

MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION Vol. 56 - No. 1 March 2013

www.mitca.org

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CROSS COUNTRY CLINIC

Comfort Inn, Mt. Pleasant
Nov. 7-8-9 2013

TRACK & FIELD CLINIC

Lansing Best Western
Feb. 6-7-8 2014

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2013 SWEENEY WINNER: Mike Jurasek



by Lesley (Jurasek) Starkey

Good evening, everyone. For those of you who do not know me, my name is Lesley Jurasek Starkey, and tonight I am here to talk about my dad, Mike Jurasek. I have had the privilege of having a relationship with him as a parent, teacher, coach, and mentor. I know the reason that he is receiving the Sweeney Award tonight is because of his coaching record at Albion High School; he has won more conference titles than I can count, numerous regional track titles, and four state titles during his tenure. I am not here to tell you why he is receiving the Sweeney Award, but rather why he *deserves* the award, and that is because of the way in which he cares about and for his athletes. Anyone is capable of assembling a team and physically preparing them for meets, but it takes someone special to nurture student-athletes and shape them into responsible young men and women, which is exactly what he has done for

steve porter mitca photo

over two decades at Albion High School.

One of the earliest memories I have of my dad's coaching career took place in our van on the way home from my grandparents' house one afternoon. I was five or six years old and I recall my dad asking me if we, my brother, Chris, and I, wanted him to continue coaching. He loved spending time with us, and I know it was hard for him to be away from us every day. Given that my brother was only a year old or so, I responded for both of us; I told my dad that he needed to continue coaching because those kids needed him and I knew that he liked coaching. He took my response to heart and he made the most of his time away from us, caring for his athletes and helping each of them achieve their goals. He takes his coaching so seriously that he stays at the track until his athletes are ready to leave. To him, coaching is not a job, and there is always time for one more throw, jump, or repeat. Then, he drives his athletes home, seizing the opportunity to talk with them in the van about what is going on in their lives, caring about them as individuals, not just as athletes. I remember having Catechism classes after school on Mondays, and on the days that my dad had to pick us up, we were the last two there, waiting in the craft store next to the church, looking for his van to finally arrive.

His care for his student-athletes goes beyond their four years at Albion High School; he encourages them to think about their future and their plans for after high school. His athletes have gone on to study and/or compete at Michigan, Central, Albion College, Jackson Community College, Eastern, Sienna Heights, Western, Grand Valley, and Michigan State, and those are just some of the in-state schools. I think even he would have a difficult time trying to recall all of the college campuses he has visited for the sake of his student-athletes. The number of applications he has helped students complete, whether for college admission, military service or financial aid, is immeasurable. He wants to ensure that his student-athletes are ready for the next step in their lives. My dad also wants to show his athletes what lies beyond the city of Albion, taking them to many different states, including, but not limited to Illinois, Iowa, Wisconsin, South Carolina, North Carolina, Oregon, Arizona, Nevada, Florida, Massachusetts, New York, and Kentucky. Those trips were not just about competing in prestigious meets, but showing kids, some of whom had never left Calhoun County, that there is more to this world than what they had seen; he cares enough about these kids to give them experiences that they may not otherwise have the opportunity to partake in.

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THE PRESIDENT'S LANE..... Benjamin Watson/Rockford High

Embrace the Challenges...Overcome the Obstacles! Since this past Track and Field Clinic, I have thought of the keynote speaker Corwyn Collier (visit www.mitca.org for more information) and Frankenmuth's Bobby Steele numerous times. Their stories of over-coming obstacles are inspiring and motivating. More recently, I watched the ESPN special "One Sprinter, Many Hurdles" on Latipha Cross, alumni of Southfield and holder of the Michigan All-Division 400 Meter Record who now runs for Eastern Michigan University, which gave insight to the numerous obstacles she faced in high school.

continued next page

steve porter mitca photo

Mike Jurasek 2012 Sweeney Winner Continued.....

Growing up, our house seemed to have a revolving door for his track and cross country athletes. All of his athletes are welcomed into our home, whether it is to play video games and eat pizza with us, enjoy a cookout and swim after a long run, or a place to sleep when their own homes become too chaotic. My brother and I had so many big brothers when we were growing up, some of whom we are still very close with to this day. My dad does not view his athletes simply as members of the track team and it is not just about keeping kids eligible for the next invitational: it is about providing a safe, fun, and caring environment for them. Having had the opportunity to coach the past five years, I have looked to my dad for advice whenever I need help with my athletes. I have tried to emulate him and bring some of the things I loved most about my time as an Albion High School athlete to my team in Sturgis. I call him after workouts or turn to him for help with my field event athletes.

It makes me laugh when I look over at the high jump pit during our meets and see a swarm of athletes in orange and black working with the guy in the red Albion hat. Halfway through each season, my athletes will inevitably start asking, "Will your dad be here today?" His ability to build confidence and self esteem in his athletes is impeccable. One of the things he is constantly telling athletes is that, "you can do anything you put your mind to," and I was one of those athletes he told this to, and I benefited from his encouragement for many years. His ability to excite athletes is unparalleled, whether you are a state-caliber runner or the last one in the heat.

My husband, JB, who ran for my dad in high school, went on to compete in college. He talked with Tori Wilson, who is here tonight, and also ran for my dad and competed for Albion College. He told JB that the coaches at Albion College are great and knowledgeable, but that things were going to be different once he left Albion High School. After a meet, he shouldn't expect the coaches to come running up to him and tell him what a good job he did or what he needed to improve on for the next race. There wouldn't be long discussions before and after practice, or encouraging talks during meets. Tori told him that he would like the coaches there, but they were not going to be anything like Jur, because nobody can be like Jur. I felt the same in college; I called my dad after workouts or long runs at Michigan. When I needed a pep talk, I still called home to talk to my dad.

That is not to say that once track athletes leave Albion High School they never see my dad again. He makes an effort to stay in contact with athletes, whether it's attending their collegiate track meet or an honor ceremony. Just last weekend, my dad passed up an opportunity to come visit with my daughter, Alice, to attend a former athlete's military send off party. His relationship with athletes goes beyond their time at Albion High School and we all appreciate that.

Given the decline in population of Albion Public Schools, it is amazing that track has still been able to flourish the way that it has. This year, the football season was cancelled because of low numbers. I know that he will not admit it, but the reason that participation in track is still high is because of him: everybody wants to run for Jur. That is not to say that running at Albion is easy; he holds his athletes to a high standard: why else would he kick his 2nd fastest kid off a relay one week before the state meet because he didn't show up to practice? He can talk to and engage students from all walks of life, which is a skill that not all coaches possess. He is perfectly suited for his job and I have no idea what he will do with himself when he retires years from now.

I know that my dad is not the most decorated coach to receive the Sweeney Award, but I believe he is one of the most deserving. His care and compassion for others is something to be admired. I think that John C. Maxwell's quote perfectly summarizes my dad's relationship with his athletes: "people don't care how much you know until they know how much you care." I cannot think of a more deserving coach and it is my honor to present my dad, Mike, with the 2013 Sweeney Award.

Mike started high school at Albion High and then graduated from neighboring Concord High. He ran track & cross country for Hall of Fame Coach Chuck King at Concord and was on their 1975 State Finals Champion Cross Country Team. Mike earned all-state honors. He then attended Jackson Community College and Albion College running cross country and track at both schools, running everything from the 800 up.

He graduated from Albion College in 1981 and began teaching at Albion St. John's Grade School while being an assistant coach at Albion College.

He began coaching at teaching at Albion High as a history teacher and assistant track coach in 1986. In 1991 he became the cross country coach. His Albion High Track Teams won 19 conference, 17 regional and 2 Div. 3 and 2 Div. 4 Finals Championships. His track teams won 187 dual, lost 18 and had 4 ties. His cross country teams won 4 conference and 1 regional championship.

Mike has served in several MITCA Committees and has been coach of the year 3 times, with several other nominations. He began coordinating the MITS Indoor Meets for boys in 1991.

Presidents Lane Cont.....

These three examples of overcoming obstacles remind me of the power of our sports and of the role of the coach. Personally, it drives me to reach out to each and every athlete on the Rockford track and field team regardless of ability and circumstance. Season after season, athletes come out with various abilities and obstacles of their own, and at times it may be easy to balance how much time we spend with an athlete based on their ability to help our team win.

We as coaches need to remind ourselves to embrace each and every athlete as our personal challenge regardless of difficulty and ability. The result of instilling the values achieved through dedication, hard-work, being there for teammates, and giving their best is valuable to every athlete that comes out for our teams regardless of the wins and losses that hinge on their performance.

Embrace the challenges that face you as a coach this season. The obstacles that face the numerous athletes in your care are our obstacles as well, and how we respond to these obstacles will serve as an example of how our student-athletes should respond to obstacles today, tomorrow and for their entire lifetime. This is a true challenge that is worth embracing as the results of being successful will be endless in the lives of the athletes we are blessed to work with. Get motivated for the track and field season that is upon us and embrace the challenges that face us...overcome the obstacles!!!

TRACK & FIELD CLINIC PREDICTION RUN – 2013

Sponsored by Ann Arbor Race Timing
1-Chad Milletics-0:07, 2-Mark Smith-0:09, 3-Glen Maylath-0:12, 4-Chabby Gollman-0:28, 5-Steve Rogers-0:32, 6-Nick Rochefort-0:34, 7-Lucia Alfaro-3:20, 8-Chuck Childress-9:53

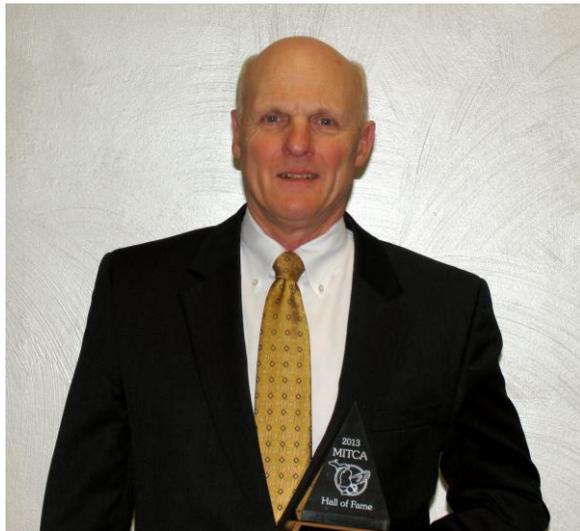
If your local track officials are not ATOM members, encourage them to join.

atomofficials.com

Michigan High School Coaches Association Hall of Fame

The Michigan High School Coaches Association has announced that two MITCA Coaches, David Bork and Steven Linn, have been selected to the MHSCA Hall of Fame Class for 2013. Steven Linn is a MITCA Past President (2010) from Harbor Beach and David Bork is a MITCA Hall of Fame member, Kermit Ambrose Award winner (1999) and Past President (1995). The MHSCA Hall of Fame Induction will be this September at Central Michigan University. The Michigan High School Coaches Association is looking for more Hall of Fame applications, if you have 25 year (or more) of coaching go to the web address listed to submit an application. http://www.mhsca.org/information/hof_application.pdf

2013 - MITCA HALL OF FAME INDUCTEES - TRACK & FIELD



Randy VanderVeen, Rockford

Randy has been coaching high school track & field since 1982. He began his coaching career at Grand Rapids Creston where he coached both the boys & girls teams for 7 years. He started out as an assistant coach and then 2 days later was made the head coach. He also coached football and wrestling for Creston. His track teams won 2 Grand Rapids City Conference Championships.

Randy moved to Rockford in 1998 where his coaching started as an assistant football coach while coaching softball at Grand Rapids Christian. Two years later he became the girls track coach at Rockford.

His Rockford teams have won 95 dual meets while losing only 3. His teams have won 11 conference championships, including 10 in a row from 2000 to 2010. The team currently has a 13 year regional championship winning streak with Lower Peninsula D1 Finals Championships in 2000 and 2003. Rockford has also been runner-up 4 times under Randy with 12 of his 13 teams finishing in the top 10. He has been nominated several times for MITCA COY.

Randy graduated from Grand Rapids Creston High in 1971, then went to Grand Rapids Junior College before graduating from Hope College in 1975 with a Physical Education major. He was a 3 sport letter winner at Creston, football, basketball and baseball. He was a sprinter at Grand Rapids JC along with playing football and played football and basketball at Hope.

Randy is the defensive coordinator for football at Rockford and has been part of 3 Div. 1 State Football championships while at Rockford.

2012 COACH OF THE YEAR AWARDS

GIRLS



left to right: Mike Snyder, Tony Mifsud, Steve Zaraneck.

Div. 1: Steve Zaraneck/Grosse Pte. South

Nominees: Eric Lohr/Rochester Adams, Mike Smith/Saline, Randy VnderVeen/Rockford

Div. 2: Tony Mifsud/Dearborn Divine Child

Nominees: Kelly Merrill/Allendale, Kelly Williams/DeWitt, Dave Wilson/Detroit Country Day.

Div. 3: Mike Snyder/Frankenmuth

Nominees: Asa Kelly/Benzie Central, Vikki Mitchell/Reed City, Scott Werner/Pewamo-Westphalia.

Div. 4: Jill Feldpausch/Fowler

Nominees: Mark Carlton/Sand Creek, Dave King/Beal City, Louise Troughton/Hesperia.

BOYS



left to right: Mike Jurasek, Tim Simpson, Stan Ford *steve porter mitca pic.*

Div. 1: Stan Ford/Lake Orion

Nominees: Alan Leslie/Saline, Brian Salyers/Milford, Ed Stanbury/Grand Blanc.

Div. 2: Chris Brown/Alma

Nominees: Arnie Baker/Grand Rapids Christian, Phil Hoover/Zeeland West, Jeff Myers/Cedar Springs.

Div. 3: Tim Simpson/Lansing Catholic

Nominees: Jerry Drake/Frankenmuth, Mike Eyre/Union city, Brent Mitchell/Reed City.

Div. 4: Mike Jurasek/Albion,

Nominees: John Patrick/Hesperia, Josh Scholman/Western Michigan Christian, Kurt Stump/Reading...

REMEMBER: YOU MUST BE A MITCA MEMBER BY MAY 1

TO BE ELIGIBLE FOR 2013 TRACK & FIELD COACH OF THE YEAR. If you did not attend either clinic this school year you are not a member & need to become a member. Application form is on page 11 or go to: www.mitca.org.

Reading T-Shirts on Saturday::: **A HUMAN BODY CAN ONLY TAKE SO MUCH..... THEN THE HEART & SPIRIT TAKE OVER.....**

2012 MITCA'S MS. & MR. TRACK & FIELD

Ms. Track & Field Cindy Ofili/Ann Arbor Huron



Cindy Graduated from Ann Arbor Huron High School as a Honor Roll Scholar Athlete and earned a NAACP Academic Award

She is a three-time letter winner in track and field, 5 time State Champion (Indoor and outdoor 2012) , the MITCA Track Athlete of the Year (2012), *aa huron photo*

of the Year Candidate and the Michigan Meet of Champions team captain

She led Huron to the Runner-Up position in the 2012 MHSAA D1 Championship as she was involved in 40, 4 first places, of Huron's 64 points. She won both the 100, 100 & 300 Hurdles and was on the winning 4x200 relay, tying the D1 Hurdles record..

Cindy is continuing her education at the University Of Michigan where she will also run track. Her college career is off to a fast start as she finished runner-up in the 60 Hurdles in the Big 10 Indoor Meet. She just missed qualifying for the NCAA Indoor Championship as she was ranked 17th on the list, with 16 qualifying.



Mr. Track & Field Steven Bastien/Saline
Steve helped his Saline team to an undefeated dual meet season, win their conference championship as well as a regional champions and led his team to a 3rd place finish in the 2012 MHSAA D1 Finals meet as he was involved in scoring 29 of Saline's 42 points. He won the long jump, was runner up in the pole vault, and ran on the third place 4 x200 and 4 x400 relays. His 24 plus foot long jump mark is among the top three ever posted by a Michigan prep athlete

Post season Steven earned high school All-American Honors at the New Balance National HS Championships with a 23'10' jump, placing 4th. He was also the runner up at the Midwest Meet of Champions. *saline photo*

Steve

In his best event, the decathlon, he was the regional USATF champion his sophomore year, winning the competition by over 1000 points, and had one of the top 10 scores for his age group in the USA.

Steven was an Honor Roll Student at Saline and is continuing his studies and track career Samford University. He is studying to become a physicians assistant. He continues both his academic & athletic success as Samford, making the Dean's List and winning the Long Jump and the Heptathlon in the Southern Conference Indoor Championship. He was named the Indoor Field Athlete of the Year & the Freshman Indoor Athlete of the Year for the southern Conference.

2013 MITCA TRACK & FIELD RECOGNITION AWARDS

High School Assistant Coach of the Year

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

Joseph Hansen/Detroit Country Day nominated by David Wilson/Head Coach

Ted Sabinas/Ceder Spring nominated by Jeff Myers/Head Coach

John Thomas/Sparta nominated by Ted Smith/Head Coach

15+ Year Coaching Awards: MITCA presents coaches a certificate when they have coached 15 or more years. MITCA recognized 23 coaches this year. **15 Years:** Chuck Cullen/Hartland, Robert Evans/Quincy, Jon Frank/Saginaw Valley Lutheran, Brian Lincoln/Vermontville Maple Valley, Todd Mills/Fenton, Diane Montgomery/Grosse Pointe North, Mike Nesbitt/Bay City Western, Josh Powers/Adrian Madison, Roger Price/Reading, Russell J Reitz/Lapeer West, John M Tizedes/Allen Park Cabrini, Ronald L Womboldt/Dewitt. **16 Years:** Kevin D Conkel/Hudsonville, Brett McCartney/Grand Ledge, Dennis Mulloy/Livonia Ladywood, Kelly L Williams/Dewitt. **17 Years:** Eric Larges/Reese, Tim Shank/Woodland Lakewood M S. **19 Year:** Andrew Hurst/Benton Harbor, Dave Hutson/Lake Orion, Walter L Schalaus/Athens. **20 Years:** Joseph H Churchell/East Kentwood, Raymond Antel Iii/East Kentwood.

25 + Year Coaching Awards: MITCA presents coaches a certificate and a when they have coached 25 or more years. MITCA recognized 28 coaches this year. **25 Years:** Gary J Cousino/Rochester, Sonita Harris/South Lyon East, Philip J Speare Jr/Monroe Jefferson, James Scott Wicker/Pinckney, Brian Young/Morley Stanwood. **26 Years:** Brian Price/Bangor, Vernon Thomas/Dearborn Hgts Crestwood. **27 Years:** Randolph Smith/East Kentwood, **30 Years:** Jack E Crabtree/Saline, Gary C Servais/Farmington Hills Mercy, Willie Taylor/Flint Northern, Ben Thomas/Jackson, Mark A Urquhart/Warren Mott. **31 Years:** Ernie Ayers/Sand Creek, Brad Buter/Jackson Northwest, Stanley R Ford/Lake Orion. **31 Years:** James Okler/Grosse Ile. **32 Years:** Gerald Reis/Jackson Lumen Christi, Timothy Kus/Dearborn Hts Crestwood, **35 Years:** Joe Wilkerson Jr/Flint Beecher, Pat Bolda/Ubly, Steven M Linn/Deckerville. **36 Years:** Richard McGinness/Retired (Lake City). **40 Years:** Dan R Sandborn/Portland, Mike Unger/Lutheran Westland. **42 Years:** Jon Wozniak/Okemos. **45 Years:** Don Sleeman/Ann Arbor Pioneer. **51 Years:** Mel Comeau/Bath.

MITCA TRACK & FIELD QUESTIONNAIRE 2013

From the MITCA Track & Field Committee

PROPOSAL: Are you in favor of changing the classification system for Track & Field to: **D1:** 23% of schools sponsoring track & field

D2: 23% of schools sponsoring track & field

D3: 23% of schools sponsoring track & field

D4: 31% of schools sponsoring track & field

Yes: 72% (165) **NO:** 29% (66)

MITCA EXECUTIVE BOARD ELECTION RESULTS:

Ben Watson/Rockford was elected as MITCA President.

Scott Werner/Pewamo-Westphalia was elected as MITCA Secretary.

Reading T-Shirts on Saturday:::

IF IT'S WORTH DOING - IT'S WORTH DOING RIGHT!

Since 2010, each varsity head coach is required to complete the online rules meeting to be eligible to coach at MHSAA Regional and Final meets. Online Rules opened **Feb. 11...**

Final Date for Track & Field this year is: **April 18.**

MITCA COMMITTEES 2013-14: Executive Boards Meets: March 10, April 21, June 4(Lansing Best Western), Sept. 8, Oct. 6, Nov. 3, Dec. 8, Jan. 12 All meetings are held at the MHSAA Headquarters in East Lansing unless otherwise noted. Executive Board meetings are at 10:30 AM, all committee

meetings are at 10:00 AM. Additional meetings may be scheduled as needed. If you have questions, concerns or suggestions for MITCA address them to the appropriate committee or the Executive Board. Executive Board & Chair's email addresses are located on the front page or at www.mitca.org.

Academic All-State: David Hovarter/Leslie Middle School- Chair
Ray Antel/East Kentwood- D1, Tony Mifsud/Divine Child- D2, Dean Blackledge/Hanover-Horton- D3, Gary Whitmer/Gladstone-UP
all applicatons are done online

Cross Country Committee: Comm. Meets: March 10, Sept. 8, Oct. 6, possible: Nov. 3, Dec. 8, Jan 12.
Mike Dennisuk/Woodhaven- D1/Chairman/- '14
Richard Brinker/Holly- D1- '14, Rick Bauer/Saugatuck- D4- '14, Daryl Bernard/Saginaw Middle School/- '15, Doug Jager/GR Christian/ D2- '15, Gene LeBron/Ithaca- D3- '14, Glen Maylath/Bloomfield Hills Cranbrook-Kingswood/ D2- '15, Jennifer Lemieux/Plymouth Christian Academy- D4- '15, Kevin Rathburn/Williamston- '14

Track Committee: Comm. Meets: March 10, Sept. 8, Oct. 6, , possible: Nov. 3, Dec. 8, Jan 12.
Jeff Schember – Chairman/Caro- D2- '14
Mel Comeau/Bath- D4- '14, Joan Ludtke/White Cloud- D4- '14, Joel Stapleton/Flatt Rock- D2- '15, Jeff Pack/Carrollton- D3- '15, Jim Shannon/Divine Child M.S. - '15, David Lutsig/Wyandotte- '15.

MITCA TEAM STATE MEET INFORMATION

Saturday May 25, 2013

MITCA is happy to announce they will be again partner with Michiana Timing to create the Power Rankings in 2013. The Power Rankings will be again used, along with the MHSAA Regional Championships, as the selection process for the MITCA Team State Meet. For 2013 teams can only qualify by either a) winning their regional, or b) being power ranked. Regional runner-up teams who are not power ranked will NOT be invited. You must either win a regional or be power ranked and invited. Exact qualifications procedures are subject to committee review and approval at this time, but last year the top power ranked teams and all regional winners were invited. The number invited may be adjusted slightly to perhaps tighten the 2013 field at the D2, D3 and D4 levels.

Instructions, Rules, and Rankings will be posted and updated throughout the season at both www.michianatiming.com and www.mitca.org
Coaches will be responsible for submitting entries each week. Power ranking is completed using Athletic.net. You enter **three athletes per event**, being careful to not enter an athlete in more than four total events. All times entered must be ACTUAL MEET PERFORMANCES except that you may deduct the split of an athlete not running the relay from a relay time and substitute a different person in one leg. This is because often your relay may have run with an athlete entered in four other events for the power ranking.

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

Simulated Meets will be scored like MITCA Meet.

-Teams may submit up to 3 athletes per event -Athlete may be entered in no more than 4 events -Point values based on 10 team meet.
10 teams entered = 30 point available in each individual event 30pts = 1st place, 29pts = 2nd, 28pts = 3rd.....1pt =30th

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

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

There are four different meets on athletic.net — you join the proper one and then enter your athletes the same as you would in any other meet — you do NOT ENTER MEET RESULTS in these meets — you enter the athletes in the meet using seed times that are appropriate.

The four meets may be found here: MITCA D1 Power Ranking, MITCA D2 Power Ranking, MITCA D3 Power Ranking, MITCA D4 Power Ranking

DO NOT ENTER RESULTS AS RESULTS, rather enter your athletes in the meet using their best time as their seed time. If you enter results it will affect performance lists, etc.

Entries will be due as follows at 10:00 p.m. each week in 2013.

April 16th – top two teams will receive automatic invites

April 23rd – invite any top three team without an invite already

April 30th – invite any top four team without an invite already

May 7th – invite any top five team without an invite already

May 14th – invite top 16 D1 teams and top 12 D2, D3 and D4 teams to attend

May 18th – invite regional champions only (no runner up teams will be invited based on regional performance this year)

Division I: Wyandotte Roosevelt

Division II: Zeeland West High

Division III: Kent City High

Division IV: Gobles High

Meet Entries will be due by Thursday May 23 at 12pm (Noon). Only limited drop adds will be permitted after this time. *For any questions regarding Power Rankings or MITCA Team State Meet, Please contact Dave Emeott: David.Emeott@kentwoodps.org or events@michianatiming.com*

CURRENT SURFACES SCHOLARSHIP PROGRAM. Coaches, if your track was installed by Current Surfaces your senior athletes that have competed in track & field for 3 years may apply for a 1 year, \$1000 scholarship awarded by Current Surfaces. Go to: www.currentsurfaces.com for more information and a list of schools whose track was installed by Current surfaces. Deadline is: April 26, 2013 The 2010 scholarship winner was Jill Sabo of Coopersville High School. Last year's winner was from West Virginia

MITCA HALL OF FAME/PAST PRESIDENTS

Ted Duckett at the conclusion of the 2012 TRACK & Field Clinic called for HOF & Past Presidents Meeting to create some new involvement with MITCA. This group hopes to be a positive extension of growth and future commitment to MITCA's programs. One of the areas of involvement for this group could be handing out all state certificates at Division I,II,III, and IV State Track meets, Allowing active coaches to participate with their team during competition.

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

Chris Owens, our new past president, conducted the meeting on Sunday morning at the track and field clinic. Plans are to meet Sat. morning at the cross clinic in November. If you didn't get a chance to join in, we hope to see you at the cross clinic for some great dialogue. Go to mitca.org for more information.

CLINIC IN A NEWSLETTER

This part of the newsletter usually features a collection of workouts and/or training comments from coaches around Michigan. This "clinic in a newsletter" has articles that deal with the 100-110/300 Hurdler and a dominating pole vault program. Additionally we have articles talking about "summer track activities," hoping to encourage more participation in the summer. We welcome your suggestions for future CLINICS IN A NEWSLETTER

The 110/300 Hurdler

Rolando Eccleston/Head Coach/Ann Arbor Skyline Women's Track and Field

In this day and age of specialization and event specific athletes, finding athletes runners that are willing and capable of competing in both hurdle races has become somewhat difficult. With rigorous competition schedules averaging 2 meets a week, finding balance in practice schedules can also be an obstacle that needs to be overcome in order for athletes to be successful in both events. Here are a few tips and things to think about when approaching this topic that I used during my time as the hurdle coach at Ann Arbor Pioneer (2004-2012).

Just like the 110HH, there is an ideal and distinct rhythm to the 300IH that the athlete needs to understand and get a feel for. It's important for the athlete to know and understand although this is a longer race it is still a sprint and needs to be treated as such. Coming out of the blocks like you're sprinting a 200m in my mind is the optimal approach. From that point establishing a rhythm while sustaining momentum is key. Since a perfect race is a rare feat to achieve, the athlete must be prepared to alternate legs and adjust to other variables if needed.

Another key point that should be stressed is control. This is critical in maintaining balance and speed throughout the race. Again, just like in the 110HH's, a quick lead leg and powerful trail leg is essential. This allows the athlete to clear the hurdle quickly while maintaining the momentum that has been achieved in the race and will greatly benefit them in the end of the race. This also translates into balance that allows the athlete to be fast and fluid over the hurdle and throughout the race. A coaching point I have used to keep the runner square and balanced is to have them "follow the squares". Most hurdles have square blocks on the face of the barrier. I've had my athletes line their lead leg up with this square when they go into and over the hurdle. This keeps them square, in their lane and also helps in keeping their trail leg from going around the side of the hurdle, which can be common going around the turn.

All too often there just isn't enough time in the practice to get everything you want to get done accomplished, especially when dealing with hurdles. Being smart in training is a big part of success with dual event hurdlers. I feel that hitting every phase of the race is the best way to put your athlete in a position to succeed. Doing repeat 200's with all 8 flights of hurdles set up from different starting points on the track is something I've done to get the athletes familiar with different sections of the track. Also, I am a big proponent of having the athlete run past the finish line. An example of this would be to have the athlete run a 200 starting at the 150 mark, coming off the last hurdle and going 50m past the standard finish line. A good mixture of different distances and different combinations of hurdles (i.e. 300's with 1,2,7, and 8 or 400's with 1, 6, 7, and 8) keeps the athlete strong while giving them the skill of handling different hurdles of the race under different circumstances.

Lastly, the mindset of the runner doing these events is incredibly important. The athlete has to understand and acknowledge that this is a very difficult race, which is going to hurt. Embracing this knowledge of pain allows the athlete to be fearless and approach this race in an aggressive manner. As I stated earlier, taking it out like a 200m is so very important to getting the race started and establishing the athlete within the competition. The athlete needs to understand that there may be certain variables that arise during the race (wind, weather, hitting hurdles, etc.) and must not care about them. When it all comes down to it, the ultimate goal is to get to the finish line first so as long as that goal is kept in mind, this aggressive mindset will benefit the athlete greatly. Although there are some differences in the strategies of the two hurdle races, I believe the mental aspect is still the same....charge, charge, charge, and get to the finish line as quickly as you can. I feel that incorporating these principals will aid in helping your hurdler find success in both the 110HH and 300IH.

Reading T-Shirts on Saturday

Motivation determines what you do.

A DOMINANCE IN VAULTING

Scott Werner/Pewamo-Westphalia

When you walk into your school gym and glance up at your "Track Record Board", have you ever thought about how high off the ground the actual Record Board itself is? I'm guessing it is pretty high up on the wall for most schools. For a brief moment, I would like you to imagine yourself upside down and getting purposefully catapulted to the height of that very Record Board. I'll admit that thought makes me nervous, but it also helps me to appreciate the pole vault athletes that are willing to try such a daunting feat.

When I was asked to write about the success of the Pewamo-Westphalia's Pole Vaulting program, I found myself struggling with what I could share that would be new to the readers. Truth be told, we incorporate many of the same fundamental drills and concepts that many of you are already familiar with. My mentor (Howard Roberson/Bath) taught me from day one the importance of a consistent approach and a strong plant/take-off and this is where we have always put our focus in practice. It would not be an exaggeration for me to say that we do literally thousands of "plant drills" in a season to ensure that the most important part of the vault (the plant) is executed nearly perfect on every jump. This is probably nothing new to most Pole Vault coaches out there; if it is, stop reading this and get working on those "plant drills" immediately.

Where I think Pewamo-Westphalia differentiates itself from others is in the actual athletes that we have Pole Vault. Right or wrong, we rarely have our fastest or strongest athlete try Pole Vault. We instead look for the "free spirited" kids who are willing to try, learn and listen. We have found that these types of athletes often embrace the challenges of the event that so many others are afraid to try. I've learned over time that sometimes the most athletically gifted kid may never get past the fear of leaving the ground and getting upside down (and I mean "truly" inverted....not a half-hearted attempt) and they will be very limited with what they can accomplish. Contrary, the "free spirited" kids we have jump often get past the mental barriers of the event and attack it the way it should be done.

Seven of the last 8 years, we have been fortunate to have won the Girl's Pole Vault State title and have had multiple athletes earn All-State finishes in the same year. The common trait amongst all these athletes is that they all have consistent approaches, outstanding plants and "free spirits". If you are like us and go out of your way to just find the athlete that doesn't have the fear (and sincerely aspires) to get as high as the Record Board itself on the wall, then you will likely find the success that goes with it.

2013 IS AN EVEN YEAR SO:

GIRLS ARE FIRST in the running events.

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

BOYS ARE FIRST IN: High Jump – Pole Vault –

Shot Put

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

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

APPLICATIONS MUST BE MADE SATURDAY, AFTER THE FINAL MEETS AND BY NOON ON THE FOLLOWING MONDAY.

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

TRACK & FIELD FOR ATHLETES WITH DISABILITIES

John Greathouse/ATOM President & USATF- Michigan Vice Chairman

When I first worked a meet with disabled athletes, I was kind of taken aback. Not sure just how to talk or act for fear I would cross some line and offend someone. This kind of reactions is normal and let me tell you, the athletes who I got to work with the first time changed me for the good. Just be yourself, look past their disability and treat them like normal athletes. They will smell your fear and win you over!

I have found that a disabled athlete has more heart and spirit than an able body athlete. They have overcome an obstacle; missing an arm, blind, in a wheelchair, and have pushed through to compete!

This past summer I had the wonderful opportunity to officiate at the U.S. Paralympic Trials in Indy. The athletes, who competed there, some from around the world, was incredible! All of them I talked with were very open and will tell you about their disability, how it happened and how they deal with it. One young man told me how he lost his leg... He went on to win a medal in London!

If you have an opportunity to work or volunteer at a meet for disabled athletes go for it! You will be rewarded beyond your imagination.

For you to bring an athlete who has a disability on to your team is a challenge but not one that you cannot concur. First like you do with all of your able body athletes sit down and talk with them and learn their goals. Then learn more about their disability and what you will need to do to make their goals possible. This will include working with their teachers, parents, councilors and maybe medical professional but by doing that, you will develop a plan to successfully bring that athlete on to your team.

For a wheelchair athlete to compete in races they will need a racing chair. For assistance in locating one, contact the nearest Paralympic

Sport Club through <http://findaclub.usparalympics.org> to see how they can help you help your athletes.

For throwers you have options, the athlete can throw from their day chair or you can work with your shop class and build one custom for the athlete. Each throwing chair is built for the needs or disability of that athlete but certain things must be observed in all of them. Height of the seat including the pad, over hang, hold bars, tie down points and foot plates. The specs are in the PowerPoint link at the bottom of this article as well as at the IPC link;

http://www.paralympic.org/sites/default/files/document/130130093340111_2013_01_30_2013_IPC_Athletics_%2BRules_Regulations_Final.pdf.

I would like to thank the MITCA Clinic board who allowed me to present the Athletes with Disabilities program at the 2013 MITCA Track & Field Clinic.

As coaches and officials, we face the challenge ahead as we comply with the new requirements that have been made by Washington.

Another good source for assistance is Cathy Sellers, from the USOC / Paralympics, she is willing to help answer your questions to make your program a success, just give her a call.

Cathy Sellers | Dir., High Performance - Paralympics Track & Field United States Olympic Committee 27 South Tejon Colorado Springs, Colorado 80909 +1 719-866-3236

I have included a link to the PowerPoint presentation that was given at the ATOM and MITCA Clinics.

<http://atomofficials.com/resources/ATOM+Clinic+++Disabilitys.pdf>

Good Luck this season and see you at the track!



SUMMER TRACK – WHAT AN IDEA - DEARBORN DIVINE CHILD WEEKLY SUMMER TRACK & FIELD MEETS

Dearborn Divine Child once again will provide summer Track & Field meets for all ages. This is the 5th year in which we will bring fun and excitement to our local and surrounding areas.

This event was established to keep young kids active in the sport of Track & Field, during the summer months. Dearborn is a very active sports community for all ages, including Master athletes. At the time this event was started, there were no other small level track meets anywhere within a 100 miles radius of Dearborn.

At first, the goal was for kids to be able to

run during the summer without traveling far away to participate on a track club. The majority of the area's track clubs only care about getting the best kids to the National Championship. Once a kid doesn't qualify for the regional meet in the first week of July, there's no place for them to participate. That gives young athletes no incentive to continue in the sport during the summer. Most kids want to participate through the entire summer, which is why this event was started.

Remembering the 70's and early 80's, there were track meets every week during the summer for all ages, young and old. I understand the cost of facilities, lack of park

& recreation funding, and the lack of caring coaches, has caused the disappearance of weekly community track & field meets. The goal was to conduct 5 to 6 summer meets during the middle of the week and provide different races each week. Hopefully we can encourage 6 to 10 other communities around the state of Michigan to provide the same type of program. The concept of several communities having meets and then a championship in July or the first week of August. These communities would meet at one location to have fun but compete with others from around the state. Sanctioning with the USATF or AAU organizations is not

required. Yet it would be highly recommended that it is USATF sanctioned, for insurance purposes.

This program has been a success within our community. We have averaged 120 to 160 athletes each week.

If any community wishes to start this type of summer track program, please contact me if you need any assistance.

I am pushing for others to get more involved. We need more summer track meets in the State of Michigan. I hope the model in

Dearborn would provide a guideline for others to begin their track & field weekly series. If you are looking for track competition this summer, you are welcome to attend our event at Dearborn Divine Child High School. Come have some fun!

DIVINE CHILD HIGH SCHOOL SUMMER TRACK & FIELD SERIES

TIME: Field-5:30 PM Runnings-6:15 PM **COST:** \$4.00/ person (run as many events as you like) **AWARDS:** 3 Ribbons for first 3
AGE GROUPS: 6 & Under, EVERY 2 YEARS TO 18, every 10 years from 30, 60 & over.

DATES & EVENTS:

June 12, 26, & July 17: Discus, Shot Put, 110 / 100 / 80 Hurdles, 5000, 100, 50 Meters (6 & U / 7-8), 400 Hurdles, 400, 1600, 200, 4x100 Hurdles, 100, 50 Meters (6 & U / 7-8), 800, 200, 1600, 4x400
June 19, July 10 & 24: High Jump, Long Jump, 5000, 400 Hurdles, 100, 50 Meters (6 & U / 7-8), 800, 200, 1600, 4x400
Contact Info: Robert Glenn (313) 605-9386 Randy Williams (313) 283-4618 dchstrack@yahoo.com

ALL-COMER SUMMER MEETS - FLINT NORTHWESTERN

Flint Northwestern Hosts a series of All-Comer summer Track & field Meets. The meets are held at Flint Northwestern High with registration beginning at 5:30 PM. with competition beginning at 6:00 PM. The cost is \$1 per individual for unlimited events. Ribbons will be the awards.

June 18 Sprint – Run – Throw for athletes up to 13 years old

June 20 - June 25 – July 10 are half meets.

All meets will have a 100, 200 & High Hurdle race with the 200, 400, 1600 and 100, 800, 3200 alternating meets. The High Jump & Discus will alternate with the Long Jump & Shot Put between the meets. There will not be any vaulting.

KP ATHLETICS SUMMER VAULT SERIES - GRAND HAVEN BEACH VAULT

The Grand Haven Beach Vault is a carnival of vaulting. On the Lake Michigan Shores in one of the most beautiful places in the world. You can swim in Lake Michigan, shop in downtown Grand Haven, walk the pier and jump to heights yet unattained.

KP Athletics Summer Vault Series after the State final and runs until early until August each year. Dates have not been finalized as yet. Come out and learn to vault well with expert instruction! Once or twice a week or sessions are available. Complete information will be available at the web site: <http://grandhavenbeachvault.com>.

SUMMER MEETS WITH NATIONAL POTENTIAL.

There are 3 opportunities for our athletes to compete in track & field meets where they have the potential to qualify of a “national championship.” The Meijer State Games of Michigan have age groups from under 6 all the way to senior divisions with the full roster of track & field events, including the Hammer, Javelin and Triple Jump that is not competed in Michigan. If you medal at the Meijer Michigan Games you qualify and can participate in the State Games Of America. There is an individual entry fee for each event but you do not have to be a member of an organization.

The AAU & USATF Junior Olympic program requires you to be a member of either the AAU or the USATF organization to compete. The AAU Junior Olympics will involve the least amount of travel as the AAU Junior Olympic Games will be held at Eastern Michigan this year.

There will be a qualifier meet held June 27-30 with the site still to be determined. The USATF Junior Olympics will again be held at North Carolina A&T University, Greenville, NC. To qualify for that meet athletes must qualify in a State meet and then in a regional meet. Both of those meets will be held at Olivet College this year.

The AAU & USATF meets are limited to athletes 18 & younger with either 2 or 3 divisions covering junior high through high school ages. Complete information and registration information is available at the respective websites. Some take a little more than others to navigate. All of the registrations are not open as of this publication date.

June 23 The Meijer State Games of Michigan at East Kentwood High

FIELD EVENTS: High Jump, Long Jump, Triple Jump, Pole Vault, Discus, Hammer Throw, Javelin, Shot Put,

RUNNING EVENTS: 200/300/400m Hurdles, 100m Dash, 80/100/110 Hurdles, 400m Dash, 4 x 100m Relay, 800m Run, 50m Dash, 200m Dash, Mile Run, Fastest Kid at the Meijer State Games (100 meters), 50 Meter, 4 x 400m Relay

www.stategamesofmichigan.com

July 31 - August 4 State Games of America at Hershey, PA

The State Games of America is a biennial Olympic-style event featuring competition between State Games medal winners from across the nation. There are currently 31 states conducting or organizing statewide sports festivals known as State Games. If you receive a medal in your state's 2011, 2012 or 2013 State Games, you qualify to compete in the 2013 State Games of America.

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

MIDWEST TRACK & FIELD MEET
JUNE 15
Spuller Stadium, Ft. Wayne
Michigan – Indiana – Ohio Seniors only

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

Brian Salyers/Head Coach, Kim Spalsbury/Retired- Financial Sec. Emeritus

Coaches with potential candidates can contact our staff throughout the season to update them on their athletes. Our staff will be making final selections on Sunday, June 2nd. Finals decisions are weighted heavily on the performances at the State Finals. The Meet itself is Saturday, June 15th in Fort Wayne Indiana.

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

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

NCAA INDOOR TRACK & FIELD CHAMPIONSHIPS (former Michigan High School runners & Michigan college runners)

March 8-9 NCAA Division I Indoor Track and Field Championships/Randal Tyson Track Complex, University of Arkansas

Women: Long Jump: 6-Erin Busbee-j/Oh-Michigan 6.33m. Weight Throw: 2-Beth Rohl-s/New Buffalo-Michigan State-73' 2.5 Mile: 14-Shannon Osika-rf/Waterford Mott-

Michigan-4:43.43 **DMR: 1-Michigan**(Rebecca Addison-s/Grand Haven, Maya Long-f/Ann Arbor Huron, Jillian Smith-

ry/NJ, Amanda Eccleston-s/Tecumseh)-10:56.46(Tyson track record) Team Standings: 1-**Oregon-56**, 15t-Michigan-15, 25t-Michigan State-8..... 54 teams scored. It is U-M's fourth-ever NCAA crown in the DMR and first since 2005.

Men: **Shot:** 12-Cody Riffle-rso/Oh-Michigan 18.09m
Weight Throw: 9-Ethan Dennis-rj/Grandville-Michigan 20.53m,
Lonnie Pugh-rs/Grosse Ile-Michigan State-nm **5000:** 10-Dan
Lowry-rs/Pn-Michigan 13:54.41, 14-Bobby April-rs/Dexter-
Michigan 14:10.96 **Team Standings:** 1-**Arkansas-74**, 25t-
Michigan State-8, 54 teams scored.

March 7-9 NCAA DII Indoor Track & Field Championship/Birmingham Cross Plex, Birmingham, Alabama

Women: **High Jump:** 17-Alisha Weaver-j/Holt-Grand Valley St-5' 3 **Pole Vault:** 2-Kristen Hixon-j/Chippewa Hills-Grand Valley-13' 11.25, 3-Kayla Caldwelljrj/Oh-Hillsdale-13' 11.25, 15-Jacqueline Williams-so/St. Clair Shores Lakeview-Grand Valley-11' 7 **Shot:** 1-Sam Lockhart-s/Sexton-Grand Valley-55' 3.75, 15-Emerald Joiner-so/Arthur Hill-Saginaw Valley-43' 10
Weight Throw: 1-Sam Lockhart-s/Sexton-Grand Valley-69' 0.75(meet & facility record), 9-Jamie Smith-s/Gull Lake-Grand Valley, 58' 10, 10-Jessica Pilling-j/Can-Ferris State-58' 4 16, Kathy Dirksen-s/Oh-Hillsdale-55' 6 **60:** prelims: 11-Michaela Lewis-so/Flint Central-Grand Valley-7.59, 12-Brittney Banistero/Carmen-Ainsworth-Grand Valley-7.61, 20-Sashawna Bennett-so/Jam-Lake Superior State-7.77 **60 Hurdles:** 6-Kalena Franklinj/Ogemaw Hgts-Grand Valley-8.41 **800:** 7-Lisa Galasso-j/Lake Orion-Grand Valley-2:18.09 prelims: 13-Taylor Stepanski-f/Alpena-Saginaw Valley-2:12.56, 14-Amy Kerst-so/Munising-Hillsdale-2:12.74 **Mile:** 4-Monica Kinney-s/West Catholic-Grand Valley-4:50.48, 11p-Alison Work-f/Oh-Grand Valley-4:54.19, 14p-Katelyn Cliff-f/Walled Lake Northern-Grand Valley-4:57.85, 17p-Emily Oren-f/Hamilton-Hillsdale-5:20.73 **3000:** 2-Anna Rudd-s/Leslie-Ferris State, 9:42.87, 4-Emily Short-so/Tawas-Saginaw Valley-9:45.78, 9-Allyson Winchester-rf/Middville Thornapple-Kellogg-Grand Valley-9:55.76, 12-Jessica Janecke-so/II-Grand Valley-9:57.89, 14-Madie Rodtsj/Niles-Grand Valley-10:01.17
5000: 1-Anna Rudd-s/Leslie-Ferris State, 16:28.18, 8-Jessica Janecke-so/II-Grand Valley-16:48.64, 12-Courtney Brewis-j/Divine Child-Grand Valley-17:02.38, 14-Allyson Winchester-rf/Middville Thornapple-Kellogg-Grand Valley-17:16.53, 18-Molly Slavens-j/Canton-Grand Valley-18:08.98 **4x400:** 10-Grand Valley State University(Brittany Terry-f/East Kentwood, Brittney Banistero-f/Carmen-Ainsworth, Andrea Kober-j/Sparta, Kalena Franklin-j/Ogemaw Hgts)-3:47.41
DMR: 6-Saginaw Valley State University(Lauren Hill-s/Flat Rock, Diamond Taylor-j/Southfield, Taylor Stepanski-f/Alpena, Emily Short-so/Tawas)-11:42.30, 7-Grand Valley State University(Madie Rodts-j/Nilles, Andrea Kober-j/Sparta, Natalie Nelson-rf/Pinckney, Hannah Osborn-so/In)-11:45.02, 13-Hillsdale-(Victoria McCaffreyrj/FI, Erin Benjamin-s/Chelsea, Amy Kerst-so/Munising, Emily Oren-f/Hamilton)-12:10.23 **Team Standings:** 1-San Francisco Academy of Art-59, 4-Grand Valley, 41, 14-Ferris State-18, 21t-Saginaw Valaley State-8, 52 teams scored.

Men: **High Jump:** 5-Trent Chappell-so/Jenison-Grand Valley-6' 10, 10-Frank Sanders-j/Sterling Hgts-Saginaw Valley-6' 8 **Pole Vault:** 4-Raphael Gelo-s/Mn-Grand Valley, 16.75, 5-Bret Myers-j/Oh-Grand Valley-16' 4, 6-Kevin Leland-s/Oh-Grand Valley-16' 4, Tyler Grob-s/Pinckney-Saginaw Valley-nh **Shot Put:** 4-Matt Armstrong-s/Sexton-Grand Valley-57' 2, Darien Thornton-f/Oh-Grand Valley **Triple Jump:** 14-Tendo Lukwago-f/Farmington Hills Harrison-Grand Valley-47' 2. **Weight Throw:** 6-Blake Donson-rf/In-Grand Valley-61' 11, 7-Darien Thornton-f/Oh-Grand Valley-61' 9, 10-Donny Stiffler-s/Williamston-Grand Valley-59' 7, 14-Lee VanKampen-so/Zeeland East-Grand Valley-57' 3, 15-John Banovetz-j/Wi-Hillsdale-55' 9 **400:** prelims: 11-Maurice Jones-j/Lumen Christi-Hillsdale-48.15 **800:** 3-Ethan Barnes-rf/Caledonia-Grand Valley-1:51.08 **Mile:** prelims: 17-Matthew Perkins-so/Hillsdale-4:29.33 **Heptathlon:** 2-Justin Balczak, Lake Superior-5664, 4-Tyler Grob-s/Pinckney-Saginaw Valley-5344 **4x400:** 3-Grand Valley State University(Nathaniel Hammersmith-j/Oh, Chris Teitsma-j/Allendale, Logan Hoffman-j/II, Mohamed Mohamed-j/East Kentwood)-3:13.06 **DMR:** 3-Grand Valley St.- 9:51.17(Nicholas Wharry-f/Ionia, Nathaniel Hammersmith-j/Oh, Jeremy Wilk-j/II, Larry Julson-j/Potterville)-9:51.17 **Mens Team Standings:** 1-St. Augustine's-72, 4-Grand Valley, 43.5, 21t-Lake Superior State-8, 30t-Saginaw Valley-5, 49 teams scored.

Sam Lockhart/Lansing Sexton-Grand Valley State a senior took home NCAA DII individual titles in both the weight throw and the shot put. When she broke the DII Indoor Championships record in the weight throw with a mark of 69' 0.75 to defend her 2012 title by more than three feet. All but one of her five successful attempts would have won the title. Lockhart qualified for the Championships as the No. 1 seed with a DII all-time record heave of 70' 6, and recorded the top seven throws in the division for 2013.

She followed her weight throw title with a shot put crown the next day, tossing a 2013 DII-best mark of 55' 3 on her final attempt to win by nearly five feet. As was the case in the weight throw, all but one of her five successful attempts could have won the championship. She qualified as the No. 1 seed in the event, and recorded the division's top 16 throws for 2013. She won 15 of her 16 shot put and weight throw events this season against DII competition.

Blaine Maag/Grand Valley State was named the 2013 NCAA Division II Indoor Track & Field Assistant coach of the Year by the U.S. Track & Field and Cross Country Coaches Association (USTFCCA). Maag, the throws coach at Grand Valley State in his second year, coached a nation-leading six men's NCAA entries in the shot put and weight throw combined. At GLIAC Championship, his athletes accounted for 26 team points helping GVSU win their 13th title in 14 years..

3/8-9 NCAA Division III Indoor Track and Field Championships/Al C Carius Track-Residence Hall/Recreation Center, Naperville, IL

Women 5000: 2-Nicole Michmerhuizen-so/Holland Christian-Calvin-16:57.67 **Team Standings:** 1-Wis.-Oshkosh-56, 23-Calvin-8 64 scored.

3/2-3 USATF INDOOR CHAMPIONSHIP/Albuquerque Convention Center in Albuquerque, New Mexico

Women: **Pole Vault:** 4-Janice Keppler/EMU, 15-1 **60:** 3-Shayla Mahan/Mumford-South Carolina-7.19 **3000:** 5-Rachel Patterson/Rochester Adams-Miami, O-9:36.18, 10-Elizabeth Graney/Grosse Pte North-WM & Mary-9:53.43 **Pentathlon:** 2-Bette Wade/Northville High-UofM-Nike-4333
Men: **Mile:** 1-Will Leer-3:58.79 3000: 1-Will Leer-8:07.84 Will trains with Ron Warhurst.

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

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

DIVISION I: Boys: University of Detroit Mercy-3.388, Central Michigan-3.25, Michigan State University-3.122, University of Michigan-3.013

Girls: Eastern Michigan University-3.662, Western Michigan University-3.527, Detroit Mercy-3.44, University of Michigan-3.36, Central Michigan-3.3488,

DIVISION II: Boys: Michigan Technological University -3.42, Hillsdale-3.334, Wayne State University-3.33, Lake Superior State University-3.296, Saginaw Valley State University-3.24, Grand Valley State University-3.11, Ferris State University-3.026, **Girls:** Saginaw Valley State University-3.503, Michigan Technological University -3.45, Wayne State University-3.39, Saginaw Valley State University-3.347, Ferris State University-3.332, Grand Valley State University-3.312, Hillsdale College-3.293, Northern Michigan University-3.22, Lake Superior State University-3.125,

DIVISION III: Boys: Calvin College-3.47, Olivet College-3.31, Hope-3.26, Calvin College-3.198, Adrian College-3.15, Albion College-3.15 **Girls:** Albion College-3.56, Hope College-3.49, Albion College-3.47, Olivet College-3.28, Olivet College-3.25, Adrian College-3.1.

2/24/13 Brooks PR Invitational/University of Washington Dempsey Center - Seattle Wa.

GIRLS: **60 Hurdles:** 4-Samantha Mitchell-s/Reed City-9:00 **800:** 1-Hannah Meier-s/Grosse Pte **BOYS:** **60 Hurdles:** 2-Freddie Crittenden-s/Utica, 7.82 **Mile:** 8-Connor Mora-s/Cedar Springs-4:13.
South-2:07.45(meet rec. - #1 US in 2013), 5-Ersula Farrow-so/Grosse Pte South-2:11.13, 7-Jamie Morrissey-s/Rochester Adams-2:13/54 **Mile Run:** 2-Haley Meier-s/Grosse Pte south-4:46.56
2 Mile: 1-Erin Finn-s/West Bloomfield-10:08.24 (meet rec. - #1 US in 2013)

Jennie McCafferty/MICHIGAN RUNNING NEWS helped compile the NCAA, USATF & High School Indoor Information.

March 8-10 NEW BALANCE INDOOR NATIONALS at New Balance Center/The Armory, New York

Girls

Pole Vault: 1-13' 8.5 14-Janina Pollatz-s/GR Christian-KP Athletics-12' 0.75
400: 1-Lauren Burnett-s/Macomb Dakota-56.46 **800:** 2:03.59 9-Ersula Farrow-so/Grosse Pointe South-2:12.24 **Mile:** 1-4:40.62, 2-Hannah Meier-s/Grosse Pointe, 4:40.97, 8-Reagan Anderson-s/Adrenaline Tc-4:53.60, 14-Haley Meier-s/Grosse Pointe South-4:59.83 **2 Mile:** 3-Audrey Belf-so/Seaholm-10:22.46, 26 Kelsie Schwartz-j/Grosse Pointe-South- 11:00.16 **5000:** 2-Erin Finn-s/West Bloomfield-16:18.02, (Winner Wesley Frazier 16:18.01) **4x400:** 5-Motor City Track Club(Courtney LaShae Hewitt-j, Anna Jefferson-f, Carlita Taylor-8, Johnyce Powell-so/Oak Park-59.99)-3:52.18 **4xMile:** 1-Grosse Pointe RC(Grosse Pointe South) (Kelsie Schwartz-j, Ersula Farrow-so, Haley Meier-s, Hannah Meier-s)-20:02.80, 4-Spirit of Pre(Saline)- (Elianna Shwayder-j, Lauren Green-so, Alyssa Cummings-s, Gloria Park-j)-20:48.83
Emerging Elite: High Jump: 26 Kayla Dobies 16 Una-Mi-Macomb,Macomb 1.51m 4-11.50 **60:** 1-Sekayi Bracey-j/East Kentwood-7.63 **200:** 2-Savannah Roberson-j/Ypsilanti Lincoln-24.82, prelims: 14-Carlita Taylor-8/Motor City T-25.46
Freshman: 400: 1-Freshman) Anna Jefferson-f/Oak Park-Motor City TC-57.14
Mile: 26 Lashae Bowens-f/Motor City Tc- 5:32.54 **4x800:** 1-Spirit of Pre(Saline) (Elianna Shwayder-j, Gloria Park-j, Alyssa Cummings-s, Lauren Green-so)- 9:24.75
Freshman: 6: 1-Sekayi Bracey-j/East Kentwood-7.65

Boys

60 Hurdles: 1-Freddie Crittenden-s/Utica-7.72 **1600:** 4-Connor Mora-s/Cedar Springs-4:10.28 **1600 Sprint Med:** 4-Motor City TC (Malik Washington-s/Oak Park, Dominick Lemonious-s/Oak Park, Maurice Allen-j/Oak Park, Stevie Scott)-3:38.15 **4x400:** 7-Motor City Tc(Maurice Allen-j/Oak Park, Dominick Lemonious-j/Oak Park, Malik Washington-s/Oak Park, Stevie Scott-j)-3:22.24 **4xMile:** 14-Spirit of Pre(Saline)- (Anthony Lamus-s, Grant Praschan-s, Dylan Jennings-s, Andrew Kitto-s)-17:51.45
Emerging Elite: Long Jump: 3-Ali Taha-j/Novi-22' 3 **60:** prelims: 27 Wan'ya Williams-j14-Ypsilanti-7.16, 36 Malik Peacock-s/Ypsilanti, 39-Darryl Couch-j/Michigan All Stars-7.22, 38 Austin Otterbridge-s/Grand Rapids Christian-7.22, 41 Duane Boyd-j/Ann Arbor Huron-7.24 **60 Hurdles:** 18p-Dominick Lemonious-s/Oak Park-8.25 **200:** 14-Darryl Couch-j/Michigan All Stars- 22.56, 15-Duane Boyd-j/Ann Arbor Huron-22.57, 19 Wan'ya Williams-j/Michigan All Stars-22.61, 62 Malik Peacock-s/Ypsilanti **400:** 3-Maurice Allen/Oak Park-49.77 **800:** 19 Torin Wile-s/Br. Rice- 1:59.45

MHSAA RULES & REGULATIONS COMMITTEE

David Emeott/MITCA Political Liaison- East Kentwood

Hello coaches,

This past week I had the privilege to represent you at the MHSAA Rules and Regulations meeting for Track and Field and Cross Country. As the MITCA representative, it is my responsibility to bring our passed proposals from the business meetings to the MHSAA group. It is also my job to represent you and your voice. As a group we represent 63% of all the High Schools in Michigan and this gives us a powerful voice.

At this particular meeting I was charged with bringing 4 proposals which were passed by the Cross Country committee through our members who attended the CC clinic in November. Of the 4 proposals we brought to Rules and Regs, we were only able to pass one proposal. This proposal is to increase the number of CC regionals from 9 to 10. The next step for this proposal is Representative Council. If this passes Representative Council it will be enacted upon as soon as next season. Over the past few years Rules and Regs has changed in its make up. It now has more members from Rep Council which helps us to pass only proposals which will be looked upon favorably at the next level. It can be frustrating initially when a proposal passes our association with more than 70% approval and then fails Rules and Regs. We appreciate the feedback we receive from the Representative Council members which helps us to pass proposals which are likely to be enacted in the future.

As a part of the Rules and Regs committee we are joined by members of the Officials Association, Representative Council, Regional and State meet directors, Committee Chairs and several other concerned coaches. Each of these group members has the right to bring any proposal they feel will help to make our sport better. If a proposal is brought by someone other than our association, it is my obligation to share with the group that this proposal has not been seen by the coaches association. This does not always mean a proposal will fail but it does inform the rest of the group of where we stand on the proposal. In this past meeting 6 additional proposals were brought to the group for consideration. 5 of these proposals failed and will not be carried to the next level. One proposal did pass Rules and Regs and may be taken to the Games Committee. The proposal which passed was the elimination of Semi's at the State finals meet. I did voice that at last spring's meeting this proposal had failed by a 65% to 35% vote. There was a lot of discussion with the eventual vote being in favor of this proposal. I will discuss this further at the Business meeting with a full explanation. I know this may cause some members to question the process, but I want to assure you that your

voice is being heard at the next level and we are still a major piece of the puzzle.

March 24-- IAAF WORLD CROSS COUNTRY CHAMPIONSHIPS

at Bydgoszcz, Poland

Neely Spence Gracey lead the USA Women to a 4th place finish with 90 points in the Senior Women's IAAF Championship. Her time was 25:08, the winning time was 24:24. Kenya won the meet. Neely Spence Gracey is from Pennsylvania is part of the Hanson's Distance Project. In the Men's Race, Ben True's sixth place finish was the highest at the world championships since Todd Williams/Monroe was ninth in 1995 in Durham, England. The Men's team was 2nd behind Ethiopia.

Erin Finn/West Bloomfield finished 34th with a time of 20:03 as the USA Juniors Team finished 6th with 105 points. Kenya won the race with 14 points and the winning time of the race was 17:51. Ethiopia won the Boys race with 23 points while the USA was 4th with 106 points.

MITCA MEMBERSHIP FORM

You must be a member of MITCA by:

Oct. 1 for Cross Country **May. 1** for Track & Field to be considered for:

COACH or ASSISTANT COACH Of The YEAR honors.

Name _____ New Address

Home Address _____

City _____ State _____ ZIP _____

Home Phone _____ email _____

In what year did you begin coaching? _____ Mail my newsletter

Number of years coaching _____ CC _____ Track & Field _____
Coaching assignment? Mid. S. H.S. Univ. Retired

School Name _____

School Address _____

City _____ State _____ ZIP _____

School Phone _____

School Classification A B C D

CC Div. 1 2 3 4 T&F Div. 1 2 3 4

Mail with \$25 to: Jerry Lasceski, Treasurer
1691 N. Hinson Road
Fairgrove, MI 48733-9503

Retired Lifetime Membership: \$100

see mitca.org for details

IN THE BULL PEN:..... MIDEAST QUALIFIER The 2013 Cross Country Clinic will return to Mt. Pleasant next year. Right behind the motel is one of the better cross country courses in mid-Michigan. MITCA is trying to arrange to host the MidEast qualifying meet on that course, Saturday after the Clinic.

in the bull pen cont.....

HALL OF FAME INDUCTEES: Congratulations to Randy Williams/Divine

Child Track & Field Coach as he will be inducted into the NCAA Division 2 Track and Field Hall of Fame. Randy went to Kentucky State University and

was a 2 time NCAA D-2 400 Meter Hurdle Champion and a 10 time NCAA D-1 and D-2 All-American in the 400 Hurdles, 1600 Meter Relay and 400 Meter Relay. Randy will be inducted May 22 in Pueblo, CO. The UNITED STATE TRACK & FIELD AND CROSS COUNTRY COACHES ASSOCIATION (USTFCCCA) sponsors the Hall Of Fame. Randy is currently Detroit police officer and Afghanistan War veteran

Congratulations are also in order to Dave Bork/Monroe & Steve Linn/Harbor Beach who will be inducted into the Michigan High School Coaches Association Hall of Fame this summer.

NEW MITCA MEMBERS - 50% off Clinic Registration

There were about 100 new MITCA members that took advantage of the 50% off their first time MITCA clinic registration. MITCA is planning on offering the 50% off to a new member that is attending their first MITCA Clinic this coming fall. If you have assistants that have never attended a MIYCA Clinic or know of new cross country coaches in you area please invite them to attend the Cross Country Clinic and take advantage of the 50% offer.

John Greathouse's article on the disabled athlete will become more relevant as time goes on with the Department Of Education's mandate that schools provide opportunity to disabled athletes. I was involved in the 1987 Special Olympics at Notre Dame and has a real learning experience. Several years ago a school we competed against had a wheel chair athlete that did the 100. As John stated these athletes want to compete.....

ON THE LINE:.....

The section "SUMMER TRACK - WHAT AN IDEA" is about trying to encourage track activities for all during the summer. Your editor remembers back to the '70s when MITCA encouraged it members to host "All-Comer" track & field meets for all ages. For several years at Brandywine we hosted at least 1 "All-Comers" meet with events from the "toddlers 50" through the open pole vault. A quarter/event entry fee was charged, ribbons were the awards, parents and even the athletes served as officials so there could be the opportunity for track & field participation by all.

This was a time when the CANUSA Games had started in the Flint area. Berrien County ran the CANAMAR Games. South Bend, In. started its SUMMER TRACK CLUB where 4 high schools had a program of track instruction for 6 or 7 weeks and a league with meets, a league championship meet and 3 day multi-events meet. Brandywine ran a summer multi-sports camp, which included track & field and joined in the South Bend Summer Track League. Mishawaka, In. High ran 4 half meets. The CANAMAR program was running. There was activity on the track well into July.

Athletes knew they didn't have to be in "season" shape to participate just decent condition, enough to keep their "skills sharp." Former high school athletes would jump in and have a "race." The young got introduced to track & field. I remember when we ran the "Toddlers 50", the gun was shot and it was not uncommon to see a third of the participants run the direction they were supposed to, a third run the other way and a third stand there and some even cry.

This led to some of the best track & field teams I had and one of the best eras for track & field in our area. When we finally got a track at South Bend St. Joseph in the late '90s, where I was coaching at the time, I started some half-meets and again this led to the best teams I had there.

The AAU Junior Olympics has been around for a long time. I was the Track & Field Director when they were held at Notre Dame in 1983. The USATF has developed a similar program. These are outstanding events and have done much for out "top tier" athletes but track & field has always done well because we have had so many participants. Now with all of the "little league" programs many of the young do not get into track & field because the are in "little league" or travel for other sports.

The All-Comer" meets give the young a chance to try track & field without all of the time constraints that an "organized team" requires. Many of my Brandywine athletes, at the time of all this track activity, got their first introduction to track & field through these summer activities. These "all-comer" meets introduced our grandchildren to track & field a few years ago just like they introduced our children back in the '70s. As a matter of fact when our 4 & 6 year old grandchildren in North Carolina found out their cousins in Michigan were running in meets they had their father find a meet so they could run in one.

Through article by Randy Williams, on the Divine Child Summer Meets, it is hoped that others will consider adding "all-comer" meets to their facilities in the summer. The Flint Area has long been a hotbed for track & field from the dominating days of the Saginaw Valley League to the CANUSA GAMES and it still has strong track & field in part to the continuation of 'all-comer" meets, now held at Flint Northwestern.

Nothing fancy is needed, just a chance to run a race, get over some hurdles or land in a pit. Athletes are thankful for the opportunity and generally are more then willing to do their part to make it happen. Coaches can pull the trigger. Athletes and parents can run the field events. Athletes and parents are the timers that make **SUMMER TRACK HAPPEN!!!!!!!!!!!!!!**.

As always the case, time moves quickly. Had some computer problems and then lost my internet for a couple of days. Seems the filter went bad so my internet was unreliable until I found out that was the cause. Weather reports around Niles look to give a "nice" start to the outdoor season. Hope you have a fast season.....jgm

Kermit Ambrose 101 Club

February 11, 2013

Dear MITCA Member,

The MITCA Executive Board is pleased to announce the overwhelming success of our Kermit Ambrose 101 Club project. Through your generosity we were able to raise over \$6200.00. At the recent Track and Field Clinic over 40 Ambrose 101 Club members celebrated by enjoying a Kermit Chocolate Sundae. Your donations to the Ambrose 101 Club will be used to help fund the "Team Michigan" competing at the Midwest Meet of Champions (track & field), the Mideast Meet of Champions (cross country), and the Kermit Ambrose Scholarship. Kermit Ambrose was instrumental in establishing these meets as a MITCA responsibility and it is only fitting that the support of this organization comes in his name. Your contributions are tax deductible. It is not too late to contribute in any amount. Your contributions are tax deductible and our identification numbers are listed below. We hope to make this a regular part of our clinic banquets.

There is an application for the Kermit Ambrose 101 Club on the last page of this newsletter.

Thank for your support,

Steven R. Porter
MITCA Public Relations

State Non-Profit Identification Number : 705219
Federal Identification Number : 38 2493122

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TRACK & FIELD ISSUE

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