sharp/Houghton High School, Mariah Savolainen/Negaunee, 20 runners, 6 with a 4.000 GPA.

UP Division 2 GIRLS: L'Anse- 3.689..... 1 team

Individuals: Molly Paquin/St. Ignace LaSalle, Megan Kangas/Norwa..... 13 runners, 2 with a 4.000 GPA.

UP Division 3 GIRLS: Munising- 3.741, Barage- 3.562, Dollar Bay- 3/463..... 3 teams. Shannon Fish/Baraga, Diana Charboneau/Munising.....9 runners, 2 with a 4.000 GPA.

Men..... If you are 40 or over, just a reminder to get you PSA test for prostate cancer. It has been 6 years since I had my surgery. I was never really aware of prostate cancer until I was diagnosed with it. 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.

BOYS

Division 1: Birmingham Br. Rice 3.923, Temperance-Bedford 3.856, Milford 3.8407, Traverse City Central 3.8, Grand Blanc 3.784..... 19 teams

Individuals: 1 Nicholas Lanzetta/Detroit Catholic Central, Nathan Vorweck/Bay City Western, Jason Saliga/Romeo, Taylor Neely/Dexter 30 runners, 8 with a 4.000 GPA.

Division 2: 1-MILAN- 3.904, Bloomfield Hills Lahser- 3.895, Grand Rapids Christian- 3.894, Vicksburg- 3.894, Grand Rapids South Christian- 3.8246..... 20 teams. Grand Rapids Christian remains in the top 5 Academic Teams.

Individuals: Brice Brown/Ionia, Michael Gawlik/Bloomfield Hills Lahser, Jacob Fong/Saginaw Swan Valley, Broderic Bender/Alma, Jeremy Simon/Richland Gull Lake, Cory Madaj/Midland Bullock Creek 31 runners, 7 with a 4.000 GPA.

Division 3: 1-Charlevoix- 3.814, Almont- 3.797, Macomb Lutheran North- 3.742, Marlett - 3.703, Byron- 3.67..... 16 teams.

Individuals: David Burkland/Almont, Luke Hurst/Ovid-Elsie, Andrew Rylaarsdam/Grandville Calvin Christian, Andrew Rylaarsdam/Grandville Calvin Christian, Patrick Soltis/Jackson Lumen Christi, Brandon Bristow/Michigan Center, Riley Horn/Quincy, Ryan Watson/Delton Kellogg, Kal Caulkins/Hillsdale..... 30 runners, 9 with a 4.000 GPA

Division 4: HESPERIA- 3.843, Kalamazoo Hackett Catholic Central- 3.771, Unionville-Sebewaing Area -3.769, Mt Pleasant Sacred Heart Academy- 3.746, Saugatuck- 3.657 13 teams..... Sacred Heart Remains A Top 5 Academic All-State Team.

Evan Carter/Southfield Christian, Ben Kendall/Royal Oak Shrine, Frank Moen/St. Joseph Lake Michigan Catholic, Jim English/Mt. Pleasant Sacred Heart Academy, Hunter Reed/Eau Claire, Jacob Weaver /Novi Franklin Road Christian, Jason Rutkowski/Ubly, Sam Comden/Concord 31 Runners, 8 with a 4.000 GPA

UP Division 1 BOYS: Kingsford- 3.951, Negaunee- 3.776, Sault Area High- 3.681.... 7 teams.

Individuals: Daniel Kulas/Kingsford,, Steven Olson/Negaunee, Connor Colling/Houghton, Ben Fournier/Gladstone, Dylan Lawton/Kingsford, Zach Carlson/Negaunee.... 23 runners, 6 with a 4.000 GPA.

UP Division 2 BOYS: St. Ignace LA SALLE- 3.950 1 team.

Individuals: Andrew Sjogren/LaSalle, Randahl Mueller/Norway, Jacob Sjogren/LaSalle, Bradley Gustafson/LaSalle..... 9 runners, 4 with a 4.000 GPA.

UP Division 3 BOYS: Munising- 3.389..... 1 team

Andrew Kelto/Munising, Dylan Cromell/Munising, Tom Dunstan/Dollar Bay 5 runners

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, 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.

MIDEAST MEET RESULTS 2011

Indian Riffle Part Area, Dayton, Oh

Combined Team Scoring: 1-OHIO-98, Michigan-104, Indiana-107, Illinois-164.

Girl's Team Scoring: 1-INDIANA-44, 2-Illinois-44: **3-MICHIGAN-56**, 4-Ohio-70.... **1-Ariel Michalek/II-18:37**. Michigan moved to 3rd place from a 4th place finish in '10 **Michigan Runners:** 2-Rachele Schulist/Zeeland West-18:54, 9-Natalie Smith/Clarkston-19:22, 11-Nicole Zeinstra/Black River-19:22, 16-Amy Creutz/Saline-19:35, 18-Heather Price/Saugatuck-19:40, (23-Jennr Frantz/ Ovid-Elsie-19:49, 26-Emily Oren/Hamilton-19:57, Lindsey Burdette/Hanover-Horton-20:00, 31-Mickey Ludlow-/Lumen Christi-20:18, 34-Rosanna Neuhauslar-/Pioneer-20:25, 39-Hanna Grischke/Williamston-20:46, 42-Katie Hoebet-Pioneer-21:42..... 42 runners

Michigan & Ohio each moved up a notch in the combined scoring..

Boy's Team Scores: 1-OHIO-28, **2-Michigan-48**, 3-Indiana-63, 4-Illinois-120.....

1-Patrick Niyork/II-15:49 Michigan moved to 2nd this year after a 3rd place finish in '10 **Michigan Runners:** 3-Nicholas Soter/Divine Child-15:53, 4-Evan Chiplock/Heritage-15:53, 10-Zachary Kughn/Grand Blanc-16:06, 11-Garret Zuik/Lakeland-16:06, 20-Thomas Girardot/Br. Rice-16:21, (24-Michael Cox/Pinckney-16:25, 32-Derek Gielarowski/Plymouth-16:07, 33-Paul Asum/Milford-16:40, 34-Joshua Kersjes/Calvin Christian-16:47, 37-Spencer Nousain/Concord-16:57, 40-Ryan Beyea/Haslett-17.17... 45 runners

NEWSLETTER TO BE DISTRIBUTED ONLINE

.... If you want it delivered by mail, after this issue, you must request it.....

The following is a Financial Statement of MITCA's income and expenses for the 2010-2011 Financial Year. It is similar to the past several years.

MITCA has 1 basic source of income, its clinics. Membership in MITCA is obtained, in most cases, through attending one of the clinics.

After years of growth, there had been few years of decreased attendance as the economy had problems. Lately our numbers at the clinics have basically leveled off. Since 2000 there has been a general decline in the number of new members each year. The number of vendors attending the clinics have decreased. We are now to a point where we are within a dozen or so members attending the clinics is the difference of breaking even on our expenses for the year.

We have raised the cost of each clinic \$10 and taken other measures to watch expenses. We started to mail the **MITCA Newsletter** first class a few years ago in order to improve timeliness. While giving a better delivery it significantly added to the cost of the newsletter. It has been posted on our web site in recent years. The Executive Board, at its October Meeting decided with the 2012 year the website would be the primary means of delivery of the newsletter. **THIS IS THE LAST EDITION OF THE NEWSLETTER THAT WILL BE MAILED TO THE GENERAL MEMBERSHIP.**

The Executive Board also recognizes that there are members that do not have access to or use the web. Those members will still be able to obtain a hard copy of the newsletter by requesting it. An addition is attached to the 2012 Track & Field Registration Form. If you would like to receive a hard copy of the **MITCA Newsletter** in the future fill out that part of the form & return it with you clinic registration to Jerry Lasceski, Treasurer. If you are not attending the Track & Field Clinic this February then just fill out the top part of the form and return it to Jerry Lasceski, Treasurer.

Plans are when each issue is posted at mitca.org an email will be sent to the membership, notifying them to go to the website for the newsletter.

MITCA Income 2010-11

Cross Country Clinic	\$ 20,120.00
Interest Income	\$ 358.23
Investment Income	\$ 299.44
Membership Dues	\$ 3,810.00
Mid-East Meet	\$ 1,020.00
Team State Championships	\$ 3,192.00
Track Clinic	\$ 65,118.70
Cross Country Vendors	\$ 2,050.00
Track Clinic Vendors	\$ 5,800.00
Total Income	\$ 101,768.37

Track & Field Memorabilia

At the Cross Country Clinic, 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

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MITCA Expenses 2010-11

Academic All-State Expense	\$ 1,582.03
Administrative Expense	\$ 6,337.82
Advertising Expense	\$ 753.00
Cross Country Clinic Expense	\$ 20,775.11
Depreciation Expense	\$ 1,122.71
Education Expense	\$ 1,943.48
Legal Fees Expense	\$ 577.00
Liability Insurance Expense	\$ 4,189.50
Membership Dues Expense	\$ 4,755.00
Mid-East Meet Expense	\$ 2,446.53
Mid-West Meet Expense	\$ 3,600.00
Newsletter Expense	\$ 5,257.57
Scholarship Expense	\$ 1,000.00
Team State Championships Expense	\$ 1,695.00
Track Clinic Expense	\$ 44,973.50

Total Expenses \$ 101,008.25

MITCA Net Income 2011 \$ 760.12

As always working to make material fit space & vice-versa and make deadlines. Have a happy and Holy Christmas season & a great New Year. See you in Feb. jgm.

MITCA'S 2012 TRACK & FIELD CLINIC

Feb. 9-10-11

Hotel Rate: \$89.99 cutoff date for this rate is Jan. 12!

Causeway Bay Hotel, Lansing

6820 S. Cedar St. Lansing, Michigan 48911
(517) 694-8123 (800) 333-8123

CLINICIANS

Marty Dahlman Watkins Memorial High School/Pataskala, Ohio
BA Denison University (1978), MEd Ashland University (Sports Science - 1987) Watkins Memorial High, Pataskala, Oh, track & field coach since 1978. 2002 Ohio Boy's Track Coach of the Year. Coached 9 "All Ohio" vaulters. - authored and taught Ohio's Pole Vault Safety Certification Program Pole Vault Safety Certification.

Wayne Clark: M-F Athletic. - 30 years coaching in Ohio High Schools.
3 Stepping Hurdles

Bob Lasora M-F Athletics, Kent State University & West Point.
USTATF Throws Chairperson. Co-Founder and President of the National Throws Coaches Association, Chairman of USA Track & Field's Men's National Shot Put Development which has led the USA to become the world leader in the men's shot put.

John Godina Owner, Head Coach - WorldThrows Center. A WORLD CHAMPION, OLYMPIC & WORLD CHAMPIONSHIP MEDALIST. After retiring from competition in February of 2009, he expanded his already established training facility into what is today the World Throws Center.

Johnny Gray UCLA Gray is a four-time Olympian having competed in the 1984, 1988, 1992 and 1996 Olympic Games. He received the U.S. Olympic Committee's Lifetime Achievement Award in 2007 and was a USATF Hall of Fame inductee in 2008. He also still holds the American Record in the outdoor 800m (1:42.60) and indoor 800m (1:45.00).

Tony Veney Coached at: Occidental College, Portland State, Cal State Northridge, UCLA, Ventura College, and now North Carolina A&T He has coached numerous All-Americans and has coached on the international level.

MAC WILKINS, Olympic Gold Medalist in 1976. Four-Time Olympian.. Set 4 World Records. World Record in Discus – 232’ 6 Wilkins has been called America's greatest all-round thrower

BEGINNER SERIES

Selecting a pole – Teaching 3 Step Hurdles – Glide shot

UNIOR HIGH COACHES

An open discussion of coaches

STUDENT SESSIONS

At Okemos High. Go to mitca.org for information & registration

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

Thursday - 6:30-7:30 PM

Registration

3 Sessions: 7:00-8:00 - 8:05-9:05 – 9:10-10:10
MITCA HOSPITALITY

Friday, 7:15AM

Registration

8:00-9:00, 9:15-10:15, 10:30-11:30, 11:45-12:45 - Sessions
12:45 - 1:30 - Lunch (on your own – sandwich buffet in lobby)
1:30-2:30, 2:40-3:40 - Sessions
3:50 – 5:00 - MITCA Business Meeting
5:00 – 5:30 MHSAA Rules Meeting
6:00 - 12:00 - Banquet - Hospitality

Saturday, 8:00AM

Registration

7:30 Fun run
8:30-9:30, 9:45-10:45, 11:00-12:00 Sessions

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

Please detach before mailing. REGISTRATION & MAILED NEWSLETTER

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

As a means of cutting MITCA expenses our next newsletter will be on our website, with an email reminder when it is available. If you prefer to continue receiving your newsletter in the mail please fill in the following form and return it to Jerry Lasceski.

Name: _____

Street: _____

City: _____ State: _____ Zip: _____

Return to: Jerry Lasceski, Treas. 1691 N. Hinson Road Fairgrove, MI 48733-9503

Please detach before mailing. REGISTRATION ONLY

MITCA TRACK & FIELD CLINIC

February 9 – 11, 2012

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.

E-Mail address: _____

New Email Address

School Name _____

School Address _____

City _____ State _____ ZIP _____

School Phone ____ (____) _____

In what year did you begin coaching? _____

How many years have you coached Track & Field? _____

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

School Classification A B C D

Track Division 1 2 3 4

Mail to: **Jerry Lasceski, Treasurer**

Registration deadlines and cost:

**1691 N. Hinson Road
Fairgrove, MI 48733-9503**

**Postmarked on or before February 3: \$100.00
On site registration: \$110.00**

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

Clinic Notes and Giveaway LIMITED to the first 800 registrants

**Make checks payable to MITCA
Payment must accompany the registration form.**

NO CREDIT CARDS

Full refund if notified by Feb. 6, less \$25 after Feb.6



Call for your 2012
Track & Field Catalog.
800-556-7464



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**Visit Us On The Web
MITCA.org**

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

OR

Jerry Lasceski
Membership
1691 North Hinson Road
Fairgrove MI 48733

TRACK & FIELD CLINIC ISSUE

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