MITCA TRACK CLINIC 2018

Do we have what you want? -YES YES YES - JOIN US NOW !!

The LEGENDARY COACH

Clyde Hart

As a high school coach Clyde coached 6 years and won 5 State Championships in Track and 5 in Cross Country.

He then went on to Baylor University and accomplished the following:
- Coached 6 Olympians to:
  - 13 Olympic Gold Medals / 3 Olympic Silver Medals / 1 Olympic Bronze Medal
- Hart has also coached:
  - 10 world record/world best performances (8 individual and 2 relay)
  - 8 national collegiate record holders (5 individual and 3 relay)
  - 258 All-American track athletes for a total of 550 All-American awards
  - 34 NCAA champions (14 individuals, 20 relays)

Hart coached three of the greatest 400m runners: Michael Johnson, Jeremy Wariner and Sanya Richards Ross

For 6 consecutive Olympics Coach Hart had at least one GOLD MEDALIST

Sharon Couch

A distinguished career:
- Long Jump: 22’ 2.75” and 100m Hurdles: 12.68
- Ranked top 4 in U.S. long jump 6 years in a row
- Finished 6th in long jump at the Olympics in 1992
- 2000: 6th in Olympic 100mH semifinal
- Ranked 7th in the World in 100m hurdles in 2000.
- Sharon will be doing sessions on the hurdles and long jump!! She is dynamic and energetic

Thursday NIGHT!!

College Coaches from Michigan will take over the clinic with some great sessions.
And then a night full of fun!!

Are you a Throws Coach?
Well welcome

Mike McConnell
Coldwater High School
Shot /Discus/Shot/Discus/Shot/Discus/Shot

How does this sound:
In 25 years of coaching, 23 times had an athlete place at the state meet!!
In 1999 his athletes finished 1st and 2nd in the shot, and 2nd and 3rd in the discus!!
2017!!!! Are you ready
Had 7 boys qualify for state finals in the shot put and 3 in the discus!!
Four of them placed in the shot and all 3 placed in the discus. Get ready to hear his training as he will do many sessions
MICHIGAN’S High Jumper Comes Home

Gwen (Wentland) Mikinski – Grand Blanc

Gwen Wentland was a world-class high jumper with more than 18 years of competitive experience. She was ranked by Track & Field News as one of the nation’s top 10 high jumpers for 15 years. Gwen has two national high-jump titles and three runner-up finishes to her name. She is also a former world-record holder in the pentathlon high jump at 6'4 1/4. She was a member of the 2003 U.S. World Championship team that competed in Paris, France. Wentland has served as the 2012 Olympic Games assistant coach for jumps and combined events in London, England. In 2006, Wentland was inducted into the Kansas State University Athletic Hall of Fame. She will lead many sessions on the high jump. Don’t miss this opportunity to visit with one of Michigan’s home grown athletes.

***POLE VAULT Certification on Saturday – We have it all***