

MITCA Track & Field Clinic Notes

MITCA remembers Norb Badar

- MITCA mourns the loss of one of its founding fathers, Norb Badar.
- Coach Badar passed away on January 2, 2014 at the age of 89. He was a teacher and coach for 40 years at Flint Northern High School. Norb's service to the sport and MITCA earned him the Charles Sweeney Award in 1982. He served as MITCA President in 1963. He was an outstanding track athlete at Eastern Michigan University. Norb's coaching résumé includes 17 Flint City Championships, 14 Saginaw Valley Conference titles, 18 Regional titles,

State Championships in 1961, 1963, 1976, and 1979. His teams also finished in the top ten at State 19 times, including seven second place finishes and two thirds. He was named MITCA Coach of the year nine times, MHSCA Coach of the Year three times. Norb was inducted into the MITCA Hall of Fame in 1982, the Michigan High School Coaches Association Hall of Fame in 1993 and the National High School Athletic Coaches Association National Hall of Fame in 2000.



Norb Badar
1924 -2014



Left: Debra Price of Reading and right Arnold Baker of Grand Rapids Christian with their MITCA Hall of Fame pyramids

MITCA Hall of Fame welcomes Debra Price and Arnold Baker

Debra Price has coached at Reading High School for 30 years. Her list of accomplishments include: 12 Big 8 Conference championships, 11 Regional titles, 12 top 10 finishes at the State Meet, 4 State Runner-up and a State Championship in 2001. Her teams won the Team State Meet in 2000, 2001 and 2009. She was the MITCA COY in 2001 and 2008 and nominated seven other times.

Arnold Baker was the head coach at Grand Rapids Christian for 30 years (1984-2013). His teams won 151 dual meet while losing only 24, won 18 conference champions and four Regional titles. His team won the Team State meet in 2012 and he was the MITCA COY in 2013. His teams at GR Christian averaged over 70 athletes a year for over 30 years.

Rudy Godefroidt named Charles Sweeney Award

- By definition, a coach is one that instructs and/or trains. This year's Charles Sweeney award winner is more than a "coach". He has trained hundreds of athletes over the years and has also been a mentor and friend to everyone. This is evident by the friendships he continues to maintain years after his athletes graduate. He now enjoys calls from former athletes for coaching advice or tips for their children. Rudy "retired" from coaching when he went into administration but has always continued to be actively involved in track and field. He continues to unofficially coach a number of runners and always loves to develop a workout or plan to help someone reach a goal.

When his change in jobs didn't allow him to coach any longer, he became an active MHSAA official so he could continue to be an advocate for students in the sport he treasures. If there is a track and field meet in the area – and by area I mean the United States - he finds a way to get there whenever possible. To say Rudy lives and breathes track and field is an understatement. Rudy coached track and cross country for 22 years. His teams won a state championship, a state runner-up and two 3rd place finishes. A MITCA Member since 1975, he is currently one of the state's most knowledgeable and sought after MHSAA track and field official. Rudy also serving as a student teaching supervisor for CMU.



**Rudy Godefroidt
Hemlock**

Special Clinic Awards

Chris Ludka/Traverse City..Assistant COY nominated by head coach John Lober

Eric Tundevold/Union City... Assistant COY nominated by head coach Steve Brown

Josh Christensen/Gladwin...Middle School COY nominated by Kernie Gilliam

2014 Scholarship Winners : **Patsy Arpino Scholarship** (2 x@ \$500.00)

Connor Anderson/Western Michigan son of Erik Anderson from Grand Ledge

Scott Kloss/Grand Valley State son of Mike & Emily Kloss from Harbor Springs

Kermit Ambrose Scholarship (1 x@\$500.00)

Grant Feldpausch/Cornell son of Jill Feldpausch from Fowler

Nominating forms for Special Awards and Scholarships are available at www.mitca.org

MITCA 2013 Track and Field Coach of the Year



Women's Track & Field Coach of the Year (left to right)
 Steve Zaranak...Gross Pointe South D-1, Tony Mifsud..Dearborn
 Divine Child D-2, Scott Werner.. Pewamo-Westphalia D-3, Julie
 Duffing.. Travers City St. Francis D-4

Men's Track & Field Coach of the Year (left to right)
 Dave Emeott...East Kentwood D-1, Kevin Rathburn.. William-
 ston D-2, Ron Markel ...Banger D-3, Rick Baurer..Saugatuck

2013 MITCA Track and Field Coach of the Year Nominees

GIRLS

* indicates COY Winner

BOYS

Division 1

*Steve Zaranak ... Gross Pointe South

Brian Boze ... Saline

Stephanie Stephenson ... East Kentwood

Eric Lohr ... Rochester Adams

Division 1

*Dave Emeott ... East Kentwood

Ed Stanbury ... Grand Blanc

Stan Ford ... Lake Orion

Michael Crongeyer ... Davison

Division 2

*Tony Mifsud ... Dearborn Divine Child

Kelly Williams ... DeWitt

Doug Jager ... Grand Rapids Christian

Sally Schafer ... Remus Chippewa Hills

Division 2

*Kevin Rathbun ... Williamston

Lucas Sponsler ... Parma Western

Phil Hoover ... Zeeland West

Jeff Myers... Cedar Springs

Division 3

*Scott Werner ... Pewamo-Westphalia

Vikki Mitchell ... Reed City

Josh Powers ... Adrian Madison

Mike Snyder ... Frankenmuth

Division 3

*Ron Markel ... Bangor

Don Canham ... A.A. Gabriel Richard

Dean Blackledge ... Hanover-Horton

Terry Borr ... Niles Brandywine

Tim Kohane...Grand Rapids West
Catholic

Division 4

*Julie Duffing ... T.C. St. Francis

Deb Price ... Reading

Dave King ... Beal City

Mark Carlton ... Sand Creek

Jill Feldpausch ... Fowler

Division 4

*Rick Bauer ... Saugatuck

Mike Jurasek ... Albion

Bill Schumacher ... White Cloud

Larry Bulemore ... New Lothrop



Michigan High School Coaches Association

Coach of the Year:

Men's Track and Field: **David Emeott/East Kentwood**

Women's Track and Field: **Scott Werner /Pewamo-Westphalia...**Scott was a NFHS Sectional Winner and is a NHSACA National finalist.

Men's Cross Country: **David Jordon/Concord...**David was a NFHS Sectional Winner and is a NHSACA National finalist.

Women's Cross Country: **Steven Porter/Milan...**Steve was the NFHS Coach of the Year and is a NHSACA National finalist.

Marty Crane from Flint Beecher will be Inducted into the National High School Athletic Coaches Association, National Hall of Fame this summer in Jackson Hole, WY



Marty Crane
Newest member of the National High School Athletic Coaches Association National Hall of Fame

2014 MITCA Track Clinic Prediction Run 2/8/14 3.8 mi.

Causeway Bay Hotel, Lansing, MI

Sponsored by Kevin Behmer and Ann Arbor Race Timing

			Predicted	Finish	Time
Race Pl	Finish Pl	name	Time	Time	Diff
2	1	Nick Rochefort	26:45	25:58	00:47.0
3	2	Jill Evers-Bowers	34:18	32:09	02:09.0
4	3	Glen Maylath	33:33	30:52	02:41.0
1	4	David Jordon	25:50	22:00	03:50.0



MITCA Overcoming Obstacle Award Winners



MITCA solutes Laura Nemis ..Dearborn Divine Child (left) and Heather Beaver Monroe Jefferson (right) as the 2013 MITCA “Overcoming Obstacles” winners. Laura has recovered from an operable brain tumor and Heather survives Leukemia. Both girls are an inspiration to their teams, school, community and the sport of Track and Field.



Ms. Track and Field...Hannah Meier Gross Point South

Hannah Meier Track Accomplishments:
Michigan Gatorade Track athlete of the year 2011, 2012, and 2013
National Champion 800, 1500, 1600, and Mile
2013 MITS Weight Throw Champion
11 x MHSAA State Champion
State of Michigan High record 800, 1500, 1600, Mile, Distance Medley Relay, and 4 x 1 Mile Relay
State and National record in the 4 x 800 Relay
2013 MITCA Ms. Track & Field
High School GPA of 3.9
Duke University Track Scholarship



Mr. Track and Field...Cullen Prena Walled Lake Central

Cullen Prena Track Accomplishments:
2012 USATF National Discus Champion
2013 MITS Weight Throw Champion
2013 MHSAA State Discus and Shot Put Champion
All-time Michigan High School Discus record 210'1"
2013 Top High School Discus throw in the country
Walled Lake Central HS discus and shot put records
2013 Michigan Gatorade Track athlete of the year
2013 M-Live Track athlete of the year
2013 MITCA Mr. Track & Field
High School GPA of 3.7
University of Oregon Track Scholarship



MITCA 15 -- 25 YEAR CERTIFICATES 2014 TRACK AND FIELD CLINIC

MITCA 2014 Longevity Awards

YEARS	FIRST NAME	LAST NAME	SCHOOL
15	BECKY	SHAFFER	NILES BRANDYWINE H S
15	BRAD	LONG	MORRICE H S
15	BRIAN	WILSON	NOVI DET. CATHOLIC CENT. H S
15	DAVID M	LUSTIG	WYANDOTTE ROOSEVELT H S
15	ERIK	THOMPSON	DETROIT DENBY H S
15	GARY	SYKES	ST JOHNS H S
15	GERA	PEEL	SPRING LAKE H S
15	JASON	MARCY	ITHACA H S
15	JEFF	GALLUP	BRONSON H S
15	JOHNNY	ENSING	FIFELAKE FOREST AREA H S
15	KIMBERLY M	STURM	FARMINGTON H S
15	LITO	RAMIREZ	STEVENSVILLE LAKESHORE H S
15	LYNN	SHELTERS	PINCKNEY H S
15	TODD	ROSE	ST JOSEPH H S
16	FOSTER	FINDLAY	REESE H S
16	JULIE	DUFFING	TRAVERSE CITY ST FRANCIS H S
16	MARK	BEOUGHNER	ADDISON M S
16	MIKE	ROBERTS	HILLSDALE ACADEMY H S
17	JEFFREY R	McNEIL	WALLED LAKE NORTHERN H S
18	SANDRA	BUCHANAN	WARREN DeLaSALLE H S
19	DAVID A	JORDON	CONCORD H S
19	JONATHAN C	BARBEE	PONTIAC NOTRE DAME PREP
19	KEITH	SEYBERT	MIDLAND H S
19	RACHEL	FOLEY	COLDWATER LEGG M S
20	PHYLLIS	RIDLEY	DECKERVILLE H S
22	GERALD	BLIZNIK	HARTLAND M S
25	AL	NAVARRO	BLISSFIELD H S
25	DAVID A	CASTLE	NORTH BRANCH H S
25	ROBERT	NEIER	CEDAR SPRINGS H S
25	STEPHEN	BRAEM	FRANKFORT H S
25	STEPHEN	HENDERSHOTT	ORTONVILLE-BRANDON H S
27	JEFFREY	TOUSLEY	FRANKFORT H S
30	BILL	PINNELL JR	NORTH FARMINGTON H S
30	RANDY	VANDER VEEN	ROCKFORD H S
30	RICHARD	LESSARD	BELLAIRE H S
30	THOMAS D	BROWN	TRAVERSE CITY WEST H S
35	ERIC	TUNDEVOLD	UNION CITY H S
35	MICHAEL E	TAYLOR	CLARKSTON H S
35	MIKE	WOOLSEY	JACKSON LUMEN CHRISTI H S
36	CHRIS	JONIK	BROWNSTOWN WOODHAVEN H S
36	DAVID J	MILLER	JACKSON LUMEN CHRISTI H S
39	JIM	BILSBORROW	COLDWATER H S
40	GREGORY	FLASKA	THORNAPPLE KELLOGG H S
40	LOWIE	VAN STAVEREN	GOBLES H S
41	JOHN	KABABIK	WHITE LAKE LAKELAND H S
41	MIKE	WILCOX	PARMA WESTERN H S
44	FRANCIS L	McCAULEY	DETROIT U OF D JESUIT H S
49	GEORGE	RICHARDSON	ALGONAC H S

MITCA Track and Field Clinic by the numbers

6,001 . . . dollars (55 members) donated to the Kermit Ambrose 101 Club funds. Funds will be used for Team Michigan and the Ambrose Scholarship.

658 . . . Number of members in attendance at the clinic (625 attended in 2013).

155 . . . pages in the clinic notes.

100 . . . percent of the coaches that enjoyed the clinic.

56 clinic number (56th annual)

42 . . . number of athletes attended the Student Session on Saturday.

23 . . . vendors in attendance.

16 . . . new Coach of the Year award winners.

5 . . college coaches participating in the clinic roundtable.

4 . . . members receiving awards this summer at the NHSACA National Coaches Convention in Jackson Hole, WY

3 . . . \$500 scholarships given to MITCA members collage students.

2 . . . new members inducted into the MITCA Hall of Fame.

1 . . . new Sweeney Award winner.

MITCA Track and Field Clinic Election Results

President: Dean Blackledge

1st Vice President: Angelina Bauer

2nd Vice President: Scott Werner

Secretary: Dave Lustig

Political Liaison: Lowie van Staveren

Technology Officer: Derek Gonzales

Clinic Coordinator: Kernie Gilliam