“Doing the right thing first, the first thing right and doing that way ever time.” These were Kiel Porter’s first comments about her dad as she and her sister Kara Porter helped induct and honor their dad, Steven Porter into the MITCA Hall of Fame as the latest Kermit Ambrose Award winner. Both girls, All State runners for their dad at Milan High School, reminisced about sharing their dad’s PAAVO philosophy in both athletics and a way of life.

The Ambrose Award is named after one of the MITCA Founding Fathers and is the highest honor given at the Cross Country Clinic. Coach Porter has served the MITCA organization for over 40 years. He is the current Public Relations Officer (20 years), and has chaired both the track and cross country committees. He is the current President of the MHSCA (the Michigan all sports organization). Coach Porter’s teams have won one State Championship, one State Runner-up, 24 top ten finishes in the State Finals, 15 Regional Championships, and 29 League Championships. He has coached five High School All Americans. Coach Porter was the 2013 National Federation (NFHS) Girls Cross Country National Coach of the Year.
Coach David Miller is the newest member of the MITCA Coaches Hall of Fame. Fellow Lumen Christi coach and Hall of Fame Member Mike Woolsey commented on Dave Miller’s coaching, “He caters to the specific needs of each athlete skillfully motivating and encouraging to build confidence and guide each individual to ultimately reaching their potential. I have personally witnessed some of his teams go far beyond the expectations many thought possible. Dave has the ability to create a culture of high expectations and teaching the importance of each individual’s role on the team”.

Coach David Miller has an outstanding 20+ year coaching record at Jackson Lumen Christi HS. His boys cross country team has a 146-56 record, including one State Championship, 12 top ten finishes in the State Finals, 9 Regional Championships and 7 League Championships. 12 of Coach Miller’s runners have earned All State honors. He was the MITCA Coach of the Year in 2012 and has been a COY nominee six times. He has also served on the Team Michigan coaching staff to the Midwest Meet of Champions.
MITCA Cross Country Coach of the Year Nominees 2017

**Men’s**
- Division 1 Boys
  *Don Sleeman- Ann Arbor Pioneer*
  Jonathan Mikosz- Plymouth
  Joe Verellen-White Lake Lakeland
  Mike Buslepp-Romeo
- Division 2 Boys
  *Bryan Heid Corunna*
  Tim Simpson-Lansing Catholic
  Jon Davidson-St. Clair
  Andrew Guest-Pontiac Notre Dame Prep
- Division 3 Boys
  *Dean Blackledge Hanover-Horton*
  Jeff Schember-Caro
  Kyle Morrison-Holland Black River
  Mike Kloss-Harbor Springs
- Division 4 Boys
  *Mark Zitzelberger MP Sacred Heart*
  Dave King-Beal City
  Garrett Jurges-Ully
  Jon Zdrojewski- Cass City

**Women’s**
- Division 1 Girls
  *Matt Richardson-Troy*
  Nancy Smith Northville
  Ben Watson-Rockford
  Nancy Boudreau-Ann Arbor Pioneer
- Division 2 Girls
  *Tim Simpson-Lansing Catholic*
  Doug Jager GR Christian
  Ronald Womboldt-Dewitt
  Steven Long-Otsego
- Division 3 Girls
  *Terry Tatro-Hart*
  Traci Kelly-Benzie Central
  Angelina Bauer Saugatuck
  Kyle McKown-Clare
- Division 4 Girls
  *Mark Zitzelberger MP Sacred Heart*
  Garrett Jurges-Ully
  Nick Papes-Lake Leelanaw St Marys
  Steven Linn-Deckerville

---

2017 Men’s Cross Country Coach of the Year (left to right)
Bryan Heid . Corunna D-2, Don Sleeman . Ann Arbor Pioneer D-1

2017 Women’s Cross Country Coach of the Year (left to right)
Terry Tatro . Hart D-3, Tim Simpson . Lansing Catholic D-2, Matt Richardson . Troy D-1

**COY winners in bold**
Michigan High School Coaches Association 2017 Coach of the Year:

Congratulations to:

Men’s Track and Field: Ralph Neal / Zeeland East High School
Women’s Track and Field: Rex Wilkes / Lansing Waverly High School
Men’s Cross Country: Scott Werner / Pewamo-Westphalia High School
Women’s Cross Country: Steven Long / Otsego High School

These coaches were honored on Sunday, November 12, 2017 at the MHSCA Coach of the Year Banquet at the Lansing Ramada and are eligible for regional and national honors.

U.S. Track & Field and Cross Country Coaches Association 2017 Michigan Coach of the Year:

Congratulations to:

Don Sleeman / Ann Arbor Pioneer Boys Cross Country Coach of the Year
Terry Tatro / Hart Girls Cross Country Coach of the Year

2017 Special Cross Country Clinic Awards:

Assistant Coach of the Year Fred Fitch of Frankenmuth High School nominated by Mike Snyder
Asst. Coach of the Year Joe Ciarvino of Grosse Point North HS nominated by Diane Montgomery
MS Asst. Coach of the Year Sierra Garcia of White Pine MS nominated by Brian Wilson

2017 Scholarship Winners:

Patsy Arpino Scholarship (2 x@ $500.00)  
Myra Zarnek daughter of Steve Zarnek of Grosse Pointe South
Clarie Supinowski daughter of James Supinowski of Quincy
Kermit Ambrose Scholarship (1 x@$500.00)
Isaiah Keeler son of Jason Keeler of Marion

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

December 1, 2017 is the deadline for the Track & Field Clinic Awards
2017 Ms. Cross Country .

Olivia Theis . . . Lansing Catholic

Olivia’s Accomplishments:
4 time Cross Country All-State (12th grade, State Champion D-2)
State Finals places: 19, 9, 2, 1
Foot Locker All-American (14th place 2016)
3 time Cross Country Regional Champion
D-3 State Champion 1600, 3200 both D3 State Records
4.00 GPA, National Honor Society President

2017 Mr. Cross Country .

Shuaib Aljabaly . . . Coldwater

Shuaib’s Accomplishments:
3 x Cross Country All State (8th 2015, 3rd 2016, 1st 2017
D-2 State Champion 15:12)
No Losses in 2017 CC
3 time Cross Country Regional Champion
Best Times: 3200 (9:11) 5K (14:53)
Member of: Interact and Student Council

2017 MITCA Cross Country Dream Team

Girls Dream Team (All Class top 7)

Olivia Theis (12) Lansing Catholic 16:52.1
Ericka VanderLende (11) Rockford 17:16.8
Sielle Kearney (12) Traverse City Central 17:30.2
Rylee Robinson (11) Waterford Mott 17:34.8
Cecilia Stalzer (11) Mason 17:35.9
Lauren Cleary (11) Lansing Catholic 17:43.7
Jessi Larson (12) Saline 17:48.1

Boys Dream Team (All Class top 7)

Shuaib Aljabaly (12) Coldwater 15:12.2
Nick Foster (11) Ann Arbor Pioneer 15:16.1
Cole Johnson (12) Rockford 15:18.2
Harrison Grzymkowski (11) White Lake Lakeland 15:18.4
Paul McKinley (12) Okemos 15:23.7
Carter Solomon (10) Plymouth 15:24.2
Alex Comerford (11) Otsego 15:24.7

Ms. Cross Country Olivia Theis . . . Lansing Catholic

Boys Dream Team (All Class top 7)

Shuaib Aljabaly (12) Coldwater 15:12.2
Nick Foster (11) Ann Arbor Pioneer 15:16.1
Cole Johnson (12) Rockford 15:18.2
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Paul McKinley (12) Okemos 15:23.7
Carter Solomon (10) Plymouth 15:24.2
Alex Comerford (11) Otsego 15:24.7

Mr. Cross Country Shuaib Aljabaly . . . Coldwater

MITCA Academic All-State

Team Champions

Lower Peninsula
Division 1 Boys Troy 3.989
Division 1 Girls Lake Orion 3.9968
Division 2 Boys Notre Dame Perp 3.93
Division 2 Girls Grand Rapids Christian 3.9968
Division 3 Boys Holland Black River 3.946
Division 3 Girls Blissfield 4.0
Division 4 Boys Western Michigan Christian 3.97
Division 4 Girls Mt. Pleasant Sacred Heart 3.938

Upper Peninsula
Division 1 Boys Negaunee 4.0
Division 1 Girls Negaunee 3.997
Division 2 Boys Wakefield-Marenisco/Bessemer 3.888
Division 2 Girls No Entry
Division 3 Boys Stephenson 3.8113
Division 3 Girls Munising 3.96

more academic awards at www.mitca.org
2017 MITCA Team Michigan Trials 11/11/17

179 Michigan High School runners came to Sheperd High School to participate in the Team Michigan Trials. 71 senior boys and 32 senior girls were competing for a spot in the Michigan All Star Team, Team Michigan. The top 12 seniors will make up Team Michigan and represent our great state in the Mid-East Cross Country Championships November 18, 2017, at Indian Riffle Park, Kettering, Ohio. Good Luck Senior Runners

Full results and meet information are available at mitca.org and athletic.net

Boys Team Michigan 11/11/17
Mid-East Meet Qualifiers

1 Shuaib Aljabaly 15:12.88 --
2 Drew Wenger 15:13.84 --
3 Abdi Ahmed 15:21.91 --
4 Dayton Brown 15:28.23 --
5 Carlee Stimpfel 15:31.64 --
6 Dillan Haviland 15:35.88 --
7 Austin Remick 15:38.60 --
8 Fraser Wilson 15:39.00 --
9 Michael Zedan 15:39.32 --
10 Landon Melling 15:39.56 --
11 Reid Parsons 15:45.33 --
12 Chris Davis 15:48.40 --
13 Grant Davey 15:49.67 1st alt.
14 Ryan Exell 15:59.22 2nd alt.
15 Nicolas Trevino 15:59.74 3rd alt.

Girls Team Michigan 11/11/17
Mid-East Meet Qualifiers

1 Rachel McCardell 17:48.28 --
2 Samantha Saenz 17:51.21 --
3 Emily Rooney 18:11.12 --
4 Courtney Krupp 18:22.18 --
5 Olivia Clymer 18:24.89 --
6 Bailley Mcconnell 18:28.15 --
7 Rachel Kempf 18:29.33 --
8 Maija Rettelle 18:33.69 --
9 Camryn Gabriel 18:34.68 --
10 Katie Vitou 18:38.21 --
11 Lucy Karpukhno 18:42.07 --
12 Lynsey Amthor 18:43.10 --
13 Hannah Adler 18:52.52 1st alt.
14 Michelle Bollini 18:56.59 2nd alt.
15 Paige Deitering 18:58.24 3rd alt.
2017 MITCA Cross Country Clinic

by the numbers

274 . . number of members in attendance at the clinic.
203 . . members that pre-registered for this year’s clinic.
179. . . number of Michigan High School runners participation in the Michigan Team Trials competition.
125 . . student athletes enjoyed pre race remarks from Cari Setzler at Sheperd High School
100 . . percent of the coaches that enjoyed the clinic.
77 . . number of Future Michigan All-Stars running in the Futures Race at the Team Michigan Trials race.
71. . members that registered at the door.
70 . . senior boys running in the Team Michigan Trials race.
32 . . senior girls running in the Team Michigan Trials race.
29 . . new MITCA members at the clinic.
10. . vendors in attendance.
8 . . new Coach of the Year award winners.
4 . . members receiving MHSCA Coaches of the Year honors.
3 . . $500 scholarships given to MITCA members college students.
1 . . New MITCA Hall of Fame inductee. Dave Miller of Jackson Lunen Christi
1 . . . New Ambrose Award winner. Steve Porter of Milan

2018 Track & Field Clinic  January 25-27 2018
Crowne Plaza Hotel, Lansing MI  NEW LOCATION
Stay informed at mitca.org
### 2017 MITCA Cross Country Clinic Prediction Run  11/11/17

**Sponsored by A2 Race Management**

**Comfort Inn  Mt. Pleasant  5,000 m.**

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Results updated 11/13/17
Top 10 reason to contribute to the Kermit Ambrose 101 Club

10. The entire MITCA organization will think you’re really cool
9. You’ll get this neat 101 Club ribbon to wear at the clinic
8. Team Michigan (Mid-East and Mid–West) will have nicer uniforms
7. We’ll put your name in the nice list for Christmas
6. Kermit Ambrose is watching
5. Our Senior All Star athletes deserve a quality experience
4. You son or daughter might win a $500.00 scholarship (must do the paperwork)
3. You’ll feel good inside and that will make you a better coach
2. It’s Tax Deductible
1. You get an ice cream sundae at the clinic

Thank you from all of MITCA and Team Michigan
Dear MITCA Member,

As a MITCA member, I’m not sure you are aware of the legacy that Kermit Ambrose left on our organization and the running community. Kermit was the founding father of MITCA, President, Secretary, News Letter Editor and President Emeritus. Kermit passed away six year ago after a glorious 101 years. MITCA would not be the fine organization it is today if not for the service of Kermit Ambrose. The MITCA Executive Board would like to help honor and continue Kermit’s memory by establishing the Kermit Ambrose 101 Club and Kermit Ambrose Foundation. Kermit lived a 101 years, so we are seeking contributions of $101.00 to match his dedication to the MITCA origination. Your contributions will be used to help fund the Michigan teams competing at the Midwest Meet of Champions (track & field), the Mideast Meet of Champions (cross country), and the Kermit Ambrose Scholarship. Both championship meets and teams are underfunded and the Executive Board has made this a priority for the future. Kermit 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 and our identification numbers are listed below. Last year the Ambrose 101 Club raised $6,074.00.

If you return the form below with a $101.00 donation (by January 19, 2018) and are attending the Track and Field Clinic in Lansing you will receive a Ambrose Chocolate Sundae at the Coach of the Year Banquet. This treat will only be available for members of the Kermit Ambrose 101 Club. When checking in at the clinic please stop at the Ambrose 101 Club table to pick up your chocolate sundae coupon.

Thank for your support,

Steven R. Porter
MITCA Public Relations

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

Return to: Steven Porter
Kermit Ambrose 101 Club and Foundation Donation Form
1250 Mooreville Rd.
Milan, MI  48160

Please make your check out to: MITCA, Ambrose 101 Club

name ________________________________________  home phone____________________

address_______________________________________ e-mail __________________________

city___________________, state______ zip code________________