

# MITCA

## Cross Country Clinic 2019

Thursday Evening – November 7<sup>th</sup> - 6:00pm 7:00pm Registration

7:00pm –10:00pm -Get Ready for an Exciting Evening of Cross Country Room				
	Beginner Series	Room	Veteran Coaches	Room
7:00 – 7:50	"Lessons from our First Head Coaching Years: Motivating High School Runners" Val Thomasma & Tim Gumz East Kentwood	C-D	Training Plan for Reaching the Championships Nancy Smith – Northville	A-B
8:00 – 8:50	How to Coach Boys and Girls with such different levels of ability. Jennifer Antel – Wayland	C-D	Training Philosophy to Build Elite Programs Asa and Traci Kelly Benzie Central	A-B
9:00-10:00	<p style="text-align: center;"><b>Paul McMullen</b> <span style="float: right;">A-D</span></p> <p>Cadillac Michigan Native will join us for an interesting discussion. Paul has a passion for encouraging young runners. Through his youth running club Chariots of Fire in west Michigan, he is inspiring kids ages 6 – 13 to enjoy running. Through play, these kids have a fun place to discover and develop their gift of running, Paul says. This past year one of his athletes set the 1600m state record for 7th graders with a 4:45.68</p>			
10:00	Hospitality - Join us for talk and good times			A-D

Friday - November 8<sup>th</sup> - 7:30 am Registration Begins

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

8:30 – 9:30	Want to do more with A.NET than just make entries?		Kevin Behmer A2 Race Management	A-B
9:50–10:50	Program Building 101 – Recruit/Build/Motivate/ Thrive Jason Schalk	C-D	Coaching Boys and Girls together and bringing both to high level caliber programs – Scott Werner	A-B
11:10–12:10	Delivering Oxygen to Deliver Faster Racing		Rick Weinheimer	A-D
12:20 – 2:20	Lunch Provided by MITCA and then the Business Meeting			A-D
2:30 – 3:30	Finding Your Excellence in Coaching and Teaching		Rick Weinheimer	A-D
Schedule continues on other side				

<b>3:50 – 4:50</b>	<b>The stuff you need to know to get your season moving. CC camp, Banquet, Bonding events , and more Jill Evers – Kent City</b>	<b>C-D</b>	<b>Paul is excited to share his thoughts on Nutrition that has taken him from a world class miler to an ultra-marathoner Paul McMullen</b>	<b>A-B</b>
<b>6:00 – 8:30</b>	<b>Banquet - Keynote - Rick Weinheimer “Everyday-Two Words”</b>			<b>A-D</b>
<b>8:30 – 12:00</b>	<b>Hospitality</b>			

## **Saturday November 9<sup>th</sup> - 8:00 – 12:00**

**8:00 am Registration**

**Vendors will be open for business from 8:00 until 12:00**

<b>7:30</b>	<b>Prediction Run – See Steve Porter</b>		<b>Registration Area</b>	
<b>8:00 – 8:45</b>	<b>President’s Breakfast Past President’s pick up their breakfast and meet in Room E.</b>		<b>Greg Miller</b>	<b>E</b>

**Dr. Erhard Bell will be presenting the complete program he has used at Carmel High School and other venues. Dr. Bell is a Family and Sports Medicine Practitioner. His proven method of coaching is well documented. Dr. Bell was with us back in 2013 and has remained one of our top rated clinicians of all time.**

<b>8:30 – 9:30</b>	<b>Part 1 Running and Sports Medicine</b>	<b>A-D</b>
<b>9:45 – 10:45</b>	<b>Part 2 Sports Psychology and Motivation</b>	<b>A-D</b>
<b>11:00 – 12:00</b>	<b>Part 3 Principles of Training</b>	<b>A-D</b>

**The Clinic Then Moves to Shepherd High School for the Mid-East Qualifier and Futures RACE**

**12:00 – 12:45 Rick Weinheimer**

<b>Sheperd High School Cross Country Course Course Opens at 12:00 and Race Begins at 1:30</b>	<b>Carey Hammel</b>	<b>Shepherd High School</b>
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