KEVIN HANSON 2012 AMBROSE WINNER

Every fall at the Cross Country Clinic we honor one of the States finest coaches with MITCA highest honor the Kermit Ambrose Award. Kermit Ambrose was one of the founding fathers of MITCA. Kermit’s love and passion was Cross Country and Track & Field. He dedicated his life to the growth and improvement of these sports. Kermit passed away last year at the age of 101, but his spirit is still with us. And tonight we honor someone whose dedication to running is on the same level as Kermit’s.

Tonight we honor Kevin Hanson of Sterling Hgts. Stevenson. The problem is no one wanted to present it. Originally his brother Keith was selected, but Keith conveniently had to take their elite team out of State. Then Kim Spalsbury was asked but Kim conveniently had to go out of state to paint a track this weekend. Kevin’s sister refused and his mother’s excuse was she was giving her cat a bath tonight and when I just asked his wife Nancy and daughter Samantha they bluntly told me no way. So please bear with me I promise to be much briefer than I was last night because I don’t have that many good things to say about Kevin.

Steve porter, mitca pic

Kevin is known world wide for the Hanson- Brooks Original Distance Project. On the international level they have made the United States a force again in distance running. I remember in 1999 at the Mid-East Cross Country Championships, that Kevin and I coached, he told me of his and his brother Keith’s idea of opening a running store and having elite athlete’s work at it and provide them with a house and coaching along with benefits and travel expenses so they could train and support themselves and at the same time build a stronger running community throughout Michigan. My first thought was “Man that going to be a lot of work for Keith and Nancy.”

I am sure the success of the program has been more than they ever dreamed. Including qualifying runners in the marathon in the last two Olympics.

Kevin’s high school coaching career is equally impressive, In his 31 years as a coach his teams have won 24 Macomb County Championships, were runner-up in the county 6 times and made 29 appearances at the Lower Peninsula Finals with a total of 35 All-State Runners, 3 State Runner-ups and 2 Lower Peninsula Finals Champions.

Kevin, I have a question for you about runner-up in 1986. The MHSAA said the Finals Championship was vacated and vacated means nobody’s there which leads me to believe that nobody was running against you and you still finished 2nd and we are giving you an award? Will somebody on the Committee explain this to me?

I am happy, but surprised that Kevin is still coaching at Sterling Hgts. Stevenson. Several years ago our families were out to dinner and I asked him since he was being so busy with the Hanson Distance Project and knowing that he was traveling all over the world with his elite runners, how much longer he was going to be able to stay at the high school level. He replied just a few more years. I asked about his daughter Samantha who was in the 3rd grade at the time. He said he hoped that he could find a good coach and then he asked if I would take her to Lumen Christri. I said sure, but he wanted it in writing. So we took back the kid’s placemat that Samantha was playing with and in crayon made a contract that I would be willing to coach her and signed by Kevin, Samantha and myself........... continued on next page

THE PRESIDENT’S LANE: Chris Bolen/Tawas High

We are getting geared up for the 2013 Track and Field Clinic. The theme for this clinic will be “Overcoming Obstacles”.

In our sports of Track and Field and cross country, we have the opportunity to work with so many outstanding student/athletes. I always tell my athletes that these sports are one of the few pure things left out there. What I mean when I tell them this, is that it is one of the few opportunities that you have in life to get out of something what you put into it. This is probably my favorite point of the running sports.

As we were starting to plan the Track and Field clinic for 2013, I reflected on this idea. In general this is very true of these two sports. On occasion, however, we have all worked with that athlete that has given everything that they have, but something in their life holds them back from being able to achieve at the level that they hope for. Theses athletes are the unsung heroes of our teams. They are there day after day, often with the best attitude of any athlete on your team. They do everything you ask, and sometimes more. Yet, something in their life keeps them from getting what they want out of all that hard work and dedication.

………………………………… continued on next page
President’s lane continued………………

We wanted to take the opportunity at the 2013 Track and Field clinic to showcase some of the athletes that give a coach and a team all that they ask for, but have that “obstacle” in their lives that keeps them from getting to a level that they hope to achieve. We will be paying some special attention to these athletes at the clinic. We will be holding a silent auction with the proceeds to go to the charity of choice of one special athlete. Thank you to the coaches who submitted their videos for this special consideration of athletes who have “overcome obstacles” in their lives to make a difference on our teams and to our sports. If there are any coaches that would still like to pay tribute to a special athlete that has fought an extra battle, please send a picture and short story to cbolen@tawas.net.

I am looking forward to seeing everyone for a great clinic in February.

Kevin Hanson continued………………

Once Samantha got to high school and was running 18:32 as a freshman, Kevin had a change of mind and decided to continue coaching for at least another 4 years. When I asked about the contract Kevin said it suddenly disappeared. I was sure that it was because, as always, Kevin recognized talent and will ride it to glory.

But Samantha thinks he destroyed it because on the front of the placemat she beat him in 2 out of 3 times in tic-tack-toe and finished the maze in 2.1 seconds faster than him and he didn’t want to be made to look bad by a 3rd grader. I am glad we are not giving out an award for ethics.

Kevin also coached at Macomb Community College for 5 years and coached 28 All-Americans. Kevin has been a Michigan coach of the year in ‘85, ‘96 and ‘98. He was a finalist for National Coach of the Year in 1966. He has made great achievements in running throughout the United States and is known worldwide.

He has been very generous in Michigan’s running community sponsoring road races and clinics, is a strong supporter of MITCA’s Mid-East and MID-West meets. I have known Kevin for 26 years and I can honestly say we have been friends for about a year and a half.

Shortly after CROSS COUNTRY INVITATIONAL RESULTS started the boys’ rankings in the late ‘70s Kevin began the girls’ rankings for CCIR and continued until them the past few years.

Editors note: Most of his article was taken from Mike Woolsey’s presentation of Kevin Hanson at the MITCA Cross Country Clinic Banquet.

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**2012 MITCA HALL OF FAME INDUCTEES – CROSS COUNTRY**

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

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

**ROBERT SMITH/Novi MITCA Hall Of Fame Inductee**

Robert Smith has been the coach of the Novi boys Cross Country team since 1981, 32 years. During that time his teams have 4 KVC Conference Championships, 1 KLAA Divisional Championship and 1 KLLA Conference Championship. His teams won 5 Regional titles, winning the D1 Lower Peninsula Finals twice, 1998 & 1999, finishing in second place twice, 2000- & 2006. All total Coach Smith had eleven Top 10 Finishes. His coaching record for the last 15 years is 76-18.

One of Robert’s best runners was Tim Moore who won the D1 Race in 2001 and followed that with a Foot Locker win a month later. He also ran on the USATF Junior National Champion, and he represented the United States in Dublin Ireland at the World Cross Country Championships. The Cross Country Finals for Michigan have been at the Michigan International Speedway since 1996. Since then the Novi High School Men’s Cross Country team has had 17 runners who have broken the 16 minute barrier at the State Meet. This is more than any other Class A / Division 1 school. In that same span, twenty-two Wildcats earned this honor during this 16 year span. The ’Cats have had 92 All-Conference runners and 82 State Qualifiers during Coach Smiths’ tenure. Novi qualified either individuals or its entire team for the state finals for 15 continuous years, starting in 1996.

Robert Smith has been named the Kensington Valley Coach of the Year twice, Oakland County Coach of the Year 4 times, The Detroit News & Detroit Free Press have each named him Coach of the Year once. MITCA awarded Coach Smith its Coach of the Year honor three times and a nominee for the award 3 more times. ESPN gave him the National Coach of the Week award in the 2000 season. Coach Smith was awarded “Coach of the Year” in 2000 by the National Federation Coaches Association for Michigan, the “Coach of the Year” in 2001 by the Michigan High School Coaches Association and was a National Coach of the Year Finalist for the National High School Athletic Coaches Association in that same year.

Steve porter, mitca pic

Bob received a Proclamation of Special Commendation by the City of Novi a special Tribute by the Ninety-first, Ninety-third, and Ninety-sixth Legislature of the State of Michigan.

Coach Smith graduated from South Lyon High and then Alma College where he ran cross country and track & field. In track he ran the 100 to 800 and was a two time NCAA Qualifier in the 400. He has been inducted into both the South Lyon and Alma College Hall of Fame’s.

Coach Smith has served on the MITCA Cross Country and Track and Field sub-committees. He has also served on the site selection committee for the MHSAA, and he has been a registered official with the MHSAA for over 30 years.

His track teams won 6 Conference and 2 Regional Championships with seven Top 10 finishes. Smith also coached the National Champion (and meet record-setting) 4 x 1 Mile Relay at the Adidas Outdoor Nationals 2001.

Novi has had eleven teams earn Academic-All State honors as well as 75 individuals. The 2006 the Novi High School Men’s Cross Country Team was crowned the Academic State Champion by MITCA.

Coach Smith retired from the classroom in 2007 and from coaching track & field in 2010, although now he helps with the Howell program. He spent his years in the classroom as a Business and Physical Education instructor. He still lives in South Lyon near where he grew up.

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**ASSOCIATION OF TRACK OFFICIALS OF MICHIGAN 2011 ATOM CLINIC - Feb. 1-2**

at Daugherty Hotel
Clare Michigan (800) 525-4115
Register With Dennis Hodges, ATOM Treasurer
11768 Gold Fields Dr. Grand Ledge, MI 48837
$75 Includes Atom Membership ($50 Clinic Only) after Jan. 1 $85 $10 additional after Jan. 1
7:30 PM Business Meeting --------------------- Hospitality Friday --------------------- MHSAA RULES MEETING -- Sat. 8:30
London Olympics (Behind the Scenes)-Disqualification-Officiating Athletes with Disabilities-Starting with Fully Automatic Timing (FAT)--You Make the Call
ATOM AWARDS & RECOGNITION for more information got to: atomofficials.com

**2012 CROSS COUNTRY COACH OF THE YEAR AWARDS**
Looking to major in Kinesiology and Physical Therapy. Connor is looking at Michigan State, University of Michigan and Wisconsin. He is still considering where he will go to continue his running career. He has been involved in the Student Council at Cedar Springs for 4 years. He was part of the Athletic Leadership Council for 3 years, and a mentor for the Red Haw Kids Club, a grade school program.

Connor’s GPA is just under a 4 point. He has been involved in the Student Council at Cedar Springs for 4 years. He was part of the Athletic Leadership Council for 3 years, and a mentor for the Red Haw Kids Club, a grade school program.

Connor is still considering where he will go to continue his running career. He is looking at Michigan State, University of Michigan and Wisconsin. He is looking to major in Kinesiology and Physical Therapy.

MITCA’S MR. and MS. CROSS COUNTRY 2012

Ms. & Mr. Honors are awarded to seniors, one girl & one boy, who the MITCA Executive Board, deems are the top senior athletes in cross-country that year.

Connor Mora/Cedar Springs

Connor has been a factor in Cedar Springs cross country since his freshman year. He is a 4-time All-Conference runner in the OK Bronze Division, winning the individual title the last 3 years. His senior year he led the team to the conference championship. Connor is a 3-time regional champion, helping his team win the regional title the past 2 years. He earned All-State all 4 years, finishing in the top 5 the previous 2 years before winning the individual championship with the fastest time of the day at MITS this year to earn MITCA’s Mr. Cross Country 2012.

Connor was a 3-time All-Conference runner in track with 7 individual conference championships, winning the 16 & 3200 all 3 years and adding the 800 to those 2 titles last year as a junior. He has won the 3200 title as a freshman & sophomore and the 8 & 1600 last year for 4 regional titles. He goes into this track season as the defending champion in the 800 & 1600 for D2. He is a 3-time All-State runner in track, winning the MITS Indoor 1600 in February.

Connor’s GPA is just under a 4 point. He has been involved in the Student Council at Cedar Springs for 4 years. He was part of the Athletic Leadership Council for 3 years, and a mentor for the Red Haw Kids Club, a grade school program.

Connor is still considering where he will go to continue his running career. He is looking at Michigan State, University of Michigan and Wisconsin. He is looking to major in Kinesiology and Physical Therapy.

Erin Finn/West Bloomfield

Erin began her athletic career in grade school with soccer and gymnastics. An injury plagued freshman year was made up for in the rest of her high school career. She won several invitationals, was conference and regional champion, finishing 4th at MITS and then 7th at the Foot Locker. Cross training that year in the pool led to a varsity letter in swimming, same season as cross.

As a junior she continued her winning ways as she was the D1 Individual Champion and finished 2nd at the Foot Locker. As a senior she won her 3rd OAA White, Oakland County and regional championship. She repeated as the D1 Individual winner but did not get back to the Foot Locker as she ran sick in the regional meet, finishing 12th.

Erin is a member of the National Honor Society was an AP Scholar with Distinction and a National Merit Semifinalist. She has earned Academic All-State all 3 years possible in Cross Country, earning the award twice so far in Track. She is a member of the Spanish Club, the West Bloomfield Literary Magazine and the Interact Club.

Her track career has been similarly successful. Erin has been All-State in track for the past 2 years, winning the Olympic Trials. She plans to continue her running career at the University of Michigan where she wants to study to become a biomedical engineer.

MITCA’S CROSS COUNTRY DREAM TEAM 2012

BOYS

Div. 1: Brian Salyers/Highland Milford
nominees: Michael Buslepp/Romeo, Andrew Martin/Rockford, Ryan Robinson/Waterford Mott.

Div. 2: Clinton Lawhorne/Linden

Div. 3: David Miller/Jackson Lumen Christi
nominees: Asa Kelly/Benzonia Benzie Central, Laurens TenKate/Grandville Calvin Christian, Chris Titus/Marlette.

Div. 4: David Jordon/Concord
nominees: Rick Bauer/Saugatuck, Andy Eichelberger/Evart, Scott Werner/Pewamo-Westphalia.

Girls

Div. 1: Jeff Devantier/Birmingham Seaholm
nominees: Mike Smith/Saline, Lisa Taylor/Traverse City Central, Steve Zaranek/Grosse Pte. North.

Div. 2: Jeremy Hurley/Ada Forest Hills Eastern

Div. 3: Mike Woolsey/Jackson Lumen Christi
nominees: Traci Kelly/Benzonia Central, Jeff Schember/Caro, Laurens Tenkate/Grandville Calvin Christian.

Div. 4: Rebecca Willis/Homer,
nominees: Angelina Bauer/Saugatuck, Dave King/Mt. Pleasant Beal City, Emily Kloss/Harbor Springs.
2012 MITCA CROSS COUNTRY RECOGNITION AWARDS

Middle School Coach of The Year
Given to a junior high head or assistant coach who has worked at least five years; is a MITCA member; and has been nominated by his/her head assistant coach, with the support of the athletic director, principal, an opposing coach or parent. It is possible to receive this award once every five years.
Jeff Sinkel of Manton Middle School nominated by Jeff Harding, Manton High
Dennis Green of Brighton nominated by: Kristi Matuszewski Brighton Girls Cross Country
Daryl Bernard of Saginaw White Pin nominated by: Gary Lobburt, Saginaw Heritage High

Patsy Arpino – Kermit Ambrose Scholarship
Patsy Arpino, long time coach at Jackson Lumen Christi and MITCA member, established this scholarship fund to help support higher-level education for the sons and daughters of fellow MITCA members. Two $500 scholarships are awarded each year. Memorials made at Kermit Ambrose’s Funeral will allow MITCA to offer a 3rd scholarship for several years
Benjamin Klos-Freshman/Ferris State-Automotive Engineering Technology
son of Mike and Emily Kloss, Harbor Springs
Ian Miller-Sophomore/Spring Arbor- Science & is running
son of David Miller, Jackson Lumen Christi
Jeanne Wilson-freshman/Ferris State- nursing & is running daughter of Jeff Wilson, Kent City

2012 CROSS COUNTRY PREDICTION RUN:

College Credit for MITC Scholars!!
Remember Coaches, that you can earn your choice of 1 or 2 graduate credits from the University of Sioux Falls for your attendance at our February 2013 Track & Field Coaching Clinic! This opportunity was taken advantage of by 16 coaches at the fall XC clinic and was a great success by all reports! Registration and payment for the class are both done at the clinic so plan ahead! For more information, contact Kevin Behmer at behmer@aps.k12.mi.us

MITCA EXECUTIVE BOARD MEETS
Sunday, January 13 at 10:30
Dates for the Executive Board meetings will be established at the March Ex Board meeting. Meetings are at the MHSAA Office in East Lansing.

MHSAA RULES MEETING ARE ONLINE THIS YEAR,THERE WILL BE, A MHSAA RULES MEETING AT THE CLINIC.
The rules meeting is scheduled for Friday afternoon at 5:00 PM

TRACK & FIELD MEMORABILIA
At the Cross Country Clinic, we had some items from Kalamazoo Loy Norrix’s XC programs from the past and Track and Field items from Traverse City Central. These were received very well and we would like more, from you to display for other coaches to gain ideals and a glimpse of the past. We need your high school history in our programs. We want books, pictures newspaper articles, anything you think is important to our sport. We don’t want to have our previous accomplishments forgotten. Help us preserve your history for future coaches and athlete. Where is your school? What should we know about your athletes? Why have you been so successful? What can we learn from your program? Help us out, get your stuff in.
Contact me at coachduckett@hotmail.com

USA Track & Field Coaching Education Level 1 School
JANUARY 4-6, 2013
Renaissance High School
6565 Outer Drive - Detroit, MI 48235
School Directors: Harry Weaver (313) 283-3350
CoachH.Weafer2@comcast.net
David Paviansky (330) 921-9583
dspaviansky@hotmail.com
For more information log on to:
www.usatf.org/groups/Coaches/education/
Registration: Register Online at
www.usatf.org/groups/Coaches/education/schools/
by clicking the “school details” link.
Pre-registration fee is $150 if received by Friday, December 21, 2012

POLE VAULT CONVENTION
Stile Athletics Field House, University of Akron
January 4-5, 2013.
Cost: $50 for athletes who register before Dec. 1 ($60 afterwards), $25 for coaches and $10 for parents.
Contact: Andrea Tepe (330) 634-6813
e-mail alt39@uakron.edu. Or:

The tentative 2013 MITS Indoor Track & Field schedule is now online. The 2013 MITS State Meet is scheduled for Saturday, Feb. 23rd at Central Michigan University. Go to www.mitstrack.org for complete information.

Selection is based on the 7 fastest times at MITS on the day of the finals. Times taken to the nearest tenth. @ 2010 Dream Team Member.
MITCA'S ACADEMIC ALL-STATE TEAM 2012

MITCA awards Academic All-State awards to both individuals and teams. An individual with a GPA of 3.800 (on a 4.000 scale) finishing in the top half of the field will automatically receive an award. At least twenty-five awards will be given, awarding GPA's down to 3.500. Teams are ranked based upon five of the top seven runners who participate in the meet. We have listed the top five teams in each division that were in the top 10. 

BOYS

Division 1:::  Traverse City Central-3.9424, Rochester Adams-3.92, Grosse Pointe South-3.878, Canton Salem-3.874, Grand Haven-3.872. Rochester Adams repeat as a Top 5 Academic All-State team. 12 teams


Division 4:::  Reading-3.993, Traverse City St. Francis-3.97, Royal Oak Shrine-3.86, Harbor Springs-3.85, Kalamazoo Hackett-3.8465. 15 teams. Kalamazoo Hackett remains a Top 5 Academic All-State team. 13 runners, 1 with a 4.000 GPA.

UP Division 2 BOYS:  Matthew Molianen-12/Gwinn, 4 runners, 1 with a 4.000 GPA.

UP Division 2 BOYS:  Jared Joki-10/Ironwood-Luther L. Wright. 3 runners.

UP Division 3 BOYS:  Adam Graber-12/Rudyard. 4 runners.

UP Division 4 BOYS:  Andrew Jogren-11/St. Ignace-LaSalle, Jacob Jogren-11/St. Ignace-LaSalle. 4 runners, 2 with a 4.000 GPA.

MIDEAST MEET RESULTS 2011

Indian Riffle Part Area, Dayton, OH

Combined Team Scoring: 1-INDIANA-77, 2-Illinois-138, 3-Michigan-142, 4-Ohio-145. Indiana moved from third in 2010 to first in the combined score while Michigan dropped from second to fourth.


Dec. 8 USATF CLUB CROSS COUNTRY CHAMPIONSHIPS. Lexington, Kentucky

FOOTLOCKER CROSS COUNTRY MEETS

11/24/12 Regional at Wayne E. Dannenh Cross Country Course, Kenosha, Wisconsin. Top 10 qualify for the Footlocker Championship Dec. 8 at Balboa Park, San Diego, CA


Nov. 17 NCAA DIVISION I at E.P. Tom Sawyer State Park - Louisville, Ky (former Michigan High School runners)


Nov. 17 NCAA DIVISION III at Laverne Gibson Course, Terre Haute, Indiana (former Michigan High School runners)


North central repeated as champion while Calvin moved from 11th to runner up this year.

REMEMBER TO USE OFFICIALS FOR YOUR COUNTRY CROSS COUNTRY and TRACK & FIELD MEETS. For official’s information go to: www.automofficials.com

2013 MTCIA TEAM STATE MEETS

Saturday, May 25
D1 Wyandotte-Roosevelt D2: Zeeland West; D3: Kent City D4: Gobles


Avery Evenson/12 competed in both running and swimming at Hartland, placing 4th at the Junior Elite National Triathlon She’ll begin training in January at the Elite Triathlon Academy at the University of Colorado. She missed the cc & swimming finals because hairline fractures in her feet.

CLINIC IN A LETTERS
Using Meets and Workouts to Meet the Needs of the Team

With each season, we coaches must design a training plan that helps our teams reach their fullest potential. The first step in doing so is to begin with the end in mind. What are the goals of your program? What outcomes are to be emphasized?

I ask these questions of myself each year when I create our training program and coordinate our schedule. The schedule must meet the needs of the team and assist in the development of the individual athletes. Yes, there are many considerations when designing a schedule. What are your conference obligations in terms of duals, jamborees, championships, or others? Once you have those meets framed, you can then look at the additional needs of your team. How many meets do you need to run? What types of courses are most valuable to the preparation of your athletes? Do large or small meets best serve your runners? What level of competition best fits my team?

My emphasis starts with the varsity preparation, and then addresses my younger athletes. I’ve got legs & I know how to use them.

Winter Training for Sprinters, Hurdlers and Jumpers

As coaches in the State of Mich. We understand that the weather is extreme in the spring, most of the time it’s cold and wet and stays that way until the end of track season. So our sprinters, hurdlers, and jumpers will be practicing and competing in the cold, wind, and snow. It is easy to send your sprinters out on long distance winter runs, but long distance runs do not prepare speed athletes for success. What to do when the weather is bad and you have no legitimate indoor training facility in which to train becomes the question.

Let me start by saying this, all my speed athletes understand that they will be running outside during the winter months and must be prepared to do so. I tell them that Nov. and Dec. will be cold but no snow, Jan and Feb. will be cold and snow…Their job is to make sure that their practice running gear fits the weather conditions my job is to make sure that I address my speed athletes training needs without compromising workout intensity or increasing their potential for injuries.

My goals for speed athletes winter training is as follows…Stay injury free, continue flexibility work, continue overall strength and plyo training, continue aerobic work but shift to anaerobic work, prepare for 3-4 MITCA indoor competitions.

My speed athletes spend about 30 mins. warming up and stretching before going outside to run a workout. The warm up consists of stretching and sprint drills. Sprint drills help mold the body into the correct form of sprinting and it is important that the coach observes form during sprint drills and give advice for corrections. The warm up is always considered as the most important part of my winter conditioning program as it prepares the athlete for what’s outside the door. After our warm up we go outside and find a place to do the workout. If there is no snow on the track we will use it. Otherwise we may run in the school parking lot or the sidewalk around the school or any other area that’s not covered with snow. YOU MUST BE CREATIVE….Have a can do attitude not an I can’t do attitude!!

The components of my winter training program is as follows….Flexibility program …Weight & Plyo training 3 days a week, Practice starting blocks one day a week, Aerobic work done 2 times a week at the beginning of the program) 20-30 minute runs at a relaxed pace). Once per week do a threshold such as 6x200 or 4x400. One day a week is used for short intervals (150-300) at a quick pace with lots of rest. Whenever weather permits run quick intervals 5x (30-50) with one min rest for every 10 meters run. Run in MITCA indoor meets.

I have always held the position that younger and more inexperienced runners gain more from wearing the jersey and racing, than running workouts. I am seeking maturity, patience, and toughness when working out, so I emphasize groups and more experienced athletes. With that in mind, I often schedule freshmen/sophomore meets, and additional invitations for my reserve runners.

At least once and often times more, I will schedule my varsity team to workout on Friday and my Reserve team to compete on Saturday. This allows me to spend additional quality time with each group. My Varsity unit may or may not be defined by the number 7, as it is the break in ability, rather than a number, that defines which kids can effectively run with others in the workout. I can really dial in on all elements of their workout and communicate with them throughout. Then on Saturday, my varsity can do their long run, while I focus my attention on the reserves.

Giving leadership and competitive opportunities to developing runners has been essential to the consistency of our program.

By Brian Salyers

I believe in treating these kids just like they are preparing for the State Finals. They have a specific race plan, they are expected to warm-up, compete, and cool down like the varsity. They are to uphold the expectations of the program. No matter who is wearing the uniform, they are representing Milford High School. We celebrate their success and acknowledge their ability to compete anytime and anywhere.

By dividing my teams to compete at various meets that better serve their needs, it has allowed me to have my short-term and long-term goals constantly working together. I believe we are providing better coaching and better opportunities for the athletes throughout our program. Over the course of time, our kids will experience competition on all levels; this develops both well-rounded and competitive runners. It is our goal to always have the next generation waiting to step-in. Therefore, we are constantly working for our today while nurturing our future.

MITCA’S “LEARN BY DOING” STUDENT SESSIONS

MITCA is sponsoring a Learn By Doing Clinic for athletes on Saturday, Feb. 9. A change this year, rather that going to Okemos High for the student sessions, they will be held at the same hotel, Best Western, where the clinic is being held.

There will be two sessions, ending around 4:30 PM. Indoor instruction will be provided in all track & field event areas. Jumping pits will be set up. Several
speakers from the track & field clinic will speak to the athletes.

**We will cover:** High Jump, Long Jump, Sprints, Hurdles, Distance, Pole Vault and the Throws.

Clinicians: Stacy Dragila, Jeff Hartwig, Holly Thompson, Don Helberg, Jim Spivey will be there.

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

**PHOTOGRAPHS AT MIS 2012**

Photographs are courtesy of runmichigan.com.

**D1 Milford**

**Brian Kettle/D1 Milford**

**D1 Birmingham Seaholm**

**D2 St. Clair**

**Connor Mora/D2Cedar Springs**

**D2 Ada Forest Hills Eastern**

**D4 Concord**

**Jesse Hersha/D4 Concord**

**D4 Homer**
D3 Boys & Girls Champion………. Jackson Lumen Christi
Since the beginning of girls cross country in 1978 this was the 10th time that the same school has won both the boy’s and girl’s championship in the same year. Jackson Lumen Christi achieved the double this year and a joint team picture of the event seemed appropriate.
Rockford accomplished the “double” twice, winning both D1 titles in 2000 and 2002. Caledonia won both Class B championships in 1996, while Ann Arbor Pioneer won both Class A titles in 1987. Two coaches have coached both teams when their school won both championships. Chuck King won both Class D titles at Concord in 1982 & 1984 while Kim Spalsbury was the coach when Fowler won both championships in 1988 & 1989.
Ann Arbor Greenhills won both the boys & girls championships for Class D in 1979. They were coached by the only husband/wife combination to win championships in the same year, Francis & John Goodrich. That was the second year for the MHSAA Girls Cross Country Championship and the first year it was run with classes. The previous year the championship was run as an open class.

MITCA CROSS COUNTRY QUESTIONNAIRE 2012
Items on the questionnaire at the Cross Country and Track & Field Business Meetings that obtain a 70%+ support from the membership are taken to the MHSAA for its consideration. The Cross Country Committee was responsible its development. The membership voted on these questions at the 2012 Clinic Business Meeting. 215 votes cast were cast.

Survey Item #1 Assign the state’s top XC teams to different regional competitions so no more than two of the top fifteen teams are in a single region. Support-85%(184) Do Not Support-15%
Survey Item #2 Expand the current number of XC regionals for each division from 9 to 10 sites. Support-77%(166) Do Not Support-23%(49)
Survey Item #3 The standard distance for middle school cross country races in Michigan will be 2 miles. Support-86%(184) Do Not Support-14%(30)
Survey Item #4 Allow 6th grade cross country, and track and field athletes to compete on their middle school team with 7th and 8th graders. Support-81%(172) Do Not Support-19%(40)

QUESTION FOR: MITCA TRACK & FIELD QUESTIONNAIRE 2013
Are you in favor of eliminating semi-finals from the MHSAA 1 day State track and field meet according to the National Federation Standards and Procedures? Yes No

ON THE LINE…..
The Kermit Ambrose 101 Club you read about on an earlier page. Kermit retired about the time I got started in coaching so I really do not remember him as a coach of athletes, my real remembrances of him are as a “coach of coaches” and what he did for our sports.
I don’t know of how many years I was part of the “ice cream” session Friday after banquet near the end of hospitality at the MITCA Clinics. Those sessions were some of the best clinics I ever attended until in recent years a good portion of the coaches in the session had joined Kermit in retirement. Since then it became more of a reminiscence. And the last couple of years we still go for ice cream but something is missing……………..
We have a chance here with the Kermit Ambrose 101 Club a chance to say thanks to a man who may have done more for cross country and track & field than any other and at the same time enhance the organization he help found and develop. I certainly hope that you will consider becoming a member of the Kermit Ambrose 101 Club.
Recent years have seen Michigan runners do well in the “national” competition that occurs between out seasons. We have covered those athletes, first to recognize their accomplishments, second to give our programs & coaches a pat on the back and thirdly to help keep you, our coaches aware of what is available for your athletes.
Our two qualifiers, Nick Raymond/Erie Mason & Connor Mora/Cedar Springs ran well. Unfortunately Erin Finn/West Bloomfield ran sick in the regional, finishing 12th, did not qualify and as a result did not have a chance to improve on her runner-up finish of 2011. We ran against the girls Anna Rohrer, a sophomore from Mishawaka, Indiana in our first meet of the season. She was certainly a runner to watch.

I know we have been and are talking about “advancing by time” for several years. I came across an editorial in the September Track & Field News by E Gary Hill, publisher. I have included a couple of his comments from that editorial.

*TWO MONTHS AGO in this spot I called the Olympic Trials “the greatest

MITCA BUDGET 2011 - 2012
February you can apply there. $25. There is a one

A Lifetime Member receives a lifetime member’s pin, the MITCA Newsletter; clinic information with the only cost to attend the classroom. The only requirements for this Lifetime Membership to MITCA are: You must be 50 or older and retired from coaching cross country and track & field. A Lifetime Member receives a lifetime member’s pin, the MITCA Newsletter; clinic information with the only cost to attend the clinic is your banquet ticket, currently $25. There is a one-time membership fee of $100. Applications for the Lifetime Membership are on line at mitca.org. If you will be attending the clinic in February you can apply there.

Income 2011-12

<table>
<thead>
<tr>
<th>Income</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academic All-State</td>
<td>$1,171.00</td>
</tr>
<tr>
<td>Advertising Income</td>
<td>$1,096.00</td>
</tr>
<tr>
<td>Ambrose Memorial Funds</td>
<td>$4,846.00</td>
</tr>
<tr>
<td>Cross Country Clinic</td>
<td>$22,290.00</td>
</tr>
<tr>
<td>Interest Income</td>
<td>$43.57</td>
</tr>
<tr>
<td>Investment Income</td>
<td>$471.57</td>
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<tr>
<td>Membership Dues</td>
<td>$3,490.00</td>
</tr>
<tr>
<td>Mid-East Meet</td>
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<tr>
<td>Mid-West Meet</td>
<td>$120.00</td>
</tr>
<tr>
<td>Team State Championships</td>
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<tr>
<td>Track &amp; Field Clinic</td>
<td>$75,642.00</td>
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<tr>
<td>Cross Country Vendors</td>
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<tr>
<td>Track &amp; Field Vendors</td>
<td>$5,700.00</td>
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<tr>
<td>Total Income</td>
<td>$123,147.49</td>
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Expenses 2011-12

<table>
<thead>
<tr>
<th>Expense</th>
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<tbody>
<tr>
<td>Academic All-State Expense</td>
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<td>Administrative Expense</td>
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<td>Advertising Expense</td>
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<td>Cross Country Clinic Expense</td>
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<td>Depreciation Expense</td>
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<td>Education Expense</td>
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<td>Legal Fee Expense</td>
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<td>Loss on Plant Assets</td>
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<tr>
<td>Meeting Room &amp; Refreshment Expense</td>
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<tr>
<td>Membership Dues Expense</td>
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<tr>
<td>Mid-East Meet Expense</td>
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<tr>
<td>Newsletter Expense</td>
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<td>Scholarship Expense</td>
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<td>Team State Championship Expense</td>
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<tr>
<td>Track &amp; Field Clinic Expense</td>
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<tr>
<td>Total Expenses</td>
<td>$92,393.79</td>
</tr>
</tbody>
</table>

Net Income | $30,753.70

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**MITCA’S 2013 TRACK & FIELD CLINIC**

Feb. 7-8-9

Hotel Rate: $98.99 Call now!!! Don’t Wait!!!

**CLINICIANS**

**Stacy Dragila** The first American to really make a mark in the Pole Vault. She has won the Indoor World Championship once and is a 2 time Outdoor World Champion. Won the Olympic Medal in 2000. Stacey now runs the Allius TC

**Jeff Hartwig** Set the North American Record in 1998, has won the US Indoor Championship and has won the Jim Thorpe Award, for the Best US Field Athlete twice. Still competing, setting age group records. Actively coaching high school vaulters.

**John Powell** A 7 time US Discus Champion, 4 time Olympian with 2 Bronze Medals. 8th Best All-time Throw. Runs throwing camp in Los Vagas.

**Sandy Fowler** University of Michigan throws Coach 9 time All-American, winning the NCAA Indoor Championship in 1982. She has coached over 30 All-Americans.

**John Spivey** 2 time Olympian, 5 time member of the World Championship Team. Still holds the fastest time by an American in an Olympic final in the 1500. He coached at the University of Chicago, producing several D3 All-Americans and then as the womens coach at Vanderbuilt University.

**Derek Gonzales** Ypsilanti Lincoln High. He has had several jumpers over 23’. He has been the jumps coach for TEAM MICHIGAN for 9 years.

**Brian Salyers** Milford High. Distance- His cross country teams have had 23 top 10 finishes with 3 runner-up and 4 state titles, 28 all-state runners & 2 individual winners. His track teams have had 6 relay & 4 individual state champions.

**Don Helberg** Wheaton North High, Illinois. Hurdles- He has coached 13 State Champions, including the state record holder in the 100 Highs. Currently is the President of the High School Track Coaches Association.

**Holly Thompson** MF Athletic- High Jump. Mike is a 6 time High Jmp All-American.

**Jeff McCune** East Kentwood High- Sprints The East Kentwood sprinters have accumulated 107 points in the D1 MHSAA Finals over the past 3 years setting 4 records. Before coming to East Kentwood he coached at Omaha Central where his team had 6 Top 10 finishes.

**Mike Davidson** Indianapolis Ben Davis, Indiana- Sprints He has had 24 Individual State Champions and 18 National High School all-Americans. His teams have been ranked in the Top 10 Nationally 3 times.

**BEGINNER SERIES**

New to coaching or taking on an unfamiliar event- the beginner sessions will help.

**JUNIOR HIGH COACHES**

Special sessions for you.

**STUDENT SESSIONS**

At the hotel this year. Go to mitca.org for information & registration

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

**Thursday - 6:30-7:30 PM**

Registration Check at mitca.org for times

MITCA HOSPITALITY

**Friday, 7:15AM**

Registration

Check at mitca.org for time of sessions

Lunch (on your own – sandwich buffet in lobby)

Check at mitca.org for time of sessions

MITCA Business Meeting

MHSAA Rules Meeting

Banquet - Hospitality

**Saturday, 8:00AM**

Registration

7:30 Fun run

Check at mitca.org for time of sessions

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

**Best Western Plus, Lansing**

6820 S. Cedar St. Lansing, Michigan 48911

(517) 694-8123 (800) 333-8123

**Retiring:: Retiring after this season? Not attending the track & field clinic this year? Then this is your last MITCA Newsletter. Keep in contact with MITCA, Michigan High School Cross-Country and Track & Field. MITCA offers a lifetime membership to retired coaches. You do not have to be retired from the classroom. The only requirements for this Lifetime Membership to MITCA are: You must be 50 or older and retired from coaching cross country and track & field. A Lifetime Member receives a lifetime member's pin, the MITCA Newsletter; clinic information with the only cost to attend the clinic is your banquet ticket, currently $25. There is a one-time membership fee of $100. Applications for the Lifetime Membership are on line at mitca.org. If you will be attending the clinic in February you can apply there.**
MITCA TRACK AND FIELD CLINIC
February 7 – 9, 2013

Name ___________________________ School Name ___________________________
New Address ☐
Home Address ___________________________
Address ___________________________

City ___________________________ State ______ Zip ___________
City ___________________________ State ______ Zip ___________

Home Phone (______) __________________________
School Phone (______) __________________________

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

In what year did you begin coaching? ______

How many years have you coached Track and Field? ______

Coaching assignment? Mid. S. ☐ H. S. ☐ Univ. ☐
School Classification A ☐ B ☐ C ☐ D ☐
Track & Field Division 1 ☐ 2 ☐ 3 ☐ 4 ☐

Mail to: Jerry Lasceski, Treasurer
1691 N. Hinson Road
Fairgrove, MI 48733-9503
Postmarked on or before January 30:$100.00
On site registration: $110.00

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

Life member registration fee is now $50.00. (Hall of Fame, Sweeney, Ambrose & Life) Make checks payable to MITCA
Clinic Notes and Giveaway LIMITED to the first 800 registrants Payment must accompany the
registration form.

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

NO CREDIT CARDS

Full refund if notified by Feb. 4th, less $25 after Feb. 4th.