

2019 MITCA Track Clinic

When: Jan 31st , Feb 1st and 2nd, 2019
Where: Crowne Plaza West, Lansing Michigan
925 S Creyts Rd, Lansing, MI 48917
Rooms: 126.00 plus tax is the MITCA rate
Cut-off date to assure this rate is January 11th
Call 877 322-5544 and request MITCA rate.
Or go online at:

www.crowneplaza.com/lansingwest and use code **COC**

Join us for another fun filled 3 days of education and meeting old and new friends. We will have all events covered with some great speakers to help you become a better coach!!!

Did you know that 485, 689 girls participate in track, more than any other sport in the United States. While boys are second in participation behind football at 591, 133!!! Way to go coaches, keep getting those kids out!!

Thursday night will be Carnival Night, last year was our first time and it was a big hit!! There will be lots to do, good competition if you wish, and also fun just to watch others. We will be adding CornHole, and a Velcro Wall this year!! So get ready to laugh and have a great time.

Sessions on Shot, Discus, Long Jump, High Jump, Sprints, Hurdles, Distance and Vault!! Plus Beginner/Middle School Sessions!!!

The Registration form is on reverse side and check MITCA.ORG for update on speakers.