

MITCA

Cross Country Clinic 2017

Thursday Evening

6:30pm 7:00pm Registration

7:00 –10:00 3+ hours of information	Get Ready for an Exciting and Informative Three Hours of Instruction!!	Room
7:00 – 8:00	Successful Program Building How to build a State Championship Caliber Program and Keep It There Ben Watson – Rockford High School Doug Jager – Grand Rapids Christian	A-D
8:10–10:10 <u>TWO HOUR SESSION</u> After her presentation Rachel will stay and answer any questions you have	Rachael Steil Running in Silence: Why I Kept Quiet About My Eating Disorder, and Why Coaches Shouldn't What are the clues, how do athletes mask the clues, is it only a female issue, how to talk to your team, and more information will be presented. As an NAIA All-American collegiate runner, high school cross country coach, author of the self-help memoir Running in Silence, and someone who has recovered from a debilitating eating disorder, Rachael Steil answers these questions and more by sharing her own struggle. After this session, you will more confidently address this important health issue with your athletes so that no one has to continue Running in Silence.	B-D
9:20–10:20	Scott Werner – Pewamo–Westphalia A PROVEN SYSTEM – IT IS MORE THAN JUST RUNNING	A
Hospitality	Join us for talk and good times	B-D

Friday - 7:30 am Registration – Vendors will be open for business from 8:00 until 5:30

8:30 – 9:30	To move to the next level you must know the stage of your team and athletes. This talk applies to all level of athletes!! Building your team is a must for team success	Rob Miller	A-D
9:50–10:50	TRAINING MENTALLY TOUGH COMPETITORS - The building blocks for training mental toughness. Understanding the mental differences between good and bad performances and how to teach your runners good “mental technique.” Includes the mental mistakes that lead to choking and how to avoid them.	Dr. Alan Goldberg	A
	Training and Development of the Junior High Athlete	Cari Setzler	B-D

11:10–12:10	The Impact of Trust is directly in relationship to the work you put in to develop trust	Rob Miller	A-D
	Roundtable discussion on Business items	Cross Country Committee	E
12:20 – 2:20	Lunch Provided by MITCA and Business Meeting		A-D
2:30 - 3:30	DO'S AND DON'TS FOR PRE-RACE PSYCHING - Physical training being equal, races are won and lost before the start depending upon where your runners' heads are. Understand your role as a coach in mentally preparing your athletes to run their best when it counts the most	Dr. Alan Goldberg	A
	Tired of not having your runners be ready for the beginning of the season? Frustrated over not getting enough kids out? Wanting to move your program forward but struggling? Well make sure you catch this roundtable discussing with coaches who have conquered the above questions!!!	Adam Burhans /Clare Kyle Mckown/Clare Carey Hammel/Shepherd Joy Bullis/Alpena	B-D
3:50 – 4:50	What can parents give your athletes to help them reach their potential	Rob Miller	A-D
6:30 – 8:30	Banquet -		A-D
8:30 – 12:00	Hospitality		

Saturday 8:00 – 12:30

8:00 am Registration - **Vendors will be open for business from 8:00 until 12:00**

7:30	Prediction Run – See Steve Porter	Registration Area	
8:00 – 8:45	President's Breakfast Past President's pick up their breakfast and meet in Room E.	Scott Werner	E
8:30 – 9:30	Running Economy – Learn how improving form will result in better performance	Cari Setzler	A-D
9:40 – 10:40	MOTIVATING YOURSELF AND OTHERS - Learn the secrets of winning motivation and help your runners get more out of their training so that that they are far better prepared for races.	Dr Alan Goldberg	A-D
11:00 – 12:00	This spot is open as of now		A-D
12:30 at Shepherd High School	Transitioning from High School to College Athletics A talk to high school athletes This is a 30 to 40 minute talk	Cari Setzler	Shepherd High School Gym
	Mid East Team Michigan Trails Race to be held at Shepherd High School, 100 Hall St Shepherd, MI 48883		
	Registration is at 12:00 PM Course Opens at 11:00 AM and Race Begins at 2:00PM	Dave Lustig/ Takashi Gould	Shepherd High School