MITCA Presents the 2019 Cross Country Clinic
Dates: Nov 7th, 8th and 9th
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)
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 7th, 8th and 9th
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 ___________________________ School Name ___________________________
New Address ___________________________ School Address ___________________________
Home ___________________________ 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

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

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@aialdv.net  
Full refund if notified by Oct. 31st, NO REFUND after Oct. 31st.

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 31st. Do not mail registrations after October 31st.
2. All registrations after October 31st 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.