

# MITCA Presents the 2019 Cross Country Clinic

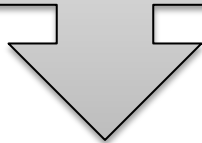
Dates: Nov 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup>

Comfort Inn – Mt Pleasant, MI

This Year MITCA presents two approaches to our Clinic. We understand that some coaches are trying to get a program off the ground while others are striving for state championships. This year our goal is to be attentive to the concerns of both. Almost every hour we will be having a session for those just starting out and one for those looking for information that will help them get their program to an elite level.

So get ready for a great clinic!!

MITCA will also be doing a community event this year with the **Toys for Tots** Program. We are asking all coaches to bring an unwrapped boy or girl toy to the clinic for this wonderful program. More information will be coming soon.



# **Just Look at These TOPICS!!**

## **Recruiting and Motivation**

### **HOW TO USE ALL THE BELLS AND WHISTLES OF ATHLETIC.NET**

Summer and Winter Programs

**Setting up a Cross Country Course - High Level Training**

**Middle School information as well**

**Coaching Boys and Girls together – organizing practices**

**Prediction Run - Past Presidents Breakfast**

Organizing the End of the Year Banquet

**Don't forget the qualifying Mid East race at Shepherd after the clinic!!**

*How to run a summer camp* - and more, more, more !!!

Then on Saturday we will pull it all together and have Dr. Erhard Bell speak to us on total program success. We had Dr. Bell back in 2013 and he earned some of the highest evaluations we have ever seen at a CC clinic. Get ready for handouts, and excellent detailed material.

**Dr. Erhard Bell** is a Family and Sports Medicine Practitioner

Head Coach Carmel High School---Boys' Cross Country (5 years)

State Finals -Cross Country 2009---4th Place– 2010 9th place – 2011 3rd place – 2012 State Champs

Sectionals – 4 championships / Conference Champs – 4 times / County Champs – 4 times

Track & Field 2009---State Champion 4 x 800 Meter Relay /Track & Field 2010---State Champion 1600 Meter

Track & Field 2011---State Runner-up in 1600 and 3200 Meter /Track & Field 2013---3rd Place 800 Meter Run

Dr. Bell has also been successful in the college ranks.

It is obvious Dr. Bell developed a program that WORKS!!!

**When:** November 7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup>

**Where:** Comfort Inn and Suites

**2424 South Mission St., Mt Pleasant, MI 48858**

**Rates:** 98.00

**Reservations:** Comfort Inn 989 772 4000 or the overflow hotel which is  
Fairfield Inn 989 775 5000 – refer to MITCA to get the rate.

**Registration form is at MITCA.ORG**

**Cut off is October 18th for guaranteed hotel rate**

**Call in Your RESERVATION TODAY!!!**

# MITCA CROSS COUNTRY CLINIC

November 7 - 9, 2019

Name \_\_\_\_\_  
New Address \_\_\_\_\_  
Home Address \_\_\_\_\_

School Name \_\_\_\_\_  
School Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone (\_\_\_\_\_) \_\_\_\_\_

School Phone (\_\_\_\_\_) \_\_\_\_\_

E-Mail: \_\_\_\_\_

In what year did you begin coaching? \_\_\_\_\_

How many years have you coached Cross Country? \_\_\_\_\_

Coaching assignment? Mid. S. H. S. Univ.

Cross Country Division 1 2 3 4

Registration cost and deadlines:	Postmarked by Oct. 31 <sup>st</sup>	At the door registration	Amount
New member attending your first MITCA clinic	\$60.00	\$65.00	
Hall of Fame, Sweeney, Ambrose & Life Members	\$60.00	\$60.00	
Regular Clinic Fee	\$110.00	\$120.00	
101 Ambrose Club (Support of the Mid-East and Mid-West Teams) Optional	\$101.00	\$101.00	
Total amount enclosed	XXXX	XXXX	

**Clinic Notes and Giveaway LIMITED to the first 290 registrants**  
**Registration at this clinic includes MITCA membership for 2020.**  
**Questions? Call: 989.693.6068 or Email: mitcatreas@airadv.net**  
**Full refund if notified by Oct. 31<sup>st</sup>, NO REFUND after Oct. 31<sup>st</sup>.**

**Make checks payable to MITCA**  
**Payment must accompany the registration form.**

Mail to: **Jerry Lasceski, Treasurer**  
**1691 N. Hinson Road**  
**Fairgrove, MI 48733-9503**

**Please detach before mailing**

## COACHES - ATHLETIC DIRECTORS – BUSINESS OFFICES

1. Please note the postmark deadline for pre-registrations, October 31<sup>st</sup>. Do not mail registrations after October 31<sup>st</sup>.
2. All registrations after October 31<sup>st</sup> are expected to pay the “At the door registration” rate.
3. Do not email or fax registrations – payment must accompany the registration forms.
4. Coaches – If your school or booster club is paying for your registration, get the form to them early to meet the deadline and then check with them to be sure the form and check meets the postmark date.
5. Remember you can also register online with the same deadlines.