

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

Are you a Throws Coach?

Well welcome

Mike McConnell

Coldwater High School

Shot /Discus/Shot/Discus/Shot/Discus/Shot

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**

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

Thursday NIGHT!!

College Coaches from Michigan will take over the clinic with some great sessions.

And then a night full of fun !!



Sprinting – The East Kentwood Way

Jeff McCune

East Kentwood Sprint Coach

This program has consistently put out some of the best sprinters and sprint relays in the state of Michigan!!! How do they do it, join us for Jeff's two sessions: Developing the High School Sprinter and the Sprint Relays.

Dave Emeott

MHSAA State Titles 09-10-11-13-14-17

MHSAA Runner up 07,08,15

MITCA State Titles 2006-2016

Dave will be going over the winter speed and agility program at East Kentwood. Learn what you can do at your school to get ready for the season.



Distance Coaches - We Have You Covered

Carl Spina from Saline High School will do sessions on the 800m and 3200m Relay

The 4x800 has been a point of pride in Saline the. The relay has scored at the MHSAA State Championships 18 of the last 19 years and has gone under 7:50 eight of those years. In 2014 and 2015, Saline's 4x800 ran under 7:40.

Tim Simpson – Lansing Catholic Tim will spell out his entire program from June to June!!

State Championships : Boys Track – 2012/Boys XC – 2015/Girls XC – 2017

State Runners-up: Girls Track –04, 17, Girls XC –00, 15,Boys XC – 10, 11, 14, 16

Top-10 Team Finishes (XC, Track)- 26

Individual State Champions :Cross Country – 4 - Track – 9, Relay Champions – 8

Scott McKeel – Doctor of Physical Therapy - Certified Strength and Conditioning

Scott McKeel works at Generation Care as a sports physical therapist

specializing in runners and at Grand Valley State University. Scott has developed a program called RunSTRONG, which is a strength and conditioning program designed to improve running mechanics and economy, prevent against common running injuries, and improve overall performance.



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*****