

MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

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www.mitca.org

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

TRACK & FIELD CLINIC
Lansing Best Western
Feb. 6-7-8 2014

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the presidents lane continued.....Lastly, when changes are made to the sports we love that make the experience better for the athletes, coaches, parents and fans it is because people have served on committees in their free-time to make these important changes happen.

MID EAST QUALIFIER AT THE CROSS COUNTRY CLINIC

Mark Scoles/Monroe H MidEast Coach

I'm pleased to announce an exciting change to the Mideast Meet of Champions qualifier. Historically, the MEMOC qualifying race took place at Sharp Park in Jackson on the Sunday following the cross country clinic. This year, with the support of the Central Michigan University Cross Country Program, we will hold the qualifying event at the conclusion of the clinic on Saturday, November 9th on the CMU Disc Golf Course located behind the Comfort Inn.

Like prior years, registration will take place on site, on race day. There is no registration fee and the event is open to any Michigan high school senior. The new location and date affords a greater opportunity for exposure amongst MITCA members. In addition, MITCA has made arrangements for Billy Mills to speak to the senior competitors prior to the race.



Last year's turnout was great; 112 seniors showed up hoping to make Team Michigan. The following week, our Michigan boys won the Mideast Meet of Champions in Kettering, Ohio. Erie Mason's Nick Raymond, at the left, led the way, winning the individual title. The girls finished 4th.

This is an awesome event for our kids and association. I was fortunate to be able to work with Mike Woolsey for several years prior to taking the team over in 2012. Mike and Kevin Hanson did a tremendous job with the qualifier and championship event. Donning the royal blue, girls below – boys lower left, they led many of the top names in Michigan cross country history to represent our great state.

As we have planned for this change, the MITCA executive board has been incredibly supportive. As a committee, we're dedicated to the continued success and overall experience our seniors enjoy as part of Team Michigan.



The competition is awesome, but it's really being part of the team that kids remember. The experience of being on the team, coming together and making friends is unique and sets the event apart from the other post season championships.



Whether you have a senior looking for one more race or an athlete with the ability to finish in the top 12 and contribute to Team Michigan, please encourage them to join us Saturday, November, 9th.

When: Saturday, November 9th Girls – 1:00pm – Boys – 1:30
What: MidEast Meet of Champions Qualifying Race
Where: CMU Disc Golf Course – Registration on site
Pictures are from the MidEast team.

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

A Call to Get Involved. The Michigan Interscholastic Track Coaches Association is an incredible organization. Providing scholar-athletes competitive opportunities, educating coaches, recognizing important people within our sports and working towards improving Track & Field and Cross Country is what MITCA strives to achieve. In achieving these four key objectives a lot of participation is required however. MITCA is successful because of the volunteer efforts of many.



When our Michigan athletes get to compete in the Mid-West or Mid-East Championships, it is because coaches have stepped up to the plate to select, organize and guide that team to success. When the annual XC and Track & Field Clinics provide coaches with presenters that have expertise that cover every aspect of our sports, it is because someone has volunteered an incredible amount of time to make it happen. When the best coaches and athletes within Track & Field and XC in addition to the various important people that make our programs a success are recognized, it is possible because someone has taken on the extra

challenge of making sure these important individuals receive the recognition they rightly deserve.
continued next page

This is all possible because people have taken on important roles within MITCA. It is incredible that such an organization exists within Michigan but it does not do so without human care. It has required a number of individuals in the past to take the charge of accomplishing the important objectives of the organization and will continue to need individuals to step up in the future. If you feel strongly about the role the Michigan Interscholastic Track Coaches Association plays for us and everyone interested in Track & Field and Cross Country, I ask you to take on the challenge of playing a larger role within the organization. If you are interested in taking on that challenge please contact me.

CLINIC IN A NEWSLETTER This part of the newsletter features a collection of workouts and/or training comments from coaches around Michigan. This "clinic in a newsletter" has three articles from coaches who have had athletes participate in the "extended" seasons, approaching all year training. It seems like this growing more each year. If you have suggestions for topics or would like to submit an article contact me, Jim Murray/Newsletter Editor.

Coaching the elite runner for extended seasons in Cross Country and Track.

Ted Sabinas, Cedar Springs High recently retired (2012)

Ted coached Cross Country for 28 years and Track & Field for 19 at Cedar Springs. Landon Peacock was a State Champion in Cross Country and the 3200 won the Mitca MidEast Meet and was 5th. Place in the Footlocker. Connor Mora was a 2x State Champion in the 1600 and won the 800, qualified for Footlocker, ran a 4:08 1600 meters during the extended track season and was the MITS Indoor 1600 meter champion.

12 thoughts on coaching elite runners for extended seasons:

1. The extended season will provide many highs and lows for the elite runner; the experiences gained will be invaluable when competing at the college level. Elite runners in high school will likely be recruited by elite programs and will be competing against other exceptional runners with a lot of experience. Running is not just about high levels of training but also about running smart. Running smart is not inherited but gained from experiences both positive and negative; it has been my experience that runners who raced in big races outside of the state gained tremendous experiences that they could not have learned by racing only in Michigan.
2. The runner must believe that the coach is enthusiastic about coaching during the extended season and looks forward to the extra time added to the season.
3. The runner must also be enthusiastic about the challenges/opportunities that will occur during the extended seasons. It will likely come with wins and losses.
4. Parents need to also be enthusiastic and committed to the costs involved. Depending on the athlete's schedule of races the costs can reach into the thousands of dollars.
5. Upon the conclusion of each extended season time off should occur. I recommended 7-14 days. Most runners will struggle with 14 days so expect something less.
6. Usually the workouts become more intense during the extended season, provide easy days after exceptionally hard workouts. Easy should consist of slow, slow and short. If you worry about burnout because of the long seasons then do not have the runner race 4 races every track meet and don't push to max out in every race. Some races are just for a win having fun and not for records. No one can set records every time they race.
7. The runner should take one day off per week if possible or at least one every 10-12 days, depending on easy days and race schedule.
8. If records are broken during the extended season make it count for a school record.
9. Inform everyone possible about the athlete's accomplishments and where and when he/she will be racing. Inform the administration, school board, announce during school announcements, make sure the local newspaper is informed, TV if possible, and all of your personal friends. This becomes great publicity for the runner but also for your program and school. It may also help with school funding for the coach to travel to many of the meets.
10. Pay close attention to aches and pain, prevention is much better than a cure. Ice baths are helpful. The school trainer can also be very helpful but don't let your personal experiences take a back seat if the trainer doesn't have a distance runners mind set. After each workout spend time talking with the runner about his/her aches, pains, fatigue, and workouts for the next few days. Include the runner in the formation of workouts. Runners have tremendous knowledge and can be very valuable in determining the correct workouts.
11. Change the locations of the daily workouts. Runners get bored with the same area day after day so take them to new locations. Burn out prevention can be prevented by adding easy days, days off and varied locations for training. The elite runner is highly motivated and will remain focused over long periods of time. Soon they will enter college and the workouts and time commitment will drastically increase and the high school workouts will be looked back upon as easy.
12. Extended seasons are not for every athlete or coach, but for the runner who thrives on additional challenges and experiences, extended seasons may be beneficial.
If you have any questions or thoughts that you would like to discuss you can email me at tsabinas@yahoo.com

THE POST SEASON Royce Humm/Breckenridge High

Royce is the coach of Kristen Olling, who has been dominating the D4 distances since her freshman year.

I've been asked to share my thoughts on post-season meets and training. Post-season meets can be fun and challenging. They can also be dangerous if the proper planning and training does not take place.

Planning for post-season meets depends on a lot of factors for each individual athlete. Is their individual success at State Finals impacting a team goal? Are they a senior going for the best possible result or an underclassman going for experience? Does their performance at these meets improve their collegiate aspirations?

The answers to these questions along with many others will drive the training schedule after State Finals. I start by planning for the event from the beginning of the season. We identify the goals and objectives for the post-season meets and how they relate to the actual season. I say 'we' because I prefer to have the athlete invested into the plan. I encourage them to pick one or two post-season meets because some of the races have regional and national rounds.

I build our workouts so they are in optimal condition for racing at State Finals. For me, this is the big one. There is no denying the merit of

the post-season races, but I am coaching them to accomplish their best possible times at MHSAA State Finals. The post-season work is the icing on the cake.

Warming up is critical during post-season training. I believe it is an important part of the workout all season long. However, at this point in the season, we keep a close eye on properly warming up and getting the muscle groups ready to work. The timing is important to get the athletes warm and go right into the workout.

After State Finals, we do a few days of recovery runs. The distance

the post season continued.....

and pace depends on the athlete; it should be what their normal recovery is to clean out their system. Then we go into a weekly rhythm that includes at least one long run, a couple recovery days, and a couple speed work or interval days. By this point, the weekly mileage is still less than at their peak mileage a few weeks before State Finals. The interval work is the same volume and intensity as the week of Regionals.

My final piece of advice is “the hay is in the barn.” The athlete is in (or at least should be) great shape at State Finals. All you need to do is keep the tank topped off, not rebuild or expand their capacities. Keep the focus on staying healthy and ready to run. Good luck to everyone this fall!

Reading T-Shirts on Saturday

Obsessed is what the lazy call the dedicated.

Managing the “Three-Season” Athlete

Brian Boze, Head Coach, Saline Track & Field & Michael Smith, Head Coach, Saline Cross Country

Saline High has had one of the most active off season programs in the State of Michigan under the “Spirit of Pre” banner. There are regularly represented in the nations competitions indoor and outdoor.

High school track and field has never been more exciting. State records are being set, dynamic athletes such as the Meier twins, Sekayi Brace, and Cullen Prena are not only all-state caliber but are nationally ranked, and the opportunities to compete have never been greater. Unlike the “old days” when track was basically a wet and cold April-May season, opportunities now exist for track and field athletes to compete throughout the spring – and the winter and summer. It’s exciting to potentially have such an expanded season, but these extra days and weeks and months of training and competing can also cause its own set of potential problems. Too much training and too many competitions and a never-ending track season can be a recipe for fatigue, burnout, and injury. So the question is – how does an athlete perhaps utilize this expanded winter-spring-summer track season and not suffer from the fatigue/burnout/injury syndrome?

Depending on one’s location in the state, there may very well be a local track club available, which can provide opportunities to train and compete well beyond the normal spring track season. Many of Michigan’s top track and field athletes are members of a track club and are involved in a year-round program. A year-round training program obviously has many positive points, but the fatigue/burnout/injury syndrome mentioned above must also be a consideration. The key is to have a program that emphasizes moderation and a gradual buildup over an extended period of time. Successful track clubs are those that stress gradual increases in fitness, that never forget the “big picture,” and offer opportunities to compete but also offer flexible scheduling and a relaxed, easy-going environment.

Most successful indoor programs/clubs have no problem attracting athletes. All one has to do is show up at UM on a Friday night in January to see the demand and the popularity of Indoor Track. Good indoor programs do not put excessive demands on their athletes. After all, it IS the off-season. For that reason, it’s a good idea for track clubs to not have strict practice schedules. If kids have to work or have school projects or a big test the next day, they should be able to determine their own schedule. Furthermore, athletes should know that if they are struggling on a given day with a workout, they can decide on

their own if they are doing some of that workout – or to take a day off. Flexibility is the key for indoor kids. Keep it fun and relaxed. It’s a long time from January to June.

While there are many indoor club members who compete regularly, there are also many who never compete. That should be their decision. Some are there just to train. They are content to wait to compete until the spring – when it really counts. For those who do compete, the question is how to find a balance? How does an athlete compete...but not end up running her/his best time of the year in the Indoor State Meet? To strike that delicate balance one needs to define the parameters of both the Indoor and Outdoor seasons That can be done by simply starting with the Outdoor State Meet and working backwards to say January 1. View that time period as one total season – not as two separate seasons. In this manner, one can judge when to take breaks and when to press on the training a bit. The idea is to not push too hard toward any particular indoor goal – like the Indoor State Meet.

A balanced approach allows athletes to utilize the indoor season as a means for improvement, not as an end to itself. The message is moderation. Do kids need to compete every week? No. Do they need to travel much during the Indoor season? No again. A trip or two to Grand Valley’s spectacular 300 meter track is a nice treat during the winter, but most athletes are content to not be sitting in a car for many hours each weekend on the way to “the next meet.” A relaxed approach allows for rest, homework, and recovery – both physical and mental. Most coaches would agree that the Outdoor State Meet is the priority – not a meet in late February or early March. If the right approach is taken, athletes are still “ready to go” even after the State Meet in June. And that means if the same low-key approach is taken during the summer, additional off-season conditioning and competing can take place just as it was done in the winter.

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



Michigan Interscholastic Track Coaches Association

MITCA

Academic All-State Award

Cross-country

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

NEW MITCA MEMBERS - 50% off Clinic Registration

The 2013 Cross Country clinic is coming up soon. Tentative lineups and schedules can be found at mitca.org Registration forms are also available.

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

NATIONAL FEDERATION RULES CHANGES - 2014

Editors note: The following are rules changes for 2014 adopted by the National Federation of State High School Associations (NFHS). We will find out how Michigan adopts the changes in the rules meetings this winter.

3-1-2 No meet official, including meet referee and jury of appeals, shall set aside any rule.

Rationale: Clarifies within the rules that the referee, meet officials or jury does not have the authority to set aside a rule except as provided under special circumstances.

3-8-8, 3-2-4k, 3-2-7 The use of electronic communication devices is permitted during meets in unrestricted areas, coaches' boxes; however they may not be used for any review of a referee's decision or to communicate with an athlete during a race or trial.

Rationale: Technology advancements in the area of electronic audio and video have made such items easy to use and very accessible. Their use, if not used for communication during the actual competition when a competitor is on the track or completing a trial, no longer creates an advantage or disadvantage among competitors or teams and can serve as a coaching tool.

3-19-3, 7-5-5 Removes the requirement that the implement inspector shall inspect vaulting poles and the responsibility rest with the field referee or head field judge.

Rationale: The implement inspector's expertise is in the throwing implements, not the vaulting poles. The scales typically used are limited to 40 pounds; therefore, are not usable for this purpose. This provides for a more efficient and practical process.

4-3-1c(7c), notes 1, 4-3-2, 9-6-1c(7) Any visible undergarment worn underneath the uniform bottom that **does not** extend below the knees is now considered a foundation garment and not subject to single, solid color rule. An undergarment extending below the knees shall meet all requirements regarding a visible undergarment.

Rationale: Compression-style shorts that extend beyond the length of the uniform short, but above the knees are frequently being worn

as foundation garments, similar to a sports bra. The color of such undergarments plays no significant role for officiating purposes. The time and attention of officials to be certain athletes are in compliance when wearing such items delays progression of the meet severity of a penalty of disqualification for a non-compliant garment is too severe as the item does not impact the competition.

6-2-9 Consistent in all field events for communication, a pass shall be communicated to the event judge before the start of the trial clock.

Rationale: Consistency in language in all field events regarding proper communication between competitor and judge when the athlete is going to pass.

6-6-1 NOTE relates to the javelin.

7-2-10, 6-2-9 Adjusts the prescribed time limits for pole vault and places time limits for consecutive trials in the throwing events.

Rationale: Adjusts the prescribed time limits for the pole vault and now places the time limits for consecutive trials in Rule 6, throwing Events, which has not previously been addressed in the throws.

7-5-24 Padding meeting the ASTM Specification Standards shall be required for the start of the 2014-15 track season.

Rationale: For the purpose of minimizing the risk of injury to a pole vaulter, require that the planting box padding shall meet the applicable ASTM Specification Standard no later than the start of the 2014-15 track season. This required implementation date allows for product availability.

Reading T-Shirts on Saturday

Our shoes have more miles on them than your car.

2014 Track and Field Major Editorial Changes

4-6-3, 4 These two articles, which address how to order reruns after an act of interference has occurred, have been deleted from Rule 4 and moved to Rule 5-9, which defines interference in running events.

5-1-3, 5-2-6 All-weather track surfaces utilizing a painted line to mark the inner edge of the track are now the more commonly-used surface. The order of listing a painted line, followed by a raised curb to designate the inside edge of the track is more appropriate for the construction and design of today's track.

6-3-1, 2; 7-3-1, 2 Clarifies that the tie-breaking procedure in field events applies only for places scoring and removes unnecessary language from the rules.

2014 Track and Field Editorial Changes

3-4-5, 3-8-3, 4-4 NOTE, 4-6-3 PENALTY, 4-6-4 PENALTY, 5-9-2, 5-9-3, 6-2-10, 6-2-12, 6-2-14PENALTY, 6-4-2, 6-4-3, 6-5-2, 6-5-3, 6-6-2, 7-1-2, 7-2-1, 7-2-6, 7-2-10, 7-2-17, 7-4-1, 7-5-1, 7-5-29, 7-6-1, 8-1-1 NOTE, 8-1-2 NOTE, 9-6-4 PENALTY, Appendix A

2014 Track and Field Points of Emphasis

1. Throwing implements returned to competitors by officials
2. Proper coaching requires staying up to date on rules and techniques

3. Coaches getting it right with uniforms
4. Importance of proper training of volunteers to work the meet

2012-13 MITCA COACH OF THE YEAR for the MHSCA

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

CROSS COUNTRY

Girls **Steve Zaranec**/Grosse Pointe South
Boys **David Jordan**/Concord

TRACK AND FIELD

Boys **David Emeott**/East Kentwood
Girls **Scott Werner**/Pewamo-Westphalia

TRACK & FIELD COMMITTEE POTENTIAL PROPOSAL ON SCORING THE STATE FINALS

Jeff Schember/Caro Track & Field Committee Chair.

I hope everyone is having a great cross country season, but with that being said track and field season will come upon us shortly. The MITCA Track and Field Committee would like to present a potential proposal to all the coaches. The proposal would be to score the State Finals meet to 16 places (20,18,16,14,12,11,10,9,8,7,6,5,4,3,2,1) for all the events. The medalist will remain the same, top 8. This proposal will provide more acknowledgement to athletes, teams, and our great sport of track and field. We hope to be able to provide more information at the upcoming MITCA Cross Country Clinic. Please feel free to make suggestions, comments, and to contact us with any additional thoughts on how we can improve our sport.

The **NCAA Cross Country Final Meet** returns to the LaVern Gibson Championship Cross-Country Course at the Wabash Family Sports Center in Terra Haute, In. A great course for both athlete and spectator. The meet will be run Saturday, November 23. Races are scheduled to start at noon. Terra Haute is about a 4 hour drive from the Indiana/Michigan border at Niles/South Bend.

Reading T-Shirts on Saturday While running it is rude to count the people that you as out loud.

MITCA CROSS COUNTRY COMMITTEE PROPOSALS FOR CONSIDERATION AT THE 2013 MITCA CROSS COUNTRY CLINIC

Mike Dennisuk/Woodhaven, Cross Country Committee Chair.

Proposal #1: CROSS COUNTRY DISTRICTS

I have coached cross country since the late 1980's. The idea of districts has been around at least that long. The Regional system we know use has it's merits but it also leads to "loaded" and "weak" Regions. Every year we have good teams (and individuals) staying home and mediocre teams advancing. The proposal we are offering keeps the size of the State Meet starting line consistent and balanced while making an attempt to put the best teams and individuals on that starting line.

Cross Country District Proposal

Districts would be created using the current Division makeup. Each Division would be divided into 15 CC Districts. With 576 boy's schools and 572 girl's schools (2013) each district would have 9 or 10 teams. The districts would be run on the Thursday, Friday or Saturday in the week prior to Regionals (this year, 2013, those dates would be October 17, 18 or 19). Each district would qualify 4 teams and 7 individuals (after members of qualifying teams have been pulled out) to the Regional meet.

There would then be 5 Regionals for each division. 3 Districts would feed 1 Regional. Each Regional would then qualify 6 teams and 7 individuals (after members of qualifying teams have been pulled out) to the State finals.

This would place 30 teams and 35 individuals on the starting line at the State Finals in each race (245 athletes).

Disadvantages:

- adds an extra race to the season
- adds a week of "peaking" season
- additional cost for medals/trophies/officials
- dramatically increases the number of sites needed to run the state tournament
- may affect some existing Invitationals and League meets

REVIEWING THE 2013 TRACK & FIELD FINALS

Nate Hampton/MHSAA

The MHSAA is pleased to continue to work alongside the MITCA. Our organizations have made meaningful strides in keeping Track and Field and Cross Country a positive sport participation opportunity for over 40,000 student athletes.

The MHSAA with the assistance of MITCA will begin work this fall to understand the possibilities of requiring all Regional Tournament sites to use FAT Timing for Regional entries and meet results. There are several major concerns to answer as we move forward that will include:

1. Availability of FAT systems
2. Availability of FAT operators
3. Cost of using the systems
4. Operating systems that will provide a general report
5. Data entry/results reporting in a common format for publishing
6. Entry data protocols and distribution to Regional managers
7. Regional results and distribution of Final Qualifiers to Final Managers.

These are among the many questions that we will need answers to as we move to requiring FAT system for Regional competitions.

AMBROSE SCHOLARSHIP

Friends of Kermit Ambrose, one of the founders of MITCA, have made donations in his memory to MITCA to be used to fund a scholarship in his name. It is in conjunction with the Arpino Scholarship.

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

DO YOU PLAY THE LOTTERY?????????? The next page is an application for the Patsy Arpino/Kermit Ambrose Scholarship. MITCA will award 3 \$500 scholarships to MITCA member's children who are/or will be a full time student in a college, university or trade school. We rarely have more than 20 or so applications and in some years we may have only around a dozen applications. **YOU CANNOT BEAT THOSE ODDS!!!!!!!!!!!!!!**

If you have a child that is in or will enter next year a college, university or trade school **FILL OUT THE APPLICATION & RETURN IT TODAY** so you don't forget. Also on the following pages are applications for all of **MITCA'S SPECIAL AWARDS** and **MITCA'S HALL OF FAME**. For cross country awards the application must be in by **OCTOBER 1**. For track & field awards the application must be in by **JANUARY 1**. We have very few to no applications for the different awards. We know there are individual that should be recognized. **WE NEED YOUR APPLICATION TO MAKE THE RECOGNITION.**

YOU CAN RECEIVE A HARD COPY OF THE MITCA NEWSLETTER. Simply email your name and address to me: murrayjim0@gmail.com or news@mitca.org from the mitca.org website.

Advantages:

- It creates an opportunity for more schools to be involved in the process of hosting a State Tournament competition. The fact that the district would have only 9 or 10 teams and could be run after school would open up the number of schools and courses that could host.
- More positive exposure for our sport in the media (our girl's basketball team got big headlines in the local paper when they won the district).
- Winning a District Championship would be a big thing for a number of schools.
- Qualifying for Regionals would become a goal for some developing programs.
- Districts, by their nature, would be local. Travel time and expense would be greatly reduced.
- A possible revenue source for a developing program.
- It would be easier to avoid top teams being eliminated on the district level with 4 of the 9/10 teams qualifying to move on.
- It would be easier to spread top teams throughout the 5 Regionals
- It allows Regional managers to know the teams and participants in advance

It was my impression, after speaking to some state committee members, that the MHSAA would not want to significantly reduce the field at the State Meet so that is why we are recommending to keep the field at 245 for each race.

Proposal #2: LENGTH OF SEASON

Make the length of the Cross Country season a standard 13 weeks counting back from State Meet (the first Saturday in November). This year that would have been Monday August 5th.

For discussion:

Would you like to see athletes required to have competed in a minimum number of competitions in order to compete in regional meets?

MITCA NEEDS YOU

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

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

If you are not prepared to make a long-term commitment, MITCA can also use volunteers to help out our November and February clinics.

If you might be interested in serving your fellow coaches, contact MITCA President, Ben Watson or for next year Dean Blackledge, 1st Vice President

HOSTS FOR TEAM MITCA TEAM STATE MEETS

This fall/winter MITCA is searching for hosts for the 2014 MITCA Team State Championships. The application can be found at MITCA.org. This meet can serve as an excellent fundraiser for your program. It is not a requirement that the meet is held in the West Michigan Area. If you believe your community can host this I would encourage you to apply. Applications are due December 1. The track and Field committee will recommend 2 hosts per division to the executive council by Jan. 1 and the Executive council will make the final decision.

Questions? Call or email Dave Emeott/Political Action Chair.
David.emeott@kentwoodps.org or 616-970-1507

AMBROSE 101 MEMBERSHIPS WILL BE ACCEPTED AT THE CROSS COUNTRY CLINIC

Patsy Arpino/Kermit Ambrose Memorial Scholarship

Currently MITCA provides three \$500 Scholarships

Guidelines:

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

Procedure:

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

Complete and mail the form below:

MITCA Member Information

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

School Information

School Name			
Address			
City			
State		Zip	
Phone	()		

Jerry Lasceski, Treasurer

1691 N. Hinson Road

Fairgrove, MI 48733-9503

APPLICATION DEADLINE: OCTOBER 30

Donations can be made to the Patsy Arpino Memorial Scholarship Fund

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

MITCA Hall of Fame

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

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

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

Points are awarded as follows:

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

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

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

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

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

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

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

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

Michigan High School Coaches Association

Hall of Fame Application

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

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

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

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

Coaching and/or Athletic Director Record

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

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

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

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

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

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

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

Nominator's name, address, phone _____

Please return to:

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

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

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

MITCA CROSS-COUNTRY CLINIC

MT. PLEASANT COMFORT INN & SUITES HOTEL AND CONFERENCE CENTER

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

Nov. 7-8-9-, 2013

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

CLINICIANS

Billy Mills 1964 Olympic Gold Medalist

Billy Mills returns as to speak to MITCA at the 2013 Cross Country Clinic. Billy remains the only American to win the gold medal in the 10,000 meters.

Billy will be giving two talks and the keynote address at the banquet. He has agreed to stay and be the starter of the MID EAST QUALIFYING RACE on Saturday and talk to the runners before the race. On February 15th, 2013, Billy Mills received the Presidential Citizens Medal from President Obama at a White House ceremony for the important work **Running Strong** he is doing for American Indian Youth. Billy is truly an inspiration and has an inspirational story to tell.

NO VIDEO/RECORDING WILL BE ALLOWED IN HIS SESSIONS

Bill Thompson/Runners Performance Stores

Bill brings his expertise on shoes & nutrition to the coaches. He will talk about what to look for when selecting a shoe and how to help your athletes eat well. Bill Thompson will also discuss: It is TOO LATE Once Your Athlete is INJURED!! And how to avoid injuries.

He runs numerous stores in Central Michigan and Runners Performance Stores have developed a reputation as a true runner's store.

Cliff Somers/Fremont High School

Cliff will have 2 sessions at the Clinic. His first session on how to run a great Cross Country Camp. You will learn the ins and outs of the successful camp Cliff has been running. We all know CC Camp is the beginning of a great season if it is done right. So make sure you catch his talk and start your successful camp next summer.

The second session he will be discussing the things that he tried that worked and those that did not work as he built the team into a state championship program.

Head Coach Cross Country Boys and Girls since 1999 with 13 Conference Championships, 11 Regional Championships, 10 State top 10 finishes with 2 State-Runner Ups

Kernie Gilliam/retired Gladwin High School

"YOU CAN BE A GREAT COACH". Kernie led the Gladwin Girls to 10 conference championships, 5 regional championships, the team qualified for state 15 times, finished in the Top 15 TEN Times and Top 5 FOUR times. The team also won 85 straight dual meets that encompassed 10 years! Kernie will lead an active discussion on how YOU can be a Successful Coach. The power to be successful is in all of us, but are we willing to do what needs to be done. If the coach can be passionate and believe all things are possible, the team will do the same.

Session on Discussing the Issues that will be brought up at the Business Meeting

The Cross Country Committee will be hosting a session to discuss the questions that will come up at the business meeting. If you have questions make sure you stop in and get them answered.

There will be special sessions on junior high programs for the junior high coach.

**REGISTRATION FORM ON THE NEXT
PAGE.....**

Ben Watson/Rockford High School

You will not believe the information Ben will deliver. Be ready for charts, graphs, and a four-year running program. It will truly open your eyes to what it takes to develop a successful tradition.

Cross Country and Track & Field Coach at Rockford High School, Michigan for past 7 Track and Field seasons and 7 Cross Country Seasons. Graduate from Grand Valley State University.

Michigan Interscholastic Track Coaches Association Division I Girls Coach of the Year 2010. State Finals finishes of 3,6,4,2,3,5,10... 4 Regional Championships Two Individual Qualifiers for the Footlocker National Championship

Track and Field: State Final finishes of 8,7,2,2,13,3...7 Regional Championships 10 Different sub 5:15 / 11 Different sub 11:30/ 6 Years of 3200 Meter Relay Teams under 9:30

Dr Erhard Bell/Carmel High School, In.

Carmel High has been a dominate team in Indiana Cross Country & Track & Field for decades.

His sessions will include the following topics:

Factors in Running a Successful Cross Country Program
Philosophy and Mental Preparation
The Distance Training Program

Dr. Erhard Bell is a Family and Sports Medicine Practitioner who took over a very successful program and it did not take him long to prove the tradition lives on.

His coaching resume is:

Assistant Coach Carmel High School---Boys' and Girls' Cross Country (4 years) / Boys' Track & Field (9 years)
Head Coach Carmel High School---Boys' Cross Country (5 years)

Carmel teams and athletes have been regulars at the State Championships in Indiana for decades. All Cross Country and Track & Field teams compete in a single division for the State Championship in Indiana. They have a 4 round series in cross country and a 3 rounds in track & field.

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

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

7:00 -10:30 Sessions- Ben Watson
Hospitality Follows

Friday 7:30 AM (tentative) Registration

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

Saturday 8:00 Registration

7:30 Fun Run
8:30 – 12:00 Sessions- Dr Erhard Bell

Check online for actual speaking schedule! www.mitca.org

