

# Speakers for the 2017 MITCA Cross Country Clinic



## Rob Miller

Proactive Coaching

Rob was so well received last year he is back with ~~three~~ new topics you cannot miss

To move to the next level you must know the stage of your team and athletes.

The Impact of Trust is directly in relationship to the work you put in to develop trust.

What can ~~parents~~ give your athletes to help them reach potential.

Proactive Coaching... Our "Why": Because the character lessons intentionally taught will be the coach's best legacy and one athlete of character improves your team - One team of character changes your school - One school of character impacts your community - A coach of significance can impact generations It all begins and ends with strong families.

**"Rob Miller brings his life's experiences to each presentation he makes. Through short stories he connects the audience to his sportsmanship message and the power of the coach to influence their student-athletes. His belief and passion for this important message come through loud and clear."**



## Eating Disorders

Awareness – Exposing – How they are hidden  
This will be a two hour talk

**Rachael Steil** is a high school cross country coach, the author of *Running in Silence*, writes articles about running and eating disorders for RunnerClick.com, and is a speaker and advocate. Steil is a recipient of the Spirit and Outstanding Runner award for the Aquinas College cross country team and has been sixth place All-American in cross country as well as seventh place in the NAIA Championships. Her greatest achievement was not breaking a physical barrier, but a mental one. Every coach, boys or girls, high school or junior high needs to hear this information

Coaching  
A  
wonderful  
experience  
to shape  
tomorrow's



**Dr. Alan Goldberg –  
Sports Performance Consultant**

Dr. Goldberg works with athletes and teams across all sports at every level, from professional and Olympic caliber right down to junior competitors. Dr. Goldberg specializes in helping athletes overcome sports fears & blocks, snap out of slumps, and perform to their potential.

**How to train your athletes to be mentally tough!!  
Do's and Don'ts for Pre-Race Psyching !!  
Motivating Yourself and Others**

Dr. G trains coaches at every level as well as parents to help insure that the relationships that they develop with their athletes/children are healthy and successful. Over the past 32 years, Dr. G has been committed to changing the landscape of youth sports through the education of coaches and parents, helping them understand what young athletes most need from the adults involved to feel and perform like winners. His workshops focus on the qualities of “good coaching” which include teaching with integrity, developing mutual respect, modeling appropriate behavior, creating a safe environment for learning and excelling, maintaining an adult perspective as to what's really important and understanding that good coaching far transcends the win-loss outcome of an athletic contest.

Dr. Goldberg is the author of 35 mental toughness training programs and books for athletes, coaches and parents on peak performance. He also writes on the subject of peak performance and overcoming blocks for a number of national publications.



**Former Ogemaw Heights Athlete, CARI SETZLER returns to support MITCA and kids with three great topics!!  
Training and Development of the Junior High Athlete  
Running Economy for Better Performance  
And she will deliver the talk to our runners of the  
Mid-East Meet on the Transition from High School to College**

Cari Setzler, DVM is a Coaching Certification Instructor for the RRCA's Coaching Certification program. She earned a Bachelor's of Science in Biology at Aquinas College while earning All-American Honors 8 times and was national runner up in the indoor 1000 meters. Cari then continued on to Michigan State University where she earned her Doctor of Veterinary Medicine Degree. She is also a certified level II USATF endurance coach and is certified in running mechanics through Newton Running. In 2010, she co-founded Fast Finish coaching where she has helped athletes ranging from the first time 5k runner to the Olympic trials hopeful reach their goals. Cari also directs the Health Bridge Road Runners and is the assistant girls track and field coach at Johnsburg High School.

**Did you know that over 7.8 million boys and girls run cross country in high school across the United States? Amazing!!!  
Also the participation of females has increased every year for the past 26 years!!!!!!**

# MICHIGAN COACHES

## **Ben Watson** — Girls Coach Rockford

10 times top 10 finishes at state meet  
6 regional championships / 8 conference championships  
2 Ms Cross Country Winners  
3 Individual Footlocker National Finalists

## **Doug Jager** Head boys and girls cross country coach last 27 years Grand Rapids Christian Girls -12 regional titles, 3 state runner up, and 5 state championships. Girls have finished in the top 5 the last 15 consecutive years.

Boys -14 regional titles and one state title.

Coached one two time state champion who was also a foot locker finalist and finished 10th

## **Scott Werner** — Pewamo-Westphalia / Track and Cross Country

5 state championships / 6 team state runner-ups / 26 teams have finished in the top 10  
Former MITCA President / National Finalist for Brooks Inspiring Coach / USTCCCA National Coach of the year and NHSACA National coach of the year.

## **Kyle McKown** - Head Varsity and middle school girls cross-country coach at Clare Public Schools. Clare High School Varsity girls track and field head coach. 17 years coaching experience. Social Studies teacher at Clare Middle School. Developed country program at Clare that averages between 45-55 athletes between high school and middle school teams each season.

## **Joy Bullis** — started at Fremont High School under legendary coach Rich Tompkins / MSU - competed in the Pentathlon/Heptathlon. Two years at Onkama and 4 years at Manistee/6 years head coach at Alpena I consider it a privilege to be their coach, "counselor" and role model. Married for 19 years and has 3 boys.

## **Carey Hammel** - Carey has Coached Girls Cross Country for 8 years at Shepherd. In those 8 years Carey has won 8 TVC Central Titles, 1 State Title, 1 State Runner Up, 4 Regional Titles.

## **Rick Cahoon** - Coached Boys Cross Country at Shepherd for 18 years. His teams have won 12 Conference Titles, 1 State Title, 6 Regional Titles.

## **Adam Burhans** — coming soon

**Book your hotel room today!!!! Do not delay and get Registered!!!**

## **Registration form is at MITCA.ORG**

**Comfort Inn and Suites**

**2424 South Mission St**

**Mt. Pleasant, Michigan 48858**

**989 772 4000 and tell them MITCA Clinic**

**Cut off is October 18<sup>th</sup>**

**Call in Your RESERVATION TODAY!!!**