

MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

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www.mitca.org

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- CROSS COUNTRY CLINIC**
Comfort Inn, Mt. Pleasant
Nov. 8-9-10 2012
- TRACK & FIELD CLINIC**
Lansing Best Western
Feb. 7-8-9 2013

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Olympic Trials Tour Group Celebrates Lives of Two MITCA Legends

By Kim Spalsbury (retired CC and T & F coach & current official)



Late June and early July found a group of almost fifty current or retired Michigan coaches, officials, and track fanatics attending the 2012 Olympic Track and Field Trials in Eugene, Oregon. This was the second straight Trials that the Michigan group had enjoyed in Eugene and the sixth straight Trials where a group of Michiganders had gathered together to watch many of the world's best athletes compete at the "all or nothing" qualifying meet (only the top 3 in each event move on to participate in the Olympics). It was, however, the first time that MITCA legends, Kermit Ambrose and Duane Raffin were not part of the group. To celebrate the two recently

Olympic tour group photo

to the meet.

As has been the case for the last several Trials trips, retired Jackson HS coach and current official, Chuck Janke helped make all the housing arrangements and also coordinated the purchase of bikes for some 21 of the groups' members who used them to commute back and forth from the hotel to Hayward Field each day of the Trials. While each group member paid for the bikes at a local Eugene area sporting goods store, Chuck, with the assistance of Michelle Emmons of Trips for Kids arranged for a third straight Trials to have all of the bikes donated to a charitable cause at the close of the competition. Trips for Kids arranges special bike trips for underprivileged kids in the area. Mark Corless, Holly alumnus, former Watervliet track and field coach and current Minneapolis area athletic director, once more handled the ticket purchase and distribution, as well as managing the fourth annual Corless Open Miniature Golf Tournament at a Springfield, OR mini-golf course. Kim Sturm of Farmington HS won the ladies division and George Hackney of Flushing HS won an exciting one hole playoff over Milford High School's Brian Salyers.

Ah, but the real focus of the 10+ days in Eugene was track and field, and this year's Trials may have been the best in US history, featuring several world records and/or world leading performances, despite the often wet and cool weather, which was in sharp contrast to the 100⁺ temperatures that were sweeping the country at that time. The tone was set by the very track savvy Eugene community and USATF organizers who invited track and field legends to attend the Trials each day. continued on next page.

THE PRESIDENT'S LANE: Chris Bolen/Tawas High

I hope that everyone's 2012 season is off to a great start!

Kernie and Dean have been working hard to plan a great Cross Country Clinic for November. The new venue is an exciting change that we hope will suit the needs of our organization. They have arranged a great like-up of speakers that will share a great wealth of knowledge. If you have not received your clinic brochure check www.mitca.org for registration information.



Kernie and I have also been working on the Track Clinic for February. We plan to have a focus on athletes who have had to fight to overcome additional obstacles beyond those faced by the average individual. We would like to showcase a few athletes at the clinic. Please check your e-mail and www.mitca.org for information on how to submit information on an athlete that you would like us to honor.

The Executive Board is still working to find better ways to support the athletes and coaches involved in the MidEast and MidWest meets. We have some exciting ideas that we are looking forward to sharing with you at the Cross Country Clinic.

Have a great fall and hope to see you all in Mt. Pleasant in November!

Olympic Trials Tour Group continued.....

These included Billy Mills, Joan Benoit, Bob Beamon, all of the living men's decathlon gold medalists (Milt Campbell, Rafer Johnson, Bill Toomey, Bruce Jenner, Dan O'Brien, the family of Jim Thorpe, and 2008 winner, Brian Clay who was competing) , Wyomia Tyus, Gail Devers, Dick Fosbury, Madeline Manning Mims, Mac Wilkins, Jackie Joyner Kersee, Edwin Moses, Roger Kingdom, and Carl Lewis

The fireworks on the track began the very first day in the 10,000m final. Eventual Olympic silver medalist (our first of any kind in this event since Mills in 1964) and Eugene favorite son, Galen Rupp led a highly competitive field. Of great interest to the extremely vocal Michigan contingent from their seats on the top of the backstretch was Rockford, MI native and Rupp training partner in Eugene, Dathan Ritz. Ritz' had finished a heartbreakingly close fourth in the marathon trials months earlier, so his last chance to make his third Olympics was the 10,000.

Complicating the situation was the fact that he lacked an Olympic qualifying performance, so not only did he have to place in the top three, but he had to run a very fast 27:45.0 or better to earn a spot on the team. As the pace lagged on lap 5, Ritz' took over the lead to force the previously slow pace. He kept that lead until the final three laps. The Michigan crowd was chanting "Ritz, Ritz, Ritz" almost from the beginning.

As first Rupp (1st in a meet record 27:25.33) and then Matt Tegenkamp passed Dathan, the questions were twofold: could he hold off the hard-charging Chris Derrick and Aaron Brown and could he stay under the 27:45 standard. Dathan ran an awe-inspiring last three laps to post a time of 27:36.09 and punch his ticket to London!

Day 2 saw more excitement, featuring a brilliant women's 100m hurdle race where Dawn Harper, Katie Wells, and Lolo Jones went 1-2-3, a prelude to their 2-3-4 finish at the Olympics. Later the very controversial women's 100m dash was won by eventual Olympic silver medalist, Carmelita Jeter, followed by Tianna Madison, and a dead heat between training partners, Allyson Felix and Jeneba Tarmoh. This position on the team would not be settled until after the trials was completed amidst talk of a coin flip or a runoff. Eventually, Tarmoh bowed out and Felix moved on to London in this event. Felix would not medal in London, but did team with Jeter, Madison, and Bianca Knight to set a new world record in London for the 400m relay in 40.82. Tarmoh and Lauryn Williams, a Michigan native, ran in the qualifying rounds. While all of this drew much attention, it did not compare to the 2nd day of a fabulous decathlon competition.

Another native Oregonian, Ashton Eaton followed up his individual event world records from day 1 of the competition in the long jump and 100m dash with a new world record of 9,039 points, ahead of eventual silver medalist in London, Trey Hardee. The record would not have been possible without the help of Duke's Curtis Beach and Joe Detmer. Neither could qualify for the Olympics, but both are excellent 1500m runners who set a quick pace in this final, often brutal event. Eaton would have to run a PR to do it. As the three runners sprinted down the homestretch, Beach and Detmer respectfully faded to the outside to let the trailing Eaton make his shining moment all the more special by crossing the finish line first. The look of mutual joy on all of their faces highlighted the best of sportsmanship in competitive athletics. Beach is a favorite of the Michigan crew, having first chatted with members of the group three years ago at the NCAA Div. I Indoor Nationals. Members of the group and Beach have stayed in touch over the ensuing years. He spent time communicating with members of the group throughout the competition and then enjoyed most of the eighth day of competition actually sitting with the group, posing for pictures, and signing autographs.

Jennifer Suhr was a profile in courage on day 3, as heavily taped she won the pole vault, going on to win gold at the Olympics. In very cool, damp weather we saw Justin Gatlin lead five US athletes under 10.0 in the 100m dash. That same day Michigan State University's Beth Rohlf placed an impressive 7th in the discus. The day closed with the grace of another eventual gold medal winner in London, Sanya Richards-Ross in the 400m dash. Highlights from day 4 again had a Michigan flavor, as Grand Blanc and U of M's Geena Gall blazed to a 1:59.24 in the 800m run to place 2nd, followed by former U of M teammate Alice Schmidt. Both trailed front running Alysia Montano, who eventually ran under 1:58 to place 5th at the Olympics. In the men's 800 the ageless Khadevis Robinson finished just behind University of Oregon product Nick Symonds.

Both Symonds and newcomer Duane Solomon qualified for the Olympic final, although that blazing race that produced a new world record under 1:41.0 saw both out of medal positions, despite both running under 1:43.0. (It is not just the sprinters that are doing incredible things!) We had two off days before the 2nd half of the Trials began. Many of us traveled to Crater Lake. It was truly incredible. The views are breathtaking and the lake the deepest shade of blue water I have ever seen. We were fortunate to be able to go because even in the last week of June, there were several feet of snow still on the ground. In fact, the road into the park had just been opened to vehicular traffic the day before our visit. There were numerous beautiful waterfalls on the route there, and several group members took those in, as well. The day before, this reporter, Dave Peake (retired Grand Ledge HS coach) and Wayne McDonald (retired Jackson NW coach, current official, and owner of McDonald's track painting) experienced a day long steelhead float fishing trip on the Willamete River. Although the steelhead evaded the trio, several other trout were caught, and the experience was memorable. Others used this time to travel to neighboring vineyards and/or the cold but scenic Pacific coastline, or play golf(not miniature).

The last half of the competition featured numerous outstanding performances, including an exciting women's high jump where 38 year old Amy Acuff placed third to, remarkably make her 6th Olympic team, behind exciting newcomer Brigetta Barrett of the University of Arizona who set 3 PR's on the way to 2nd behind veteran Chaunte Lowe. Barrett improved even more to grab silver at the Olympics. Triple jumpers Christian Taylor and Willie Claye put on quite a show and duplicated their 1-2 finish at the Olympics about a month later. A back and forth women's long jump ended with a dramatic last jump win for Brittney Reese(Olympic gold medal winner) over Chelsea Hayes who had taken the lead from Janay DeLoach (bronze in London)on her last jump. The men's 110 hurdles featured Aries Merritt and Jason Richardson go 1-2, as they would also do in London, ahead of ex-U of M athlete Jeff Porter, whose wife, the former Tiffany Offili, used her dual citizenship to make Great Britain's team in the 100 hurdles. Tiffany served as one of the captains of the British team. Day five featured a great 5000m run where Galen Rupp used a punishing homestretch sprint to break Steve Prefontaine's 40 year old Olympic Trials record by less than 2/10ths of a second, posting a time of 13:22.67, and passing former world champion, Bernard Lagat, in the last few meters.



On day six, there was another occasion for raucous cheering to emanate from the Michigan section, as Grosse Pointe South twins Hannah and Haley Meier blazed to a 1-4 finish in the special high school girls mile race, followed by fellow Michigander and West Bloomfield athlete Erin Finn in 7th. On the 7th day Allyson Felix roared to a Olympic Trials record 21.69 200m dash win, ahead of Carmelita Jeter. The same two went 1-3 in London. The same day former Farmington HS and U of M athlete, Bettie Wade Finn(L), Meier(R) front row Olympic Trials finished a strong 4th in front of her high school coaches Chip

Bridges and Kim Sturm.....cont next page

Olympic Trials Tour Group continued.....

Finally, on the eighth day, in addition to the amazing women's long jump already mentioned, we viewed an exciting men's 1500m run final, a race that nearly featured former Jackson Lumen Christi athlete (viewed excitedly by his high school cross country coach, Dave Miller) and former Bath HS product Liam Boylan-Pett. (Both had advanced to the semis and came close to making the final.)

Leo Manzano outkicked Matt Centrowitz, Jr. and Andrew Wheating for the win. In an indication of the amazing turnaround in American distance running, Manzano and Centrowitz then placed 2-4 in London.

Thus, the trip that featured so many passionate performances ended for this group of Michigan track and field fans. They shared meals, sight-seeing, and countless hours talking about and watching **their** passion, track and field. To a person, all vowed to congregate once more in 2016 to do it all again. Somewhere, Kermit and Raf are smiling!



Dave Miller & Dan Clark of Lumen Christi

Editors note: The core of this group started working the NCAA D1 Indoor Track & Field Meets when they were held in Detroit and then when they moved from Detroit began to travel each year to watch the meet where ever it was held. Kermit was introduced at the NCAA's the year before his death as being the only person that had been at attendance at every NCAA Indoor Meet. Somewhere in time the group expanded its attendance to the Olympic Trials and the NCAA D1 Cross Country Meet. Who can forget the 2000 Trials when the "Dollar Raffle" was ruled illegal by the Sacramento Police only to show up the next day when people around the "Michigan Mob" conducted the "Michigan Dollar Raffle." Even if you have been to an NCAA Meet or Olympic Trials you have never been to one until you have been there with the "Michigan Mob!"

CLINIC IN A NEWSLETTER

This part of the newsletter features a collection of workouts and/or training comments from coaches around Michigan. This "clinic in a newsletter" has comments about end of season workouts and what a top team does to remain there. If you have suggestions for topics to include or would like to submit an article contact me, Jim Murray/Newsletter Editor.

October – November Plans/Workouts

Bob Brown and Pat Murray/East Lansing

Here at EL our boys' and girls' teams do everything together: workouts, team dinners, meets, etc. So when it comes to workouts, we run in groups, by time, which may include both guys and gals. Pat and I sit down at the beginning of the season and map things out, starting from the state meet and working backwards. I have been blessed with a lot of pretty good runners these past ten years so that our aim is for the young ladies to peak at MIS in November.

Our last four weeks of the season include four big meets, each one becoming more important than the previous one: the Greater Lansing Invite, with all the area teams involved; our conference meet; regionals; and finally states. So with that in mind, here is our general plan for those weeks.

On Tuesday the week of GLI we have a league double-dual meet, so the only workout of the week comes on Thursday (we take the team in the school pool Wednesdays throughout the fall). Thursday is normally some quality speed work, like 6 to 8 x 400 without too much rest. Then Saturday we run at GLI.

Our conference meet is on the following Thursday, so Monday of that week we go long and Tuesday again is some speed play. This week we find a grassy area and have the kids do step-counting. We're trying to get them to run relaxed and work on their turnover and their form. We might do a ladder like 1 minute-2minutes-3minutes-2minutes-1minute (equal periods of easy running between), with the kids trying to reach 90-94 steps with one foot per minute. Then Thursday is the league meet.

An important note about our "step counting" is that we do it in a large open area where we can watch the kids from the middle. It's then possible to see our runners' form and make some small "tweaks" in their form during these workouts.

The following week is regionals. For a Saturday regional, we will do some quality intervals on Tuesday – most likely 800's. Then on Thursday we do some regional course simulation, running 6 to 8 x 400 that represent different parts of the regional course.

And the week before states is similar, with our MIS simulation coming on Tuesday. We do 4 x 800, with the first mirroring the start, the next two the middle section of the course, and the last a long gradual curve followed by a long straight, representing the finish. Thursday we do a little bit of speed play, such as counting steps, focusing on staying relaxed with good turnover.

Obviously there's more than the last four weeks that go into a successful run at the state meet. For those kids who have done the background work in the summer this plan seems to have worked well. Last year five of the girls ran their season best at MIS (a sixth was sick) and the year before all seven did, so we're happy with what we've been doing.

Staying on Top

Doug Jager/Grand Rapids Christian
I suppose there are many ingredients to getting good and staying that way in cross country. I doubt we have a formula that will be surprising. I also don't think there is any one thing to point to, rather a number of important things factor into a successful program.

Here are the top things to me.

Tradition. It certainly helps to point to other great teams of the past and big victories. We have a saying around our team -"we know we can run fast cause our grandpa did." If you don't have a tradition of winning, why not start one.

Off season training. It's simply a must. Everybody trains during the season. That's not special, but get 20% of your team to run all summer, and you will be good. You may not be great or win state, but you will have a solid team, and will begin the tradition of winning.

Fun events. Make it fun. We do lots together. Scavenger hunts, tail gate breakfast (we beat our football team's first tail gate party by one day), hot dog roast, camp, foot locker trip. Anything fun will eventually grow numbers.

Young assistant coaches. They have lots of energy and connect well with the team. The kids love them and they make my job much easier. I may not be able to do intervals anymore, but they sure can.

Middle school team. Be sure to develop interest in high school cross by having a middle school team. In my opinion it should only practice twice a week and race once per week. Too many middle school miles only burns them out or causes injury. Too serious in middle school may drive kids away from our sport.

Become friends with many of the coaches in your school. This may lead to their pointing someone to your team. Fall coaches may tell cut kids to try cross country. We have had all state runners on our team who didn't make soccer.

Emphasize personal records for all kids. Keep stats on everyone, the 28:00 5k runner as well as the 16:00. 8) Challenge your team. Push to get better. 9) Learn at the clinic and try new things. They might not all work or you might have to "tweak" it to fit your team, but nothing ventured nothing gained.

Have fun yourself and enjoy the journey of the season.

NATIONAL FEDERATION RULES CHANGES - 2013

Editors note: The following are rules changes for 2013 adopted by the National Federation of State High School Associations (NFHS). We will find out how Michigan adopts the changes

in the rules meetings this winter. For example, the walk-up start is in use in several states but Michigan has not used it.

3-19-2, 6-2-16 Only legal implements, as inspected by the implement inspector, shall be **allowed in warm-ups and competition**.

Rationale: For purposes of risk minimization and reducing the likelihood of illegal implements being used in competition, only legal implements are allowed in warm-ups.

4-3-1, 2; 9-6-1; Penalty 2 For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to **make the uniform legal before becoming eligible** for further competition and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official and the referee shall notify, or cause to be notified, the head coach of the offending school of the competitor's violation and warning.

Rationale: The adjustment of this penalty, to an individual warning and disqualification for a subsequent violation of the same rule, is more appropriate for the severity of the actual violation. The responsibility remains with the coach to have athletes in legal uniforms for competition. Preventative officiating will be significant to reduce potential violations and keep the meet progressing smoothly.

5-1-5 New When feasible, it is recommended that there be an **obstacle-free zone on the inside and outside of the track** at least one meter in width.

Rationale: An obstacle-free zone should surround the track, when it is feasible, for purposes of risk minimization.

5-10-7, Note The baton shall be handed from the incoming runner to the outgoing runner within the exchange zone. Both runners shall not touch the baton outside of the 20-meter exchange zone.

Rationale: Consistency in enforcement and minimizes a judgment call. Fits the current technique of exchange method in the sport.

6-2-2 The three preliminary trials shall be taken in flights of no less than five in the order in which the competitors are listed

Rationale: Provides consistency in the administration of throwing events with this same change made in field events last year.

6-2-4 One or more competitors than there are scoring places shall qualify for the finals.

Rationale: Clarifies that, with no action from the games committee, one more than places scored will advance to the finals.

2013 Track and Field Major Editorial Changes

4-6-7 Removes reference to any other person as assistance (includes non-persons as well).

6-2-1 thru 18 Rule 6-2 has been rewritten and edited for clarity and a more logical thru 18 sequence of the articles.

6-4-5, Replaces the current diagrams with more useful diagram to assist with

6-5-5 visual of a proper sector.

6-6-2 The javelin shall meet all IAAF specifications. Reflects change in maximum length of metal head that is already commonly in use. Boys Competition Girls Competition Length of metal head (minimum) 9-13/16 in. (25 cm) 9-13/16 in. (25 cm) (maximum) 13 in. (33 cm) 13 in. (33 cm)

6-6-3 Specifies a line 2 3/4 inches in width and 2 feet, 5 1/2 inches in length rather than allowing the line to be longer and is now consistent for marking.

6-6-4 Replaces the current diagram with a more useful diagram.

7-2-1 thru 17 Rule 7-2 has been rewritten and edited for clarity and a more logical thru 17 sequence of the articles.

6-4-2 The discus shall meet the following specifications, thus allowing a 1/4 inch range in the rim thickness : Boys Girls Rim thickness 1/4" from the edge: Minimum: 12mm (.472") 12mm (.472") Maximum: 13mm (.512") 13mm (.512").

Rationale: Implement manufacturers strive to attain the dimensions required, but very often are unable to attain an absolute standard. The "1/4" range now allowed in no way would provide an unfair advantage.

6-5-9j New Specifies that the use of the "cartwheel technique is a foul." Rationale: Prohibits a potentially dangerous technique.

6-6-9 regards the javelin

7-2-5 New Adds time limits for consecutive attempts in field events and includes chart for all prescribed event time limits.

Rationale: Adds time limits for consecutive attempts in field events which had not previously been addressed.

7-4-2 The approach shall consist of an unvarying surface.

Rationale: Addresses concerns when constructing /resurfacing a facility.

7-4-6 In addition to the commonly used four-sided flat crossbar ends, the use of

7-5-11 a crossbar fitted with alternative ends (semicircular) is permitted.

Rationale: Allows for use of a current design of crossbar that meets all rule specifications.

7-5-19 Changes the range for the position of the standards to **18 inches (45.7cm) measured beyond the vertical plane of the top of the stopboard, zero (0) point, up to a maximum distance of 31.5 inches (80cm)** in the direction of the landing surface.

Rationale: Provides better range of placement of standards in the pole vault for risk minimization.

7-5-21 Forearm covers may be worn to prevent injuries and competitors **may also use chalk or an adhesive, or similar substance such as rosin, directly on the pole** during competition.

Rationale: Allows for use of a device which may reduce risk of injuries. Also, addresses interpretation previously only included in the NFHS Case Book. Summary – NFHS Track and Field Rules Changes Page No. 3

2013 Track and Field Points of Emphasis

1. Officiating when the acceleration zone is not used
2. Mechanics for head event judge when excused competitor has not returned
3. Head event judge responsibilities to enhance event safety
4. Use of flags by field event judges
5. Continuous flights, "5 Alive" and "5 Active"



mitca.org

Michigan Interscholastic Track Coaches Association

MITCA

**Academic All-State Award
Cross-country**

All applications for MITCA Academic All-State Cross-Country must be made online at mitca.org. Applications will be accepted anytime after the MHSAA Final Meets until noon on the Monday after the Finals Meet. A quirk in the software, at the present time, will not leave you with an acknowledgement that your application has been submitted. That may not be corrected this year. Do not resubmit

MHSCA INSURANCE

Several years ago the MITCA Executive Board decided to take advantage of and insurance program made available to members of the Michigan High School Coaches Association (MHSCA). The Executive Board found the insurance could be purchased for the membership without increasing cost to the membership. There has been questions on the insurance and its benefits and has the membership made use of the insurance. A questionnaire is being developed and will be available on the website **mitca.org** to help the Executive Board know how you feel about the insurance.

A NOTE TO COACHES ON INVITATIONALS

Kevin Beehmer, who time meets, says many invitationals are now using **athletic.net** for meet entries and to put out meet information. The emails instructing participants to use **athletic.net** for entries and get the meet information are sent out as bulk emails and depending on your email screen may send the meet notification to your spam box. So, if you do have meet information try checking your spam box.

2011-12 MITCA COACH OF THE YEAR for the MHSCA

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

CROSS COUNTRY

Boys **Bryan Salyers** – Highland Milford
 Girls **Doug Jager** – Grand Rapids Christian

TRACK AND FIELD

Boys **Stan Ford** – Lake Oriuon
 Girls **Steve Zaraneck** – Grosse Pte. South



Runmichigan photo

Tony Magni NHSACA Boys Cross Country Coach Of The Year

Tony Magni, Novi Detroit Catholic Central, has been named the 2012 Boys Cross Country Coach Of The Year for the National High School Athletic Coaches Association. Tony was named the Michigan High School Coaches Association (MHSCA) by MITCA. The MHSCA then forwarded him to the National Office for consideration as National Coach Of The Year. Tony is the fourth Michigan coach to earn the honor in cross country. Paul Nillson/Williamston in 2008, Gordon Aldrich/Corunna in 1998 won the award for boys coaches while Mike Woolsey/Lumen Christ in 2004 was a girls NCOY in cross country.

Three Michigan coaches have won the award in track & field. Rob Johnson/Clare was the boys NCOY in 2002 while Bryan Westfield/Ann Arbor Pioneer in 2002 and Jude Johnson/Clair in 1996 each won the award for girls coaches.

As a member of MITCA you are also a member of both the MHSCA and NHSACA. Tony, on the left, pictured with one of his 6 championship teams.

NEW MITCA MEMBERS - 50% off Clinic Registration

The 2012 Cross Country clinic is coming up soon. Tentative lineups and schedules can be found at mitca.org Registration forms are also available.

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

This year's clinic will be held in Mount Pleasant. Check the mitca.org website for more information.

OVERCOMING OBSTACLES

This year's track and field clinic will be promoting the theme "Overcoming Obstacles." If you have an athlete that has had to overcome significant obstacles in their lives, MITCA may want to highlight their story at an upcoming clinic. In the near future, coaches will be asked to nominate athletes who fit this description so we can honor their unique achievements.

More info will come soon from MITCA President, Christine Bolen. mitca.org..... Have you been to our web site lately?????? The redesigned website contains information on all MITCA activities, officers and committees. Clinic information, awards, newsletter, clinic vendors and more is available. Additionally there is the opportunity for vendors to advertise on the home page. Contact Derek Gonzales, MITCA Technology Officer at tech@mitca.org for more information.

All MITCA AWARD APPLICATIONS are available at the web site. Last year we published all of the MITCA Award applications in this newsletter and had more interest and applications than we have had in years so we are again publishing those applications to create interest. The hope is in the near future interest and knowledge of the awards and the website usagewill become such that we will not have to publish applications in the newsletter.

MITCA needs YOU

MITCA is an organization created to support coaches. It was created by volunteer coaches, and it is run by volunteer coaches. Maintaining the high expectations of our state's coaches requires a great deal of time and work.

Currently, we need several new volunteers interested in serving on the Track & Field committee. There are positions that need to be filled NOW and positions to be filled in February.

If you are not prepared to make a long-term commitment, MITCA can also use volunteers to help out our November and February clinics. If you might be interested in serving your fellow coaches, contact MITCA President, Christine Bolen for more information: cbolen@tawas.net

HOSTS FOR TEAM MITCA TEAM STATE MEETS

This fall/winter MITCA is searching for hosts for the 2013 MITCA Team State Championships. The application can be found at MITCA.org. This meet can serve as an excellent fundraiser for your program. It is not a requirement that the meet is held in the West Michigan Area. If you believe your community can host this I would encourage you to apply. Applications are due December 1. The track and Field committee will recommend 2 hosts per division to the executive council by Jan. 1 and the Executive council will make the final decision.

AMBROSE SCHOLARSHIP

Friends of Kermit Ambrose, one of the founders of MITCA, have made donations in his memory to MITCA to be used to fund a scholarship in his name. Details are being worked out.

Donations to the newly created Ambrose Scholarship of the Arpino Scholarship may be made. Simply designate the donation to the scholarship of your choice and send it to the MITCA Treasurer: **Jerry Lasceski, Treasurer** 1691 N. Hinson Road **Fairgrove, MI 48733-9503**

Reading T-Shirts on Saturday
 IT'S NOT HOW FAST YOU RUN.....
 BUT HOW LONG Y FRUN OU FAST.....

MID-EAST CROSS-COUNTRY CHAMPIONSHIPS

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

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

QUALIFYING

Sunday, November 11, 2012
Sharp Park, Jackson

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

CHAMPIONSHIP MEET.

Saturday November 17, 2012
Kettering Recreation Park, Kettering Oh.

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

Patsy Arpino Memorial Scholarship

Currently MITCA provides two \$500 Scholarships

Guidelines:

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

Procedure:

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

Complete and mail the form below:

MITCA Member Information

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

School Information

School Name			
Address			
City			
State		Zip	
Phone	()		

Jerry Lasceski, Treasurer

1691 N. Hinson Road

Fairgrove, MI 48733-9503

APPLICATION DEADLINE: OCTOBER 30

Donations can be made to the Patsy Arpino Memorial Scholarship Fund

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

MITCA Hall of Fame

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

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

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

Points are awarded as follows:

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

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

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

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

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

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

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

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

Michigan High School Coaches Association

Hall of Fame Application

Criteria for application: Only persons who have **coached** and/or **directed** a secondary school athletic program for **25 years or more** and actively coached in Michigan for a minimum of 10 years are eligible for the Hall of Fame. The Applicant must have been a member of the association (MHSCA), in good standing, and an active member of the association two years prior to induction into the Hall of Fame. This form must be completed. You may submit additional information regarding your career. Also please forward **two** letters of support.

Name of Candidate: _____ Birth Date: _____ Title: _____

Home Address: _____ City _____ State _____ Zip _____
 phone _____

School Address: _____ City _____ State _____ Zip _____
 Phone _____

Coaching and/or Athletic Director Record

<u>School</u>	<u>Sport</u>	<u>Years</u>	<u>Won</u>	<u>Lost</u>
_____	_____	19__ - _____	_____	_____
_____	_____	19__ - _____	_____	_____
_____	_____	19__ - _____	_____	_____
_____	_____	19__ - _____	_____	_____

Number of years as a Coach _____ Number of years as an Athletic Director _____

Total number of years of service in secondary school athletics as a coach and/or athletic director _____

SERVICE TO COMMUNITY: (Service Clubs, Church Organizations, etc.)

SERVICE TO STATE: (Coaches Associations or Athletic Associations, i.e. MHSAA, etc.)

COACHING HONORS: (please include any other Hall of Fame memberships) _____

RECOMMENDATIONS: Please forward two **letters** of support and **photo** with the application form: (Please check)
 Superintendent _____ Principal _____ Athletic Director _____ Church _____ Mayor _____ Other _____

Nominator's name, address, phone _____

Please return to:
Kim Spalsbury 427 Morley St., Grand Ledge, MI 48837 ph.# 517-627-2034 Current Membership Card No. _____

The Michigan High School Coaches Association was founded on the campus of Central Michigan University in 1954. The new Hall of Fame Room is located in the Student Activity Center next to the Dan Rose Arena. The old Hall of Fame room was dedicated in 1971 and the new room opened in 1996. MITCA has

included the cost of MHSCA/ NHSACA membership in the cost of your membership to MITCA.

As members of MITCA and the resulting membership in MHSCA you are eligible to be a member of the MHSCA Hall Of Fame. Since many members do not realize they are eligible for the MHSCA HOF an application to the MHSAA HOF has been included in this issue of the MITCA Newsletter.

Cecil Burch/LeRoy Pine River, Lee Kahler/Bad Axe and Mike Woolsey/Jackson Lumen Christi were included in the 2012 MHSCA HOF Class.

ON THE LINE.....

Your editor apologizes for the lateness of this issue of the newsletter. At the end of June, after watching my PSA continue going up over 3 or 4 years I was told it was time to seriously consider radiation. I had prostate sugary 7 years ago. I decided to walk away from everything and enjoy the summer with all the grandkids at the cottage for a week, and other tips there, attending MathFest, our trip to North Carolina for babysitting and some dog sitting before a decision.

As season started I meet with radiologists and looking at the season, Thanksgiving and Christmas we decided to start the 39 treatments in early September, finishing in early November rather than wait until next year. Soooooo everything I walked away from this summer caught up with me in September. Things seem to be going ok as I am approaching half way in the treatments.

I usually remind coaches in the December Newsletter to get their PSA checked but I will do so now. Articles on prostate cancer seem have contradictions on what & when to do things. Best advice seems to be around 40 get a PSA to establish a base line. If you father had prostate cancer or there are other cases of it in your family then you need to be more attentive..... jgm

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

The **NCAA Final Meet** moves to E. P. Tom Sawyer Park State Park, Louisville, Ky. The meet also will be held on Saturday, November 17 this year. This is also a change of the day of the week. As far as I know the meet has been held on Monday, at least since I attended my first NCAA Meet while running at Michigan State in '59, the longtime permanent site.

The meet returns to the LaVern Gibson Championship Cross-country Course at the Wabash Family Sports Center in terra Haute, In. next year. Plans are for the meet to be run on the corresponding Saturday from now on.

TRACK AND FIELD, AND CROSS COUNTRY MEMORABILIA. & REMINISCANCES

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

We want to have displays at each MITCA Clinic. We want to go as far back as possible. Today's information is too current. Lets start from 2000 back and see what we can come up with.

If you have anything you think we can use or you have questions send them to:
Ted Duckett, Kalamazoo Loy Norrix High School
606 E. Kilgore
Kalamazoo, MI., 49001.

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

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

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

With all of the current talk about regional strength there was a time when coaches just showed up at a region of their choosing. No pre-entries and competed. The history of cross-country and track & field has many stories. We need to record and share these. Please help with your reminiscences

MITCA CROSS-COUNTRY CLINIC

MT. PLEASANT COMFORT INN & SUITES HOTEL AND CONFERENCE CENTER

2424 South Mission Mt. Pleasant, Mi. 48858
(989) 956-0462

Nov. 8-9-10, 2012

Rate: \$89 cutoff date for this rate is October 11 – call today

CLINICIANS

Doug Finley

For years Doug has coached children's running programs. The objective is to create for each child an interest in running through the experiences that kids respond to. He will be discussing the four core elements; discovery, belonging; success, and ownership. He will also speak to intrinsic versus extrinsic motivators, working with parents and best runs for kids.

Mike Tully

Coach Mike Tully has studied peak performance for three decades, first as an international sports writer and then as a championship coach. Coach Tully covered Olympic Games in Lake Placid, Los Angeles, Sarajevo and Seoul, as well as more than 100 consecutive World Series games. Now he takes the insights gained from the greatest athletes in the world and brings them into high school and college gyms. His two topics will be: Motivating People Without Driving Them Crazy Building a Winning Culture

Lisa Senakiewich – Davison High School - MSU Women's CC Coach.

The former Spartan will join us on Saturday to present two topics. Lisa led the Spartans to their first Big Ten Conference title since 2001 in her first year of coaching. Lisa holds MSU records in the mile, 1600, and Indoor Distance Med Has PR of 4:40.9 in the mile, and 16:28 in the 5,000 She will cover training and high school to college transition. **High School:** All-state in cross country ... State 800 champion ... Indoor and Outdoor champion in the 1600 ... School records in the 800m, 1,600m, 3,200m and 5,000m runs.

Tony Magni - Detroit Catholic Central Recruiting and Motivation of Runners

Tony is a former President of MITCA and a MITCA Coach of the Year 6 times. He was a MHSCA Coach of the Year 3 times, each time nominated he became a NHSACA Coach of the Year Finalist. He was the NHSACA Coach of the Year 2012. His teams won the City Championships 23 time, 22 Catholic League Championships with Regional Championships 19 State Championships Division 6

Stever Porter – Milan High School

Steve has developed a unique program that brings elementary students into his successful high school program. Steve has had some of the best young runners

in the state as well as a varsity team that is an annual qualifier to the Finals.

Dominic Newman - Shorewood HS - Wisconsin

Eight years as a head coach, his team qualified for State Finals all 8 times with the team winning the State Championship as a team 5 times Newman graduated with a degree in Exercise Sport Science from UW-LaCrosse where he ran track and cross country for 4 years. He also competed on the national level in cross country. Part of his coaching philosophy is to encourage his runners to gain strength from their TEAM affiliation. Newman wants his athletes to embrace the concept of using their teammates, both physically and mentally, to make themselves better runners and competitors. **Dominic will take us through training sessions and how he uses goal sheets, race reflection and more to get runners fast.**

Dean Blackledge – Hanover Horton: How to Prepare for the Big Meets

Dean has coached for 47 years with two State Championships. Dean has numerous MITCA nominations for Coach of the Year and a current member of the MITCA Executive Board.

College Credit and SBCU's will be available, see Kevin Behmer or Dave Emeott at the clinic.

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

7:00 -10:30 Sessions
Hospitality Follows

Friday 7:30 AM (tentative) Registration

8:30 – 12:10 Morning Sessions
12:20 – 2:15 Lunch (furnished)-Awards-Business Meeting
2:30 – 4:50 Afternoon Sessions
Banquet - Hospitality

Saturday 8:00 Registration

7:30 Fun Run
8:30 – 12:00 Sessions

CROSS-COUNTRY CLINIC ISSUE

Jerry Lasceski
Membership
1691 North Hinson Road
Fairgrove Mi 48733

or

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

Visit Us On The Web
mitca.org

Please detach before mailing-----

MITCA CROSS COUNTRY CLINIC November 8 – 10, 2012

Name _____

New Address

Home Address _____

City _____ State _____ ZIP _____

Home Phone ____ (____) _____

E-mail address:

School Name _____

School Address _____

City _____ State _____ ZIP _____

School Phone ____ (____) _____

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

In what year did you begin coaching? _____

How many years have you coached Cross Country? _____

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

School Classification A B C D

Cross Country Division 1 2 3 4

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

Registration deadlines and cost:

Postmarked on or before October 31: \$100.00

After October 31: \$110.00

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

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

Make checks payable to **MITCA**

Clinic Notes and Giveaway LIMITED to the first 350 registrants
registration form.

Payment must accompany the

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

NO CREDIT CARDS

Full refund if notified by Nov. 5th, less \$25 after Nov 5th.