

MITCA

Cross Country Clinic 2018

Thursday Evening – November 8th

6:00pm 7:00pm Registration

7:00 –10:00 3+ hours of information	Get Ready for an Exciting Evening of Cross Country	Room
7:00 – 8:00	<p style="text-align: center;">Nick Willis</p> <p style="text-align: center;">Playing the long game --training approaches for long term success and building a lifelong love of the sport.</p>	A-D
8:00 – 9:00	<p style="text-align: center;">Nick Willis</p> <p style="text-align: center;">Speed and agility for distance runners, how to incorporate athleticism into a distance runner's training program</p>	A-D
9:00-10:00	<p style="text-align: center;">Coaches Speed Dating</p> <p style="text-align: center;">You will be able to take on 3 topics for the hour. There will be Div1,2,3,4 coaches to talk TRAINING METHODS with you. This is fast and entertaining as well as informative.</p>	A-D
10:00	Hospitality - Join us for talk and good times	A-D

Friday - November 9th - 7:30 am Registration Begins

Vendors will be open for business from 8:00 until 5:30

8:30 – 9:30	<p>Summer Training, Season Organization, How to Motivate Kids in off season plus the First Three Weeks of the Season.</p>	<p>Rick & Angelina Bauer Saugatuck High School Jill Evers-Bowers Kent City High School</p>	A-D
9:50–10:50	<p>Middle of the season training prior to the peak (Mid-Season 6 Weeks)</p>	<p>Cliff Somers Fremont High School Ben Watson Rockford High School</p>	A-D
	<p>Business Items Discussion if Needed</p>	<p>MITCA CC Committee</p>	E
11:10–12:10	<p>Preparation for the state finals (Final 3 weeks of the season).</p>	<p>Brian Salyers Highland Milford H.S. Asa Kelly Benzie Central H.S.</p>	A-D
	<p>Middle School Session-Train & Develop</p>	<p>Bob O'Neil – Chipp Hills</p>	E
12:20 – 2:20	<p>Lunch Provided by MITCA and then the Business Meeting</p>		A-D

2:30 - 3:30	APPS APPS and more APPS ! Learn to use technology to communicate with Parents/Athletes, MITCA and others via twitter, Remind , and much, much, more. In addition find the many uses of A.net in tracking your team and how to use technology to put on your own invitational if you wish. MITCA STAFF WILL BE PRESENTING		A-D
3:50 – 4:50	Injury prevention	Mike Swinger	A-D
	Middle School Session How to build and continue a legacy program!!	White Pine Middle School Coaches	E
6:30 – 8:30	Banquet - Keynote Speech - Emma Coburn		A-D
8:30 – 12:00	Hospitality and autograph session by Emma Coburn		

Saturday November 10th - 8:00 – 12:00

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.	Dave Lustig	E
8:30 – 9:30	Running form evaluation and correction	Mike Swinger	A-D
	Training and Development of the Junior High Athlete	Bob O’Neil Chippewa Hills	E
9:40–10:40	Strengthening exercises for runners (core, hips, feet, etc)	Mike Swinger	A-D
11:00 -12:00	Special Session for Coaches, Students and Parents - Autographs	Emma Coburn	A-D
The Clinic Then Moves to Shepherd High School for the Mid-East Qualifier and Futures RACE			
Registration is 10:00 – 11:00 at the hotel for those attending the Emma Coburn talk, and then again at 12:30 at Sheperd High School Cross Country Course Course Opens at 12:00 and Race Begins at 2:00		Dave Lustig Takashi Gould Carey Hammel	Shepherd High School