

MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION Vol. 55 - No. 1 March 2012

2012 SWEENEY WINNER:

Jill Evers-Bowers

Joan Ludtke



steve porter mitca photo

and women's bible study, recycling, and her school's quiz bowl team and ecology club.

Jill's accomplishments are numerous: 21 years of coaching track in Kent City that included: 12 Conference and 6 Regional Championships along with the 2003 MHSAA Lower Peninsula D3 Championship. She was recognized in 2006 at the MITCA D3 COY and the MHSAA Track & Field COY and was the NFHS sectional winner that same year.

She is just as successful in coaching cross country; 22 years of coaching both boys and girls, 21 in Kent City with 19 as head coach. Her teams have won 9 Conference and 6 Regional Championships and she is a 7-time nominee for the MITCA COY. *continued next page*

My first glimpse of Jill was at a cross country meet in 1991 on their home course at long lake Park just east of Kent City. She was warming up with her athletes on a sand hill and the enthusiasm that she showed was overwhelming. My first thoughts were "we are in trouble: and "I guess life is not a jog." Already I could see signs of the commitment and dedication that Jill would soon be known for. These same attributes have been applied to her daytime job as a science teacher, family activities, her work with her church

KERMIT AMBROSE

Rest In Peace

Marvin Goodwin



The number of lives touched by Kermit Ambrose not only encompassed the state of Michigan, but people across the United States.

Ambrose, the former track and cross country coach at Birmingham Seaholm, track official and well-known ambassador of the sport, who coached thousands of athletes and

influenced just as many coaches through the years, died late Friday at Woodland Hills Nursing Center in Bloomfield Hills.

Ambrose was 101 years old. At least two area track and field competitions are named for Ambrose, whose cross country teams at Seaholm won several Oakland County and state championships under his tenure.

"He's been the beacon of coaching for everyone of the state of Michigan," said Bob Stark, Brother Rice track and cross country coach. "He's mentored not only kids but thousands of coaches. More than that, his integrity to do things right (and) do things honestly." Novi Detroit Catholic Central coach Tony Magni has known Ambrose for decades. "It's obviously very sad, but he had a great life," he said. "Very gracious (man). So gracious." *continued next page*

THE PRESIDENT'S LANE: Chris Bolen/Tawas High



I would like to start out by thanking Ted & Kerner for putting on such a great clinic. I am looking forward to the upcoming year of serving this great organization as your president. I will take on this position with the commitment and dedication that each of you give to the sports of Track & Field and Cross Country.

The results of the surveys from the last business meeting give us clear direction of a couple of things to start working on. We will be following through on these two projects.

We will also be working on giving greater support and opportunities to middle school programs throughout the state. We want to focus on the future of our sport through promotion of these programs. We will try to provide support and education for middle school coaches in a more active and inclusive manner.

steve porter mitca photo

Best of luck in your 2012 Track and Field season!

www.mitca.org

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CROSS COUNTRY CLINIC

Tbd Nov. 8-9-10 2012

TRACK & FIELD CLINIC

Lansing Best Western
Feb. 7-8-9 2013

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Jill Evers continued.....

These are some of the many honors Jill has earned in her 21 years of coaching at Kent City, but we all know there is so much more to being a successful coach.

Comments from her colleagues have included: "Jill throws her life at the sports of track & field and cross country." "I am proud that my own children are part of her programs." "I have worked with Jill and am impressed with her organization and drive."

Coach Evers has encouraged numerous high school athletes to pursue running at the collegiate level. Her athletes have a lifelong desire to excel and to achieve their potential.

A parent that was unable to attend the presentation of the Sweeney Award to Jill sent a note with the following comment: "God has blessed you with many talents. These have taken you far and given you medals and honors. But these are not as significant as the mark you have made on the lives of others. Better than winning, is the way you've given yourself and inspired and helped countless students over the years."

Jill grew up in the farming community of Martin, north of Kalamazoo and would often run laps around the cornfield as a young girl burning off an abundance of energy.

As an athlete at Martin High, she set school records in both hurdle races and the mile relay. She still competes in many road races, making sure that her adventures include her athletes and friends. She has qualified for and ran in the Boston Marathon, the Great Lakes Relay and pretty much supports her addiction to racing with winnings and awards. Swimming, disc golf, softball, snowshoeing, cross country skiing and racquetball are her cross training. She is founder and race director of the Kent City Ridge Run, a 5K and 10K event held in March that involves numerous members of her community. Jill has even gotten the opportunity to race the All Comers Mile on the University of Oregon's Hayward Field.

As an athlete at Hope College, Jill played field hockey and captained the 1988 track & field team to the MIAA Conference Championship.

Jill's service to MITCA shows the commitment that she has for our organization. Her number one contribution is being the MITCA Team State's biggest fan. Jill, Coach Jeff Wilson, their school and their teams have hosted the D3 Team Championship since 2004. Her team has qualified for the MITCA meet 7 times and Kent City's ladies won the event in 2004. She has been a presenter at our clinics, speaking on how to successfully coach both boys and girls and has numerous Prediction Run plaques. She has served on the MHSAA rules & Regulations Committee, is past chair of MITCA's Cross Country Committee and is the current head of our Track & Field Committee.

Marvin Goodwin continued.....

Magni recalled trips to the Olympic Track and Field Trials with Ambrose, who had attended every Trial since 1960 except one (1972), as well as attending track and field clinics with Ambrose. "A hot fudge sundae, no matter what time we ended, we'd go out so he can have his hot fudge sundae," Magni said. "He loved them."

A host of high school and college coaches, former athletes, friends and relatives attended a 100th birthday celebration last year for Ambrose, coming from as far away as California and New York to honor him. He even received a proclamation from President Barack Obama, recognizing his 100th birthday and his service to the country as a veteran of World War II.

Ambrose, in a crisp, white dress shirt, bowtie, black dress coat with a boutonniere, was taken aback by the attention. "I'm absolutely amazed at such a wonderful and large group of people would travel the distance that many of them have traveled to get here, I just feel so honored," he said at the time.

But they were all paying homage to a man of great influence.

"Every coach, every track and field official in the state of Michigan has learned something from Kermit," said Lou Marimonti, former Royal Oak Shrine track and cross country coach and one of many area coaches who helped look after Ambrose in his later years.

Eric Jackson, current assistant track coach at Indiana Wesleyan University, still values his experiences with Ambrose at the Wolverine cross country camp, which Ambrose directed for many years.

"When I was in the area, I'd call him up and we'd go out for breakfast," Jackson said. "It's almost like, in the state of Michigan, you embrace that man."

Ambrose was born Jan. 6, 1911 in Hoskins, Neb. during the William H. Taft administration, a year before the maiden voyage of the Titanic cruise liner. He weathered the Great Depression, served in Europe, Africa during World War II, made teaching stops in Illinois and Wisconsin before winding up in Michigan in the Birmingham school district as a teacher, coach and mentor.

"There's never been anybody that cared so deeply, I don't think, about his athletes, than he did," said Clarkston resident Bill Schoen, a 1964 graduate of Seaholm High.

2012 - MITCA HALL OF FAME INDUCTEES - TRACK & FIELD

Paul Christinsen/Maple City Glen Lake

Paul coached at Glen Lake High Track & Field for 36 seasons (20 Varsity boys; 16 Varsity girls) beginning in the spring of 1975. He retired from the classroom in 2010, remaining as the Girls Varsity coach.

His teams won 2 Conference and 7 Regional Championships with 7 Top 10 Finishes at the Finals. His 2002 Team was the Division IV Girls Champion.

Paul earned MITCA's Division IV Coach of the Year Honor in 2002 and the MHSCA State Coach of the year in 2003.

This spring will be Paul's 84th different season coaching at Glen Lake. He started out coaching football and basketball and in his second year at Glen Lake picked up boy's track. He spent time as the head football

coach, coached girl's golf and spent 3 years at the Athletic Director. He is the longest serving active varsity coach in the Northwest Conference. Coached or AD no less than 2 season per year since 1973.

Paul took a leave of absence for a year serving as the Administrative Director of the American Power Boat Association Offshore Racing in 1982. He spent the year traveling around the world supervising/working with power boat races.....continued next page

Dale Sage/Reese

Began coaching at Saginaw High in 1971 and after 2 years moved to Freeland High for a year and then to Rees High in 1974, his high school alma mater. He coached track & field until 2001 and then finally retired completely in 2007.

Dale had 16 conference and 8 Regional Championships with 8 top 10 finishes, included a Runner-up in 1972. Dale's teams had a 235 - 26 won/loss record in 35 seasons. Dale also coached cross country for 5 years.

Dale was an Athletic Director for 34 years. He was a Physical Education instructor and for many years was the Community Education, Adult Education director and Custodial &

Transportation Director.

Dale graduated from Reese High School in 1965 and won the 880 in '64 & '65. He ran for Delta Community College for 2 years, earning All-American Honors, transferring to Western Michigan University where he finished his running career.

Dale was a MITCA Regional COY 4 times, he was nominated several times for MITCA COY and was a MHSCA COY and National finalist in 1999.



steve porter mitca photo

Paul Christensen continued

He was inducted into the Basketball Coaches Association of Michigan Hall of Honor with 429 wins.

Paul graduated from Greenville High in 1967, playing football, basketball, golf and track. He attended Michigan State and served as the basketball manager for 3 years. Later on he had an interview with Judd Heathcote for a position on the basketball staff.

Paul majored in mathematics and except for the year of absence spent his career in a mathematics classroom.

He coached all 3 of his daughters in a State Finals Meet.

2012 COACH OF THE YEAR AWARDS

BOYS



left to right: Dave Emeott, Pat Murray, Jamie Enger.

Div. 1: Dave Emeott/Kentwood East Kentwood

Nominees: Lee Averill/West Bloomfield, Andrew Martin/rockford, Torin Moore/Ypsilanti

Div. 2: Pat Murray/East Lansing

Nominees: Eric Haynie/Mason, Jeff Myers/Cedar Springs, David Wilson/Beverly Hills Detroit Country Day.

Div. 3: Jamie Enger/Frankenmuth;

Nominees: Adam Burhans/Clare, Jerry Drake/Frankenmuth, Mike Eyre/Union City, Tim Simpson/Lansing Catholic Central.

Div. 4: Mike Jurasek/Albion,

Nominees: Perry Baranic/Centreville, Kurt Stump/Reading, Scott Werner/Pewamo-Westphalia.

GIRLS



left to right: Steve Zaranek, Tony Mifsud, Asa Kelly, Jill Feldpausch *steve porter mitca pic.*

Div. 1: Steve Zaranek/Grosse Pte. South

Nominees: Fred Hutchinson/Grand Ledge, Keri Kirk/Ann Arbor Huron, Stephanie Stephenson/Kentwood East Kentwood

Div. 2: Tony Mifsud/Dearborn Divine Child

Nominees: Wade Cook/Romulus, Jim Jackson/Flint Southwestern, David Wilson/Beverly Hills Detroit Country Day.

Div. 3: Asa Kelly/Benzonia Benzi Central

Nominees: Dan Draper/Hanover-Horton, Jamie Engle/Frankenmuth, Kelly Merrill/Allendale

Div. 4: Jill Feldpausch/Fowler

Nominees: Bill Donnelly/McBain Northern Michigan Christian, Mike Roberts/Hillsdale Academy, Scott Werener/Pewamo-Westphalia.

2011 MITCA'S MS. & MR. TRACK & FIELD

Mr. Track & Field Ricco Hall/East Kentwood High



East Kentwood photo

Ricco Hall spent most of the 2010 injured returning to competition for the last dual meet of the season, conference, regional and Final Meet.

The family moved from Wyoming Park to East Kentwood for his senior year, 2011 where he was a key part of their championship team.

Ricco took the top place on the awards stand in 4 events; 100, 400, 4x200 and 4x400. Three of those performances were

D1 Final Meet records; 100, 400, and

4x200 relay. He continues his running career at the University of Nebraska. He took 2nd in the 400 at Big 10 and was ranked in the top 15 in the NCAA in the 200 and the 400.

Ricco is considering majoring in Computer Science or Psychology.

Ms. Track & Field Tory Schiller/Grand Ledge High



Tory concluded her Grand Ledge Track & Field career with 25 points at the 2011 Finals Meet as she won the Long Jump and 300 Hurdles, finishing 4th in the 100 Hurdles. She was the first female from Grand Ledge to win a state title.

She broke 5 school records, long jump, both hurdles and both of the quick relays. She was named the 2011 Lansing State Journal Track & Field Athlete of the Year.

Grand Ledge photo

Tory earned Academic All-State 3 times, was All-state for 2 years and won 5 Regional and CAAC Blue championships. She earned all-county in volleyball and was a CAAC & Free Press Scholar Athlete her senior year and a member of the National Honor Society.

Tory is continuing her career at Grand Valley State University where she is considering Pharmacy or Forensic Anthropology.

REMEMBER: YOU MUST BE A MITCA MEMBER BY MAY 1

TO BE ELIGIBLE FOR 2012 TRACK & FIELD COACH OF THE YEAR. If you did not attend either clinic this school year you are not a member & need to become a member. Application form is on page 11 or go to: www.mitca.org.

2012 MITCA TRACK & FIELD RECOGNITION AWARDS

High School Assistant Coach of the Year

Given to the assistant coach who has worked at least five years; is a MITCA member; and has been nominated by their head coach with support of the athletic director, an opposing coach or parent. It is possible to receive this award once every five years.

Shawn McNamara/Grosse Pte South. Presented by Steve Zaranek

Averill-Grant Award

Established in 1990, this award is given to non-coaching person(s) for ongoing "behind the scenes" devotion and selfless contribution of time and effort on behalf of XC and T&F. The award is named to honor Alice Averill and Nancy Grant whose support of their husbands' (Lee Averill, Jack Grant) programs through scoring, announcing and summer camps.

Craig Young/Saline & area schools Presented by Kevin Beehmer
Dan Ribby/Eaton Rapids. Presented by Robert Ribby

Information about and nomination forms for all MITCA Recognition Awards is available at mitca.org.

Editor's Note: Middle School COY and Finish Line MITCA Recognition Awards were not presented in 2012 because the Executive Board did not receive any nominations for these awards.

15+ Year Coaching Awards: MITCA presents coaches a certificate when they have coached 15 or more years. **15 Years:** Bob Acre/DeWitt, Scott Banhhart/Mattawan, Robin Briggs/Lowell, Richard Dietrick/LeRoy Pine River, Michael Griesing/Millington, Jason Kiss/Vassar, Jeffrey R. McNeil/Walled Lake Northern, Troy Pence/Lansing Christian, Chad Thelen/Constantine, Clayton Trnka/Whitehall M.S. **16 Years:** Samul Brown/Flint Hamady, Michael R. Eyre/Union City, Clifton Somers/Fremont. **17 Years:** Kirk D. Mikkleson/Whitehall, Kurt Stump/Reading **18 Years:** **Dean Blackledge/Hanover-Horton, Ryan Mahoney/Lincoln Southwest, Dan Wytko/Portage Central** **19 Years:** Steve Shane/Bellaire. **20 Years:** Ronald Batten/Dearborn divine Child, Thomas Elliott/Clio, Mike Snyder/Birch Run. **21 Years:** Larry L. Swick II/Grosse Ile. **23 Years:** Alison Meisner/Erie-Mason.

25+ Year Coaching Awards: MITCA presents coaches a certificate and a when they have coached 25 or more years. **25 Years:** Kevin Behmer/Ann Arbor Huron, Michael Dennisuk/Brownstown Woodhaven, Richard Frank/West Branch Ogemaw Hgts., Mike Jurasek/Albion, Michael L. Oliver/Quincy, Julie Ravary/Monroe Jefferson, Jeff Sawyer/Owosso, James Supianoski/Quincy, Mike Verkaik/Holland Christian. **26 Years:** Bob Alger/Ann Arbor Huron. **27 Years:** Alan C. Kushion/McBain. **30 Years:** Joachim Benitez/Dearborn Divine Child, Eric W. Cumberland/Ravenna, Patricia A. Poirier/Dearborn Divine Child, Eric Tundevold/Union City, David Wilson/Beverly Hills Detroit Country Day. **31 Years:** Bruce Kennedy/Utica. **32 Years:** Michelle Batten/Dearborn Divine Child, George Schraut/Oxford, Kim Spalsbury/Grand Ledge. **33 Years:** Lonnie Marshall Jr/Lansing Eastern, Stanley Pasch/Suttons Bay. **34 Years:** Tom Micallef/Saline, **35 Years:** David Carey/Swartz Creek, Gary Inman/Rochester Adams, Ray Sutherland/Oxford, David Thrash/Flint Carmen-Ainsworth. **36 Years:** Lowie Van Staveren/Gobles. **38 Years:** Mike Wilcox/Parma Western. **39 Years:** Dolan Street/Birmingham Seaholm. **40 Years:** Ross Donley/Ludington, Robert Glenn/Dearborn Divine Child, Daniel Simek/Warren Woods tower. **45 Years:** James E. Jackson/Flint Southwestern, Tony Mifsud/Dearborn Divine Child, Bryan Westfield/Ann Arbor Pioneer. **46 Years:** Tony Magni/Novi Detroit Catholic Central.

MITCA TRACK & FIELD QUESTIONNAIRE 2011

The MITCA Track & Field Committee would like to gather information, only, from the membership on the following topics this year. The Track & Field Committee is responsible for the development of the questionnaires. There were 745 coaches attended the 2012 Clinic. There were 224 coaches that answered the questionnaire.

- 1) Would you be in favor of eliminating semi-finals from Michigan's track & field state tournament (regional and state meets)? **yes: 147 (65.6%) - no: 77**
2) Should we move pole vault to align with discus and long jump to be consistent with middle school and improve meet efficiency? **yes: 163 (73.4%) - no: 59**

TRACK & FIELD CLINIC PREDICTION RUN - 2012..... 1-Jerry Canze- 0:02, 2-Lisa Shaw- 0:05, 3-Chad Milletics- 0:06, 4-John Lipa- 0:12, 5-Chelsey Poindexter- 0:18, 6-Matt Gutteridge- 0:21, 7-Steve Rogers- 0:28, 8-Nick Rochefort- 0:28, 9-Jill Evers-Bowers- 0:36, 10-Rob Blume- 1:13, 11-Emily Kloss- 1:27, 12-Ross Donley- 1:32, 13-Ben Watson- 2:19, 14-Cliff Somers- 2:55, 15-Jason Hundey- 3:27.....

MITCA EXECUTIVE BOARD ELECTION RESULTS:

Chris Owens/Tawas was elected as Mitca President.
Angelina Bauer/Saugatuck was elected as MITCA Secretary.

Since 2010, each varsity head coach is required to complete the online rules meeting to be eligible to coach at MHSAA Regional and Final meets. Online Rules opened **Feb. 13...**
Final Date for Track & Field this year is: **April 12.**

MITCA COMMITTEES 2012-13: Executive Boards Meets: March 11, April 22, June 5(Best Western/Causeway Bay), Sept. 9, Oct. 7, Nov. 4, Dec. 9, Jan. 13 All meetings are held at the MHSAA Headquarters in East Lansing unless otherwise noted. Executive Board meetings are at 10:30 AM, all committee meetings are at 10:00 AM. Additional meetings may be scheduled as needed. If you have questions, concerns or suggestions for MITCA address them to the appropriate committee or the Executive Board. Executive Board & Chair's email addresses are located on the front page or at www.mitca.org.

Academic All-State: David Hovarter/Leslie Middle School- Chair
Carl Spina/Saline- D1, Tony Mifsud/Divine Child- D2, Dean Blackledge/Hanover-Horton- D3, Ron Hart/Bellevue- D4, Gary Whitmer/Gladstone- UP

Cross Country Committee: Comm. Meets: March 11, Sept. 9, Oct. 7
Chris Christensen/Addison '13- Chair.
Rich Brinker/Holly '14, John Carr/Eau Claire '14, Mike Dennisuk/Woodhaven '14, Doug Jager/Grand Rapids Christian '14, Gene Lebron/Ithaca '14, Kevin Rathbun/Williamston '13

Track Committee: Comm. Meets: March 13, Sept. 9, Oct. 7
Dan Roggenbaum/Vandercook Lake '13- Chair
Mel Comeau/Bath '14, Joan Ludtke/White Cloud '14, Jeff Schember/Caro '13, Scott Werner/Pewamo-Westphalia '12
The Track & Field Committee is in need of 1 more D2 coach and 2 coaches from D1. Contact President Bolen or Chair Dan Roggenbaum.

MITCA TEAM STATE MEET INFORMATION

Saturday May 26, 2012

MITCA is happy to announce they will be again partner with Michiana Timing to create the Power Rankings in 2012. The Power Rankings will be again used, along with the MHSAA Regional Championships, as the selection process for the MITCA Team State Meet. For 2012 teams can only qualify by either a) winning their regional, or b) being power ranked. Exact qualifications procedures are subject to committee review and approval at this time, but last year the top power ranked teams and all regional winners were invited. The number invited may be adjusted slightly to perhaps tighten the 2012 field at the D2, D3 and D4 levels.

Instructions, Rules, and Rankings will be posted and updated throughout the season at both www.michianatiming.com and www.mitca.org

All times entered must be ACTUAL MEET PERFORMANCES except that you may deduct the split of an athlete not running the relay from a relay time and substitute a different person who will run that leg. This is because often your relay may have run with an athlete entered in four other events for the power ranking. There are four different meets on athletic.net — you join the proper one and then enter your athletes the same as you would in any other meet — you do NOT ENTER MEET RESULTS in these meets — you enter the athletes in the meet using seed times that are appropriate.

Coaches will be responsible for submitting entries each week on athletic.net by following directions that will be available are available at athletic.net. Entries will be submitted into Weekly Power Ranking Meets by using seed times.continued next page

All seed times will be then processed through a meet simulation using the MITCA scoring procedures (listed below) Only enter the Power Rankings if you would attend the meet if extended an invitation, otherwise you are denying someone else the opportunity.

Enter 3 athletes in each event. Enter no athlete in more than four events (an that includes relays -- so if an athlete is in a relay seed time that counts as one of their events).

Each week we will move the date of this "virtual meet" up a week and your entries from the prior week will carry forward so that on a weekly basis you will simply have to make minor jiggles and update marks as necessary.

Simulated Meets will be scored like MITCA Meet.

-Teams may submit up to 3 athletes per event -Athlete may be entered in no more than 4 events -Point values based on 10 team meet.

10 teams entered = 30 point available in each individual event 30pts = 1st place, 29pts = 2nd, 28pts = 3rd.....1pt =30th

All Standard MHSAA Events will be competed and order of events will be same as MHSAA standard.

We will follow T&F News Conversion Rules, which are different than MHSAA Regional Entries -- and no rounding should occur in the times submitted. You must indicate FAT or manual as set forth in athletic.net for meet entry/result entry.

Division I & II: Jenison High School

Division III: Kent City High School

Division IV: Gobles High School

Meet Entries will be due by Thursday May 24 at 12pm (Noon). Entry Lists will be available by 7pm on Thursday May 24 Final Scratches will be accepted until morning of meet. No substitutions will be allowed after Entry Lists are posted unless deemed valid by Rules Committee (injury, sickness, eligibility) Full Meet Instructions and Details will be sent to coaches along with invitation that will further explain meet process. For any questions regarding Power Rankings or MITCA Team State Meet, Please contact Dave Emeott: David.Emeott@kentwoodps.org or events@michianatiming.com

MIDWEST MEET OF CHAMPIONS (Cross Country)
TEAM MICHIGAN COACHING STAFF
Mark Scoles/Monroe, Head Coach

MIDWEST TRACK & FIELD MEET
JUNE 12
Spuller Stadium, Ft. Wayne
Michigan – Indiana – Ohio Seniors only

MIDEAST MEET OF CHAMPIONS – TEAM MICHIGAN COACHING STAFF (Track & field)

Brian Salyers/Head Coach, Jerry Reis/Lumen Christi/Financial Sec., Norb Badar/Retired & Kim Spalsbury/Retired- Financial Sec. Emeritus

Boys: Derek Gonzales/Ypsilanti Lincoln-Jumps, Mike Stuart/Grand Blanc-Throws, Jerry Sessions/Maple Valley-Vault; Marc Parker/Detroit Mumford-Sprints, Joe Burgireno/Romulus-Hurdles, Mike Nesbit/Bay City Western-800, Mike Jurasek/Albion-Dist. To Be Determined-400.

Girls: Pat Bolda/Ubly-Jumps, Gerrit Smith/Bellevue-Throws, Jerry Sessions/ Maple Valley-Vault; Larry Adams/Rochester-Sprints, Tom Micallef/Saline-Hurdles, Kim Wright/Garber-400, Val Thomasma/East Kentwood-800, Amy Coughlin/Waterford Mott-Distance.

CLINIC IN A NEWSLETTER

This part of the newsletter usually features a collection of workouts and/or training comments from coaches around Michigan. This "clinic in a newsletter" has a couple of articles that deal with the "famous" weather we usually get to start season, or the weather we get when we have great weather during the winter. Well, so far the weather has been regional/state quality, the only problem is when we get that good of weather early we usually pay later, so keep these workouts in reserve. We welcome your suggestions for future CLINICS IN A NEWSLETTER

BAD WEATHER THROWING

Doug Grezeszak/Ogemaw Heights- Retired

Here are some thoughts on bad weather day activities for throwers. Our weight room program for throwers involved every day that we were not at a meet and we always start the practice in the weight room. Most of the time the weight room involves about 45 minutes of practice but it does seem to take longer on bad weather days, go figure. If we have gym time scheduled that day, we would then go to throwing the indoor shots in the gym. , We also had a curtain that dropped down in the middle of the gym and we had a few indoor discs. You can throw those into the curtain from about 30 feet away. This is a very good activity because the throwers can't think about distance; they have to focus on form. This is actually a very productive March or early April day when we can throw discus into the curtain in the gym.

During the early season all the spring sports have a rotating schedule to share the gym and on a regular basis it would seem that the worst weather days always fall on a day when the track team has no gym time that day. On those days we spend time doing drill work in the hallway outside the gym. This is actually great for refining technique and teaching fundamentals. I have found that this works best when I announce a drill, have a student demo the drill or show a short clip on my laptop and then have the students perform the drill on my verbal cue. Otherwise it just turns into a big talk session and nothing gets done.

We spend a lot of time doing drills in slow motion working on each aspect of the drill. For instance, when working on the power position, we will do 5 repetitions working on the orbit of the discus, 5 more working on the turning right hip, 5 more working on finishing with the head over the back heel, 5 more working on how the head turns during the throw, 5 more working on the left arm block, and then we start to speed it up a little.

Every aspect of the throws can easily be broken down into little drills like this. We spend a lot of time working on the first turn in the discus in this fashion as well. continued on the next page

BAD WEATHER HURDLING

Scott Werner/ Pewamo-Westphalia

Michigan weather in the spring provides track coaches with a very unique challenge. Many of us have experienced weather in March ranging from a snowy day with temps in the 30's to a sunny day with temps near 70...and everything in between. Given the circumstances of the season, it's inevitable at some point that a great workout you had planned got tossed out the window because the weather would not cooperate. Frustrating I know, but how will you adapt?

When practicing the hurdle events at Pewamo-Westphalia, we adapt by sticking to the basics. Often times the simplest, yet most effective, drills can be done inside and do not require a lot of room. Since hurdling requires a great deal of flexibility, we generally keep our focus there when we are forced to stay inside.

Some drills that we do on a regular basis when the weather isn't cooperating to promote flexibility are:

- Hurdle Stretch/Sits:** Sit on the ground with your lead leg straight out in front of you and your trail leg in the proper position out to the side. As flexibility improves, we encourage our athletes to lift the trail leg off the ground and lower chest toward the knee.
- Wall Attacks:** The athlete places a hurdle against a solid wall and stands three walking steps from the hurdle. The athlete walks up to the hurdle and simulates take off with the lead leg. The athlete should land his/her foot just above the hurdle board. There should be an emphasis on leading with the knee, not the foot.
- Wall Trail:** The athlete places a hurdle 3-4 feet from a wall. They will stand next to the hurdle with the lead foot on the ground in front of the hurdle and with their hands on the wall for balance. The athlete will simulate the trail leg action in a circular motion over the hurdle and step down even with the other foot.

..... continued on the next page

bad weather throwing continued.....

In the shot we spend a lot of time working on the power position and a huge amount of time working drills for the glide. It is not unusual for us to spend an hour and a half doing drills like that in the hallway.

I have a flicker account where I keep videos of these drills so that kids can work on them at home. Here are links to the folders dealing with drills:

This one is for shot drills:

<http://www.flickr.com/photos/grezeszd/sets/72157625883131115/detail/>

This one is for discus drills:

<http://www.flickr.com/photos/grezeszd/sets/72157626078476792/detail/>

Feel free to explore other videos in this account. Also feel free to email me with questions at grezeszd@gmail.com

Any chance I get to repay MITCA and its members for everything they did for me makes for a great day. Remember, every throwers best throw is their next one.

Editors note: When I called Doug to write this article I didn't know he was living in Florida. Doug said he was still coaching, just the throws, no administrative responsibilities. I told him about our weather and he said they had hit a high of 89 the previous week. This week, he said their distance runners did not want to run, it was too cold, only 70!!!!

bad weather hurdling continued.....

•**Angled Hurdle Trail Leg Drill:** Make the hurdle "uneven" by lowering one side of the hurdle. Stand in front and on the higher side of the hurdle while facing the direction that the hurdle elevates to. Keep your lead leg foot on the ground and place the instep of the trail leg on top of the lower side of the hurdle. Slide the instep of the trail leg along the top of the hurdle up until it reaches the higher side of the hurdle. This drill reinforces the concept of keeping the knee above the ankle as the athlete clears the hurdle.

•**Hurdle Walk Overs:** Place 5 hurdles end to end. The athlete walks over each hurdle leading with either the right leg, left leg or alternating legs.

We have had a great deal of success making these drills part of our regular routine. Even on days of poor weather, we get a lot

2012 IS AN EVEN YEAR SO:

BOYS ARE FIRST in the running events.

In the field events: **BOYS ARE FIRST IN:** Discus – Long Jump

GIRLS ARE FIRST IN: High Jump – Pole Vault – Shot Put

Note: Boys & Girls may compete simultaneously if multiple pits or an "open pit" is being used.

MHSAA RULES & REGULATIONS COMMITTEE

Ted Duckett/Past President- Kalamazoo Low Norrix

Rules and Regs Meeting, held in January, went well with an emphasis on wearing jewelry during the meet and what can cause disqualifications. Watches are allowed now but no other jewelry can be worn. There were no other major changes that would effect us at this point.

Please read the updates and inform your athletes of minor change that could effect them. Some future rule changes will be proposed through MITCA's committees in the near future after a few more surveys have been conducted.

MITCA HALL OF FAME/PAST PRESIDENTS

Ted Duckett/Past President- Kalamazoo Low Norrix

HOF/Presidents Meeting was a great success. Over twenty members were on hand including newly inducted Hall of Fame members. The meeting was informative and created some new involvement with MITCA. This group hopes to be a positive extension of growth and future commitment to MITCA's programs.

One of the areas of involvement for this group is handing out all state certificates at Division I,II,III, and IV State Track meets, Allowing active coaches to participate with their team during competition. This group has consented to work on providing bio's and pictures of previous award winners to be shown at MITCA Clinics in the future.

There will be two meeting a year. At the X Country and Track & Field clinic each year, discussing new ways to help and be involve with MITCA. This also provides possible forums at each clinic to share history and information about past coaches and their programs.

We have only began to realize the possibilities of how we can help each other. Make plans to attend the next meeting. Get re-involved, MITCA needs you and you need to help make MITCA stronger.

Track and Field Information From The MHSAA

Nate Hampton, MHSAA

We wish you, your teams and your communities well in this 2012 Track and Field outdoor season. Given the number of phone calls received in our office on several different topics, there is a need for clarification.

1. Watches MAY worn in competition: The no watch rule for Michigan track athletes will not be in effect for this 2012 Track and Field season. Watches may be worn.
2. Sydex Track and Field Computer Program: All Regional sites are required to use the Sydex program (NO EXCEPTIONS) whether or not regional sites will use fully automatic timing systems (at no additional charge to regional expenses) or handheld timing.
3. The Track and Field season: There are no changes to the currently defined season for Track and Field practice and competition. The first practice date is March 12. First contest date is March 21.
4. The Jewelry Rule: The rules for wearing jewelry in competition are not changed. Jewelry shall not be worn in any Track and Field competition. What is not considered jewelry?
 - Medical alert necklace/bracelet, if metal must be taped to the body. If bracelet is made of a pliable material, it does not have to be covered. Necklace must be taped to the body.
 - Hair control devices:
 - Unadorned bobby pins, barrettes and hair clips, no longer than two inches, are not considered jewelry.
 - Feathers are illegal

NOTE: The penalty for wearing jewelry during the regular season: No exceptions; when the first offense is discovered, a warning will be issued by the referee. The second offense will require disqualification.

The penalty for wearing jewelry during the MHSAA Regional and Finals: No change in previous application. First offense requires disqualification.

ALL ACADEMIC ALL-STATE APPLICATIONS MUST BE DONE ONLINE THIS YEAR. APPLICATIONS MUST BE MADE SATURDAY AFTER THE FINAL MEETS AND BY NOON ON THE FOLLOWING MONDAY. Go to www.mitca.org to fill out the application.

Congratulations are in order to President Chris Bolen. She was Chris Owens last year as our 1st VP. She married Bruce Bolen over the holidays. Congratulations Chris and welcome to MITCA Bruce!

IAAF World Indoor Championships, Istanbul, March 9-11, 2012 60m hurdles 2-Tiffany Ofili Porter/Ypsilanti, GBR 7.94

Tifini is a 2005 Graduate of Ypsilanti High School & Ms. Michigan Track and Field that year. She went to U-Michigan, was a seven time NCAA champion in hurdle events. Tiffany has dual citizenship and is running for Britain in 2012 Olympics. Recently she was named CAPTAIN of the British Olympic team.

March 9-10 NCAA INDOOR TRACK & FIELD CHAMPIONSHIPS(former Michigan High School runners – Michigan college runners)

NCAA Division I Indoor Track and Field Championships, Jacksons Indoor Track, Boise State University, Nampa, Idaho

MEN: Shot: 6-Zach Hill-so/Allendale-MSU-19.25 Weight

Throw: 6-Lonnie Pugh-j/Grosse Ile-MSU-21.14, 9-Jay

Gillespie-s/Allen Park-MSU-20.41, 10-Kevin Mays-s/CMU-

19.41, 14-Ethan Dennis-so/Grandville-UM-19.36 200:

Kevin Mays-s/Carmen-Ainsworth-CMU-20.22p 4x4: 9-

Michigan(Michael Parker-so/Michigan Center, Nicholas

Neuman-j/, Aaron Taylor-j/Rochester Adams, Ali Arastu-so/

Northville)-3:11.20 DMR: 4-Stanford 9:36.13(Michael Atchoo-

so/Troy) Team Standings: 1-U of Florida-52(repeat with the

same score), 35-Michigan State-6..... 66 teams scored

WOMEN: High Jump: 19-Rebecca Buchholtz-s/Michigan State-1.70 Pole Vault: 8-Kiley

Tobel-so/Walled Lake Western-Michigan-4.20 Triple Jump: 3-Tori Franklin-f/Michigan

State-13.34 Weight Throw: 4-Beth Rohl-rj/New Buffalo-Michigan State-20.20 60

Hurdles: 3-Bridgette Owens-so/Oak Park-Clemson-8.03(7.95p) 800: 8-Rebecca

Addison-j/Grand Haven-Michigan-2:08.62(2:05.57p), Jillian Smith-j/Michigan-2:07.82p: 9-

Shannon Osika-f/Waterford Mott-Michigan-4:45.53(4:43.12) 3000: 11-Megan Goethals-

so/Rochester-Washington-9:24.68 5000: 9-Megan Goethals-so/Rochester-Washington,

16:12.89 DMR: 12-Michigan 11:26.06, (Shannon Osika-/Waterford Mott, Brittani

Williams-s/Jackson, Jillian Smith-so, Rebecca Addison-j/Grand Haven)

Teams: 1-Oregon-49.....23-Michigan State 10, 61-Michigan 1.5 64 teams scored

NCAA Division II Indoor Track and Field Championships, Myers Fieldhouse, Mankato State University, Mankato, Mn

MEN: High Jump: 13-Trent Chappell-rf/Jenison-Grand Valley-2.02 Pole Vault: 5-Bret Myers-so/Grand Valley-5.00 Triple Jump: 1-Jason Brenton-s/Lake Superior State, 15.39 Shot Put: 8-Nathan English-j/Hillsdale-Hillsdale-16.82, 11-Donny Stiffler-j/Williamston-Grand Valley-16.30 60 Hurdles: 4-Marcus Bennett-s/Thurston-Northwood-7.94 400: 6-Maurice Jones-so/Lumen Christi-Hillsdale-48.15 5000: 4-Anthony Witt/Grand Valley-14:20.46, 8-Tyler Emmorey-s/Cedar Springs-Grand Valley-14:28.66 Heptathlon: 5-Jason Brenton-s/Lake Superior State-5062, 9-Tyler Grob-j/Pickney-Saginaw Valley-5009, 10-Justin Balczak-f/Cedar Springs-Lake Superior State-5008

Men Teams: 1-Grand Canyon-54.....18-Lake Superior State 14, 22-Grand Valley St. 10, 30-Northwood 5, 31-Hillsdale 4..... 40 teams scored.

WOMEN: High Jump: 3-Bailey Franklin-s/Northern Michigan-1.75m Pole Vault: 1-Kristen Hixson-so/Chippewa Hills-Grand Valley-4.00, 2-Kayla Caldwell-so/Hillsdale-4.00, 3-Jocelyn Kuksa-s/Grand Valley-3.90, 6-Jaime Roberts-so/Iron Mountain-Northern Michigan-3.80, 7-Chelsea Wackeragel-s/Montague-Hillsdale-3.80, 10-Elizabeth Willford-s/Gladwin-Saginaw Valley-3.70 Triple Jump: 6-Sherice Hewett-rf/Northern Michigan-12.13 Shot Put: 1-Lauren Buresh-s/Morley Stanwood-Grand Valley-16.11, 2-Sam Lockhart-j/Sexton-Grand Valley-15.97, 11-Kristin Cameron-s/Algonac-Northwood, 13.66 Weight Throw; 1-Sam Lockhart-j/Sexton-Grand Valley-20.57(meet record), 2-Liz Murphy-j/Romeo-Grand Valley-19.93, 7-Kathy Dirksen-j/Hillsdale-18.41, 8-Jamie Smith-j/Gull Lake-Grand Valley-18.34, 10-Kristin Cameron-s/Algonac-Northwood, 17.85m 60 Hurdles: 7-Kalena Franklin-so/Ogemaw Hgts-Grand Valley St-8.53, 9-Leslie Mitchell-f/Lake Superior State-8.54, 10-Sashawna Bennett-so/Lake Superior State-8.54 200: 10-Leslie Mitchell-f/Lake Superior State-24.97 800: 1-Amanda Putt-j/Adrian-Hillsdale-2:09.15, 2-Chanelle Caldwell-s/Grand Valley-2:10.26, 6-Alycia Wright-s/Lutheran North-Saginaw Valley-2:11.75, 8-Jennifer Shaffer-s/Camden Frontier-Hillsdale-2:12.06 Mile: 1-Amanda Putt-j/Adrian-Hillsdale-4:47.84, 6-Karie McDonald-s/Frankenmuth-Grand Valley-4:53.88, 7-Betsy Graney-s/Harper Woods-Grand Valley-4:54.61, 12-Julia Nowak-j/Grand Valley-5:02.17: 5000: 1-Rachel Patterson-s/Rochester-Grand Valley-16:07.28(meet record), 3-Christina Muir-s/Ferris State, 16:25.42 4x100: 3-Grand Valley (Chanelle Caldwell-s, Brittney Banister-f/Carmen-Ainsworth, Leah Hess-so/Battle Creek Lakeview, Kalena Franklin-so/Ogemaw Hgts)- 3:48.46 DMR: 1-Grand Valley (Betsy Graney-s/Harper Woods, Leah Hess-so/Battle Creek Lakeview, Lisa Galasso-so/Lake Orion, Rachel Patterson-s/Rochester)-11:23.35(meet record), 4-Ferris State(Shelby Janutol-j/Troy, Zoey Hohmann-j/Stockbridge, Alyssa Osika-j/Waterford Mott, Christina Muir-s)-11:36.37, 8-Saginaw Valley(Megan Pittors-s/Dakota, Diamond Taylor-so/Southfield, Alycia Wright-s/Lutheran North, Ashley Meyer-s/Shepherd)-11:48.53, 11-Hillsdale(Chelsea Wackeragel-j/Montague, Jennifer Shaffer-Camden-Frontier, Sheena Albaugh-f/Hillsdale Academy, Amy Kerst-f/Munising)-12:37.28

Womens Teams: 1-Grand Valley St. 94, 5-Hillsdale 33, 14-Northern Michigan 12, 16-Ferris State 11, 33-Saginaw Valley 4

Amanda Putt was named the Division II women's indoor track national athlete of the year. Senior Lauren Buresh has now won three consecutive shot put National Championships (2012 Indoor, 2011 Outdoor, 2011 Indoor. Jerry Bales, Grand Valley State, repeats as DII Indoor coach of the Year. Grand Valley's 94 team points rank as the fourth-best championship total in NCAA DII Indoor National Championship history..

NCAA Division III Indoor Track and Field Championships, Grinnell College Athletic Fieldhouse, Grinnell, Iw

MEN: Shot Put: 8-Aaron Meckes-so/Saginaw Valley Lutheran Calvin-16.57 Mile: 11-Greg Whittle-so/Calvin-4:17.80 5000: 8-Nick Kramer-j/Calvin, 14:26.84, 11-Matt Vander Roest-so/Ann Arbor Huron-Calvin-14:47.99 **Men Teams:** 1-North Central, II-40..... 48t-Calvin College-2..... 58 teams scored.

WOMEN: 60: 4-Kelsea Sellers-s/Adrian-7.67

Womens Teams: 1-Wartburg-99 32t-Adiran-5 58 teams scored.

Jennie McCafferty/MICHIGAN RUNNING NEWS helped compile the NCAA Indoor Information.

March 9-11 NEW BALANCE INDOOR NATIONALS at New Balance Center/The Armory, New York

Boys: 60: Kyle Redwine-so/Maximum Out Put-7.01s, Berkley Edwards-j/Chelsea-7.02s, Kendall Thompson-so-7.25p **200:** Austin Sanders-s/Ypsilanti-22.19, Kyle Redwine-so/Maximum Out Put-22.48, William Askew-s/Plymouth-22.99 **60 Hurdles:** 6-Drake Johnson-s/Pioneer-7.94, Jacob McFadden-s/Clare-8.16s **5000:** 3-Sam Parsons-s/Adrenaline TC-14:53.10, Alex Giacco-j/Adrenaline TC-15:10.60

Pole Vault Emerging Elite: Ayrton Fineout-s/Okemos-13' 2.5 **Emerging Elite:** 60 Amonta Giasper-s/Battle Creek Central-7.17, Malik Washington-j/Motor City-7.19, James Gault-s/Motor City-7.26, Damian Johnson-s/Battle Creek Central-7.35, Anthony Goff-s/Waterford Mott-7.41 **200:** 2-Jason Ervin-s/North Farmington-22.22 **400 Elite:** 7-Jason Ervin-s/North Farmington-50.30, Nolen Bright-Mitchell-so/Albion-50.85, Philip Johnson-j/Maximum Out Put-51.03 **60 Hurdles:** Dominick Lemonious-j/Mumford-8.62 **Mile:** William-s/Troy-4:29.56 **4x200:** 5-Motor City Track Club(Malik Washington-j, Dominick Lemonious-j/Mumford, Jordan Cotton-s, Archie Nolan-s/Oak Park)-1:32.14

Freshman Mile: 2-Logan Wetzel/Saline-4:04.55, Stephen Garrett-f/Adrenaline T-4:25.62, Lucas Arrivo-f/Pioneer-4:34.52

Girls: High Jump Emerging Elite: 5-Senclair McDonnell/Livonia-5' 3.25 **Pole Vault Emerging Elite:** 2t-Janina Pollatz/KP Athletics-11' 7 200: Kyra Jefferson-s/Cass Tech-24.11, Gabrielle Edwards-j/Walled Lake Central-25.32, 60 Hurdles: Cindy Ofili-s/Ann Arbor Huron-8.84s, Quenee' Dale-so/Romulus-9.06p **60 Hurdles Emerging Elite:** 4-Anna Cockrell-8.37, Quenee' Dale-so/Romulus-9.06p **800:** Lauren Burnett-j/Dakota-2:17.87 **1600:** 1-Hannah Meier-j/Grosse Pte South-4:42.60, 14-Haley Meier-j/Grosse Pte South-4:59.12 **2 Mile:** 10-Rebecca Saalter-j-10:42.03, Kelsie Schwartz-so/Grosse Pte South-10:54.26 **5000 1-Erin Finn-j/West Bloomfield-16:19.695, 2-Haley Pierce-s/Adrenaline TC-16:31.865 4x4:** 4-Motor City Track Club-3:51.17(Courtney LaShae Hewitt-so/Mumford, 2) 2032 Nicole Lynch-j/Mumford, Anna Jefferson-8, Johnyce Powell-f, Jayla Fleming-f) **4x8:** 18-Spirit O Pre Track Club(Saline)-9:37.13(Amy Creutz-s, Lauren Green-f, Abby Rentschler-f, Elianna Shwayder-so, Gloria Park-so) **4x1 Mile:** 1-Adrenaline Track Club/Detroit-20:00.97(Reagan Anderson-j, Haley Pierce-s, Julie Williams-j, Rebecca Salter-j, Kate Hastings-f) **7-Spirit Of Pre Track Club(Saline)-21:02.24(Amy Creutz-s, Lauren Green-f, Abby Rentschler-f, Elianna Shwayder-so, Gloria Park-so) 23-Spirit Of Pre/Saline-21:46.69(Alyssa Cummoings-j, Kristin Green-j, Kelly Hall-j, Gloria Park-so), 34-Ocelots Track Club(Dakota)-22:70.76(Lauren Burnett-j, Marah Pugh-so, Christina Micalla-j, Rachel Pugh-j), 36-Breen Track Club(Troy)(Katie Shaheen-s, Lauren Millero-s, Tarah Thompson-s, Kira Burnett-j, Maral Toukhanian-j)-22:23.76 **DMR:** 1-Grosse Pte Running Club/Grosse Pte South-11:39.29(Haley Meier-j, Erusla Farrow-f, Kelsie Schwartz-so, Hannah Meier-j), 25-Spirit Of Pre/Saline-12:28.99(Amy Creutz-s, Kristin Green-j, Elianna Shwayder-so, Lauren Green-f, Victoria Engvold-s) **Emerging Elite: High Jump:** 10-Samantha Saikalis-so/Waterford Mott-5' 3.25 **Pole Vault:** Janina Pollatz-j/Freedom Christian-11' 7 **60:** 4-Quenee' Dale-so/Romulus-7.75, Jasmine Brathwaite-so/Una- 8.16p, Tierra Williams-s/Ypsilanti Lincoln-8.23p **200:** 7-Anna Jefferson-8/Motor City-25.47(25.07q), Carlita Taylo -7/Motor City-25.72p **400:** 3-Anna Jefferson-8/Motor City-57.26, London Renfro-so/Pioneer-58.28, Lauren Burnett-j/Dakota-58.52, Carlita Taylor-7/Motor City-58.8, Courtney LaShae He-so/Motor City-59.68, Nicole Lynch-j/Mumford-1:00.12 **800:** 5- Aubrey Wilberding-j/Seaholm-2:15.72, Jamie Morrissey-j/Rochester Adams-2:17.87, Katie Shaheen-s/Troy-2:24.46 **60 Elite:** 3-Allyson Goff-so/Waterford Mott-8.76, 4-Anna Cockrell-8/Una-9.03 **Spring Medley:** 21 Spirit of Pre/Saline(Alyssa Cummings-j, Kristin Green-j, Gloria Park-so, Kelly Hall-j, Abby Rentschler -f)-9:46.06 **1600 Elite:** 9-Julie Williams-j/Adrenaline T-5:05.21 **2 Mile:** 8-Abby Rentschler-f/Saline-11:08.38 **4x8 Emerging Elite:** 21 Spirit of Pre/Saline(Alyssa Cummings-j, Kristin Green-j, Gloria Park-so, Kelly Hall-j, Abby Rentschler-f)-9:46.06 **Freshman:** 400: Johnyce Powell-f/Motor City-58.14M **Mile:** Kate Hastings-f/Adrenaline T-5:18.38**

U.S. Track & Field and Cross Country Coaches Association (USTFCCA) AWARDS

USTFCCA All-Academic Cross Country Team: Team must have had a cum. team GPA of 3.00 or better and have started at least five regional at their respective NCAA regional..

DIVISION I: Boys: University of Detroit Mercy-3.42, University of Michigan-3.06, Michigan State University-3.01 **Girls:** Central Michigan-3.56, Eastern Michigan University-3.46, University of Michigan-3.43, Detroit Mercy-3.39, Western Michigan University-3.30, Michigan State-3.26, Oakland University-3.31

DIVISION II: Boys: Lake Superior State University-3.30, Michigan Technological University - 3.29, Saginaw Valley State University-3.25, Wayne State University-3.20, Grand Valley State University-3.13..... **Girls:** Saginaw Valley State University-3.65, Northern Michigan University-3.58, Michigan Technological University -3.48, Ferris State University-3.47, Grand Valley State University-3.46, Hillsdale College-3.43, Wayne State University-3.20, Lake Superior State University-3.12. Information for Division III was not available.

ALL ACADEMIC ALL-STATE APPLICATIONS MUST BE DONE ONLINE THIS YEAR.

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Go to www.mitca.org to fill out the application.

Eulogy for Kermit Ambrose

by Brian Wilson

Good morning. It's an honor to stand before you to say good-bye to our dear friend, Mr. Ambrose. How wonderful of the Lord to have permitted us the opportunity to say "thank you" to Mr. Ambrose at his birthday party barely a year ago. How often we do not have that opportunity until it is too late. I am grateful this was not the case with Mr. Ambrose. We loved him and he knew it.

I knew Mr. Ambrose for just ten percent of his life. He knew me for twenty-five percent of mine. For the past ten years, I was granted a glimpse of what it was about Mr. Ambrose that brought you here today. In the few moments we have together, my words can touch only the surface of what you all cherish in your hearts.

Mr. Ambrose was an educator. I suspect several in the audience are educators as well. No doubt, you are familiar with the poster and accompanying list of axioms titled, "All I Need to Know I learned in Kindergarten." I propose to you that all I need to know I learned from Mr. Ambrose. With this theme, I hope to honor Mr. Ambrose and to remind us of the lasting lessons he strove to teach - not merely by his words, but by his actions.

I encourage you to recall when Mr. Ambrose first influenced your life, be it in the classroom; on the track; at a MITCA clinic; or in conversation over a bite at one of his favorite eateries. It is my wish that you will hear Mr. Ambrose's frequently booming, sometimes frightening, but deep down truly gentle and caring voice as I reference a number of his favorite familiar phrases throughout his eulogy (in bold).

"100% is not enough; give 101%." Is it not fitting that Mr. Ambrose could not be satisfied with living 100 years? It seems he had to make it one more year just to hammer home this point. Only after turning 101 did Mr. Ambrose close his eyes to rest.

"All Confidence is acquired. No one was ever born with it." Mr. Ambrose began his 101 year journey in the simplest of ways. One year before the Titanic set sail, he was born to impoverished Swedish immigrant farmers on the Nebraska plain. His parents were so poor that they had to rent the land they farmed. They joined together with neighbors in the same meager circumstances to share the burden of harvesting the grain. Within that baby boy was born a will, a spirit, and a spark that would take him far from his humble beginnings.

"When you put a limitation on what you will do, you put a limit on what you can do." Mr. Ambrose's life began hard, like others in the American West characterized in John Steinbeck's *Grapes of Wrath*. However, somewhere between working the unmechanized, horse-powered farm and mastering his school lessons, Mr. Ambrose discovered sports. His life would never be the same, and neither would ours.

"Do not let what you cannot do interfere with what you can do." In high school and college, Mr. Ambrose played football and basketball, and may have dabbled in track. Track was not his first love, it was football. He engaged a cobbler to affix cleats to his work boots so that he could have proper footgear for football.

Upon graduating from high school in Pierce, Nebraska, Mr. Ambrose began attending college at Nebraska's Wayne State Teachers' College. While there, he assumed a role of player-coach for many of the school's athletic teams, earning honors at the conference level in football.

"The most valuable result of all education is the ability to make yourself do the things you have to do, when it ought to be done, whether you like it or not. It is the first lesson that ought to be learned." - Thomas Huxley. In 1929 Mr. Ambrose took the helm of his first classroom. While attending college he simultaneously taught in a rural, one-room schoolhouse. When it was cold, Mr. Ambrose would haul coal to feed the furnace. Throughout the Depression Mr. Ambrose taught in and near his hometown. In his files I uncovered notes of his time at Pierce High

School, Wayne Prep and Creston where he taught and coached football, basketball, baseball, "kitten ball," and track.

"True success is overcoming the fear of being unsuccessful." Thanks to his meticulous record keeping, I retrieved Mr. Ambrose's handwritten results from the 1934 Wayne Prep football team. Under his leadership, the team went 0-8. They were shut out in all but one game. The team tallied merely six points the whole season, while his opponents scored 237 points against them.

"The will to win is not worth a nickel, unless you have the will to prepare." Prepare he did. As I scoured Mr. Ambrose's handwritten and manually typed notes from the 1930's it was evident that he was pouring himself into gaining the knowledge that he needed to succeed. On three-hole punched notebook paper, Mr. Ambrose retyped long articles, notes, and bits of wisdom gleaned from a multitude of sources. Headings such as "About a Good Sweat" which states, "Every young and healthy human being should have a good sweat every day; it will make you feel like a million dollars." Articles on eating that suggest, "Without getting all messed up with technical details about proteins, calories, and so on,...plan out a well-balanced diet," and "Try to learn to like all vegetables....Don't be a crank about your diet."

"What I am to be, I am now becoming." Although most of his notes from this period are on blocking, tackling, passing, and guarding, buried within these archives was a single paragraph on how to run the mile. "Try to get started fast enough to get a good position on the pole just after you come out of the first turn. As a general thing, it is good racing tactics to run in third or fourth position until the end of the third lap. Then, if you can, move up to second place on the backstretch of the final lap. Start your sprint just before you go into the last turn. From then on, it's a case of running as fast as you can right down to the finish of the race." In this one snippet we catch a glimmer of what would be Mr. Ambrose's passion and legacy. But that would have to wait. America was at war. Duty called.

"There are things bigger and greater than you." Like many of the "greatest generation," Mr. Ambrose left the comforts of home to take up the nation's call against fascism. Utilizing his scientific background, Mr. Ambrose served as a meteorologist for the Army Air Corp in Northern Africa and Italy. He was part of a small team sent to desolate outposts to record and to report weather conditions to Air Corp personnel on the air fields below, ensuring safe take-offs and landings. Ironically, the same Army Air Corp his skills served to protect nearly cost him his life. Mr. Ambrose recounted that a transport plane he took was so beat up that, upon making a harrowing landing in Casablanca, the plane was grounded.

Among his favorite wartime memories was guarding German and Italian prisoners of war aboard a ship from Europe to the United States. He recollected how the Italian soldiers were just happy that their role in the war was over. They played checkers with him. Mr. Ambrose decided they were no longer his enemies but merely young men similar to himself thrust into arms. Maybe this early experience with Italian POWs was the root of his very special friendships with coaches Lou Miramonti and Tony Magni?

"In order to succeed we must first believe we can." Following the end of the war and an honorable discharge, Mr. Ambrose found himself in the metropolis of Chicago, Illinois. There he had a relative with an available room. Within two days of his arrival, and with one suit of clothes and his credentials, he chased a lead and landed a teaching job at suburban Maine High School. I can only assume Mr. Ambrose also taught at the school because during our in-depth interview seven years ago, all he talked about was his coaching - football, that is.

“Our aspirations are our possibilities.” Football was huge in post-World War II America. Schools had multiple teams separated by age and size. As a new teacher in the school, Mr. Ambrose was assigned to head the junior varsity squad, the freshman-sophomore squad, and to serve as the line coach for the lightweight varsity squad. Although Mr. Ambrose also coached track at Maine High School, he invested his heart and soul into those football teams. His insight, preparation, and dedication were getting noticed. Before long, he caught the attention of the head coach for the heavyweight varsity team. He told Mr. Ambrose that the following fall he would bring him up to be the line coach for the highest level of varsity football. Mr. Ambrose’s dream was becoming reality. He was getting closer to becoming a head football coach for a high school varsity heavyweight team. That summer he would head to the University of Michigan (“U of M”) in distant Ann Arbor, Michigan to work on his master’s degree, and then return in the fall to pursue his destiny on the sidelines of the gridiron.

“No one ever lost their eyesight by looking on the bright side of things.” While at the U of M, Mr. Ambrose received a letter from Maine High School. There had been a change in the football program. The athletic director had replaced the varsity football coach. The new football coach wrote Mr. Ambrose to advise that he would honor the former coach’s commitment for one season, but he had been promised that thereafter he would get the best line coach available. Translation, “It ain’t you, Kermit.”

“The secret of success in life is for a man to be ready for his opportunity when it comes.” The selection of a new head football coach in suburban Chicago was quite possibly the most significant hire in the history of Michigan cross country and track and field. Mr. Ambrose was not going to return where he would not be valued. He let it be known among his fellow U of M master’s candidates that he was in the market. Someone knew someone who was aware of an opening at a suburban high school with a funny name in the hamlet of Birmingham, Michigan - Ernest W. Seaholm High School.

“Mister Meant To had a comrade and his name was Never Do. Have you ever chanced to meet them? Did they ever call on you? These two live together in the House of Never Win. I’m told that it is haunted by the Ghost of Might Have Been.” Around 1952, while Mr. Ambrose was sitting in the Seaholm High School athletic director’s office discussing his prospects to coach football, basketball, track, and baseball, he happened to see a group of boys running in sweat clothes. Realizing it was not track season, Mr. Ambrose inquired for what those boys were training. The A.D.’s response sounded like a foreign language to Mr. Ambrose. He had never heard of cross country.

“Never be satisfied with your present accomplishment. The Power to succeed or fail is yours, and no one can take that away. The difference between the impossible and the possible lies in a man’s determination.” In 1954, in his forties, Mr. Ambrose was learning a new sport. He was now the Seaholm High School cross country coach. Living by the same philosophy he would expound to generations of future athletes, Mr. Ambrose threw himself into preparations and building his knowledge base. He borrowed, acquired, and stole every idea, strategy, and nugget of expertise he came across. He became a sponge soaking up information from publications, college coaches, and peers. He simply refused to allow his ignorance of the sport to keep the student athletes in his care from reaching their full potential.

The next dozen years witnessed a new era in Michigan high school cross country and track. Mr. Ambrose’s Seaholm teams went on to win 95 of 112 dual cross country meets. He led his teams to nine regional titles, two state championships, and two runner-up finishes. He never finished below seventh at the state meet. He coached 23 all-state athletes. Pure dominance! The reign of terror to teams unfortunate enough to compete in the Ambrose era found no refuge in the springtime either. Mr. Ambrose’s Seaholm Maples took 94 of 100 dual track meets between 1952 and 1967. They placed in the top five three times at the state track meet.

Some would say he was lucky. Mr. Ambrose used two quotes on the subject of luck. **“Success is simply a matter of luck; ask any failure.”** **“I am a great believer in luck, and I find the harder, I work the more of it I have.”** The success of Mr. Ambrose’s teams had nothing to do with luck. They had to do with his infectious enthusiasm, positive mental attitude, attention to detail, and near fanatical emphasis on preparation. I found a list of twenty-three separate exercises for his cross country teams to complete before they started their workout. His teams won because they were willing to do what others would not. **“The principal reason that one athlete succeeds and another fails, lies in the degree of personal motivation.”** **“All things are difficult before they are simple.”** As one of his athletes stated, “He would give you a vision and convince you. It sounded so simple!”

“There is always room at the top.” **“There are 3 kinds of people: Those who make things happen, those who watch things happen, and those who wonder what happened.”** Mr. Ambrose was not selfish with the know-how he acquired in building his teams; he wanted to impart it, without restraint. His great concern was that other schools with uneducated coaches were not affording their cross country runners the opportunities to achieve. In 1957 he connected up with Jack Boughton, Bruce Waha, Norm Badar, Don Sazima, and Bob Parks to launch an association of track coaches to offer educational clinics and share knowledge among fellow coaches. (Please forgive me if I missed any names of the organization’s founders.)

From the humble beginning of meeting in classrooms the seeds of the Michigan Interscholastic Track Coaches Association (MITCA) were planted. This is the same organization that today has hundreds of Michigan coaches gather to hear Olympians and nationally-recognized coaches and speakers present on cross country and track. MITCA was, and is, so grateful for Mr. Ambrose’s leadership that its most prestigious annual award bears his name, the Kermit Ambrose Award.

“Of all the words of tongue or pen the saddest are these: It might have been.” By 1967 Mr. Ambrose was on top of his game. He was one graduating class away from his most recent state championship cross country team, and one summer away from having a former athlete of his run in the 1968 Olympic Games. MITCA was firmly established, not only as an association for cross country and track coaches, but also as the benchmark for Michigan high school coaching associations for individual sports. The future was bright for Mr. Ambrose and the Seaholm Maples. Little did he know, the true test of his character was to be revealed that spring.

Mr. Ambrose wrote in his 1930s notebook, “The coach should at all times have a well established code of rules which he should thoroughly explain to the squad. Then he should see that the code be carried out to the letter. Violations of the training rules should be severely dealt with, and it is often wise to suspend a star performer from the team, rather than have the army-like discipline impaired. ...Far better and more lasting results can always be obtained by making an example of one of his men who needs to be shown.”

Thirty years later, Mr. Ambrose cut a handful of disruptive high schoolers from the track team for skipping practices. After parental involvement, a school administrator instructed Mr. Ambrose to reinstate the athletes. Mr. Ambrose refused. There was an ultimatum. By example, Mr. Ambrose gave us another lesson. The man we refer to as “The dean of Michigan High School Track and Field” voluntarily ended the high school coaching career he loved so much rather than compromise his principals. Seaholm High School never again achieved the prominence it did under Kermit Ambrose.

“Don’t measure yourself by what you have accomplished, but by what you should have accomplished with your ability.” In his mid-fifties it would have been understandable if Mr. Ambrose had simply served his remaining career in the classroom, and then retired to assume the role of a spectator. This was not to be with Mr. Ambrose.

Though he had accomplished a lot, he had more to give.

Confident that MITCA was on solid ground, Mr. Ambrose turned his concentration to track and cross country officials. There seemed to be much lacking in knowledge base, consistency, and training options for those responsible to officiate cross country and track and field meets. Mr. Ambrose played a key role in joining forces to form the Association of Track Officials of Michigan ("ATOM"). So distinguished was this organization that now it is hardly acceptable to host a meet at any level without an ATOM-certified officiating team. Mr. Ambrose and others from earlier days soon were called upon to officiate at NCAA and AAU meets. A number of the procedures and rules formulated by Mr. Ambrose have become the standards in cross county and track and field officiating at all levels.

"You can't turn the clock back to do the things you failed to do when you should have done them. Life does not operate that way." Mr. Ambrose's focus on preparation, discipline, and an eye for detail made him a great organizer and official. His true passion, though, was helping young people achieve their potential. Wolverine Cross Country Camp gave him the outlet he sorely needed. As a long time director who coached into his mid-nineties, countless Michigan youngsters benefitted from what only the Seaholm boys had previously experienced. Among them was future world-class runner, Jeff Drenth of Charlevoix, Michigan. Mr. Ambrose and Jeff enjoyed a unique bond. Mr. Ambrose celebrated Jeff's successes. He never got over Jeff's death from heart failure following a training run at the Athletics West facility in Eugene, Oregon.

When we cleaned out Mr. Ambrose's apartment, practically every room had a photo of Jeff in it. Mr. Ambrose cared exceedingly about the people in his life.

LIFETIME MEMBER'S CLINIC FEE INCREASED.

The Executive Board at it's March Meeting raised the cost of MITCA Members that hold lifetime memberships; that includes all Hall of Fame Members, Ambrose & Sweeney Winners; to attend a MITCA Clinic. The new rate will be 50% of the cost of the clinic fee. This replaces the \$25 cost that had been in place since the inception of the lifetime membership.

All Hall Of Fame inductees, Ambrose & Sweeney winners are granted lifetime membership as part of their selection. Lifetime memberships are available to any MITCA member upon their retirement from coaching and reaching the age of 50. A one time fee of \$100 is required for lifetime membership. Lifetime membership applications are available at www.mitca.org

Finn Sets National Indoor Record

At the New Balance National Indoor Meet, West Bloomfield High School junior Erin Finn, not only won the national 5,000 meter indoor title in a stunning 16:19.69, but she also lowered the American record by more than 15 seconds. The previous record was 16:35.15, set by Waverly Neer last year.



student sessions *steve porter pic*

several other clinic speakers at the Student Sessions at Okemos High. Mac again gave those in attendance a chance to see and hold his medal, Ben Watson, pictured on the right, 1st VP models the medal. The student sessions give our athletes a chance to get some early season instruction for some of the top coaches in Michigan, but also by many of the clinic speakers and to meet with Olympians. Put the student sessions on your athletes calendar for the 2013



Ben Watson 1st VP with medal

IN THE BULLPEN... This marks the start of something new, delivering the MITCA Newsletter via the web. The newsletter will be transmitted to Derek Gonzeles who manages the MITCA website. Derek will post the newsletter & inform the membership via email. MITCA, therefore, needs to have your current email address. Members that do not have email access or would prefer to receive the newsletter through the mail need to return the form on the bottom of the next page to Jerry Lascoksi and the newsletter will be mailed to you as in the past. Please let us know of any difficulties getting this newsletter via the web.

.....continued on next page.

"Enthusiasm is the propelling force necessary for climbing the ladder of success." Well into his nineties and even past the age of one hundred Mr. Ambrose continued to teach us lessons. He always took time for young athletes. As his chauffeur to various meets and events, it was common for me to have to wait while the co-funder of MITCA, two-time state championship coach, and discoverer of an Olympian, spent twenty minutes listening to a chubby seventh grader's detailed account of how he ran an 800 at an intramural track meet. Just when I thought I could bring the car around, Mr. Ambrose had the poor youngster doing side-straddle hops, jumping jacks, high knee lifts, and the famous SIM drill. This was customarily followed by a reminder that **"the only place success comes before work is in the dictionary"**. I am now ashamed of my impatience during those times. Perhaps I was the one who had the most to learn from Mr. Ambrose in these "coaching sessions". Lessons that had nothing to do with running.

More than his credentials, accomplishments, and awards, Mr. Ambrose will be remembered most for his kindness and character. Here was a man who would recite poetry in lieu of using profanity. Here was a man who would always leave room for dessert. Here was a man who didn't want to move into an assisted living center because of the "old people" there. Here was a man who would never let you pick up the bill for breakfast, and for whom you had to use pay at the pump quickly before he could maneuver his walker into the gas station to pay for your fuel. Here was a man who would make sure you left with a grapefruit whenever you visited. But most of all, here was a man who gave of himself freely and unselfishly. That is perhaps the greatest lesson he ever taught. Have we learned it? **"If it is to be, it is up to me."** I love you Kermit. Farewell my friend.

GILL COACH OF THE YEAR PROGRAM

Gill Athletics, in conjunction with USA Track & Field (USATF) award a High School boys' team and girls' team national coach of the year, based on criteria established by USATF and selected from six regional finalists as determined by a USATF selection committee. The evaluation criteria on which the finalists will be evaluated include the following: Coaching Record, Honors and Recognition, Service to the Sport, School, and Community

This is the 3rd year of the program. There will be 10 regional finalists and the 2 winning recipients. The winning coaches will receive \$5,000 worth of equipment for their school. Two complimentary tickets to the USATF Finals where the award will be presented. Transportation a lodging for the winner and a quest are also included.

The MITCA Executive Board will use the MHSFCO Coaches for the Gill Coach Of The Year Nominees.

CURRENT SURFACES SCHOLARSHIP PROGRAM. Coaches, if your track was installed by Current Surfaces your senior athletes that have competed in track & field for 3 years may apply for a 1 year, \$1000 scholarship awarded by Current Surfaces. Go to:

www.currentsurfaces.com for more information and a list of schools whose track was installed by Current surfaces. Deadline is: April 23, 2012

The 2010 scholarship winner was Jill Sabo of Coopersville High School. Last year's winner was from Ohio.

2012 STUDENT SESSIONS

Those that attended the 2012 Clinic Banquet had a chance to listen to Mac Wilkens, on the left, gave the feature talk at the HOF Banquet. Members also had a chance to see and handle his 1976 Montreal Olympic Gold Medal. As Mac had it passed around the hall after his talk. What a thrill. Saturday Mac joined Wilkens works with athletes at the

several other clinic speakers at the Student Sessions at Okemos High. Mac again gave those in attendance a chance to see and hold his medal, Ben Watson, pictured on the right, 1st VP models the medal. The student sessions give our athletes a chance to get some early season instruction for some of the top coaches in Michigan, but also by many of the clinic speakers and to meet with Olympians. Put the student sessions on your athletes calendar for the 2013

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The advertisement features a central collage of track and field equipment. The top row includes a wooden bench, a large safety net, a person standing in a tent, and a person working with equipment. The middle row shows a discus, a hand truck, a digital stopwatch, and a metal frame. The bottom row features a person in athletic gear and a stack of books. The central text is surrounded by these images, with the M-F Athletic logo at the top and a circular 'HELPLINE' logo at the bottom.