Speakers for the 2019 Cross Country Clinic

Rick Weinheimer

For thirty-ninth years Rick Weinheimer taught English and coached boys’ and girls’ cross country and track at Columbus North High School before retiring in 2017. In Indiana’s one-class cross country system, Rick’s teams won six state championships, finished runner up five times, and earned 28 team medals for finishing in the top five. Rick was named Conference Coach of the Year 46 times, State XC Coach of the Year 10 times, and he was a 4-time nominee for National Coach of the Year. Rick was inducted into the Indiana Track and Cross Country Hall of Fame in 2004 and his school corporation’s Education Hall of Fame in 2014. Rick’s current business is named Every Day Excellence, and he has spoken to audiences in Indiana, California, Illinois, Michigan, Missouri, Nebraska, and Texas, presenting thoughts on seeking excellence in all areas of life, a message of hope, inspiration, and humor. Rick published his book Move Your Chair, a Guide to Every Day Excellence in 2015. He and his wife Amy, a special education teacher, have five children and two grandchildren.

Dr. Erhard Bell

Dr. Erhard Bell is a Family and Sports Medicine Practitioner has proven his methods work!! Assistant Coach Carmel High School—Boys’ and Girls’ CC (4 years) / Boys’ Track (9 years)
Head Coach Carmel High School---Boys’ Cross Country (5 years)
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 800Meter Run
Dr. Bell then moved to coach at two other schools with continued success!!
Paul McMullen

Paul a native of Cadillac, Michigan
His accomplishments are worth noting.
Attended Eastern Michigan University
  Personal Best Mile  3:54
  Personal Best 1500m 3:33.89
  United States 1500m Champ 1995
  10th in the 1500 at World Championships in 2001
  1996 Summer Olympics Participant
  Operates Chariots of Fire Youth Running Club

MITCA COACHES SHARING WITH US THIS YEAR WILL BE

Scott Werner - Pewamo Westphalia

Scott began coaching at Pewamo-Westphalia in 2001 and (between both Cross Country and Track) has coached 6 team State Championships, 8 team State Runner-ups and 34 teams to “Top 10” finishes at the MHSAA State Finals. 98 different athletes have earned "All-State" honors on his watch & 24 of those athletes have gone on to compete at the collegiate level. His highest coaching honors include being a national finalist for the “NHSACA Coach of the Year” award (twice), the “Brooks Inspiring Coach” award and the “USTCCCA National Coach of the Year” award. When not coaching, his favorite thing to do is spend time with his wife Lisa and his daughters, Melanie and Vivian.

Val Thomasma - East Kentwood

Earned her Bachelor of Science degree from Aquinas College, where she ran track & cross country & was Academic All-American;
Masters in Secondary Education from Grand Valley State University.
Has been coaching for 15 years: 7 years as Assistant Coach at East Kentwood,
3 years as Head Boys & Girls Cross Country Coach at Byron Center High School,
5 years as Head Girls Cross Country & Assistant Girls Track Coach at EK.
Highest Girls Team finish at XC State: 3rd in 2009
12 Individual XC State Qualifiers & 5 All-State XC runners
Proud of coaching numerous athletes who ran in college & beyond;
Proud to share the love of running & racing & a runner's lifestyle beyond high school
Personal running accomplishments: 17:59 5k in 2016, 2:59 marathon in 2016, 9 marathons to date
Nancy Smith – Northville
Graduated from Plymouth Salem High School and was a Varsity letter sprinter all 3 years and attended Central Michigan University and graduated with Bachelor of Science, Masters in Technology from EMU and a Masters in Athletic Administration from Wayne State
Has coached 29 years at the high school, 7 years as head Track coach Northville High School from 2001-2008 and previous as Cabrini and Redford Union
1 Team State Championship in 2013, Runner Up in 2017
7 Top 5 Finishes at the State Finals since 2010 and 11 team state meet appearance’s while at Northville
15 All- State athletes and the Team has been Academic All-State 10 times
14 Division Championships / 8 Conference Championships / 7 Regional Championships
MITCA “Coach of the Year” nominee 6 times / MITCA 2013 Division 1 Female Coach of Year
2014 NFHS Coaches Association Central Sectional Coach of the Year for Girls Cross Country
2014 Michigan High School Coaches Association Female Cross Country Coach of the Year
2014 Finalist National High School Athletic Coaches Association National Coach of the Year for Cross Country.

Jason Schalk
Cross Country/ Track & Field
Current- Grace Christian University (2018- )  
Previous- Jension Public Schools (1998-2017 both MS, then HS)
*Coached 2018 NCCAA XC Individual National Champion
*Coached 21 HS All State athletes (XC/TF)
*42 athletes went on to compete at the collegiate level
* HS XC team grew from 7 athletes to 45
*HS track expanded from 27 in year one to 57-80 athletes each subsequent season

Asa Kelly / Traci Kelly - Benzie Central High School
Asa - Graduated from Grand Haven High School (1996) and Grand Valley State University (2000). Competed in cross country, indoor, and outdoor track & field at GV SU. 2nd Grade teacher at Betsie Valley Elementary  
Traci - Graduated from Suttons Bay High School (1995), 5 time HS state champion (1 cross country/4 track & field). Graduated from Indiana University (2000). Competed on full scholarship in cross country, indoor, and outdoor track & field at IU. Kindergarten teacher at Crystal Lake Elementary
Began coaching at Benzie Central in 2003 when they took over the girl’s track & field program. Have been head coaches of girl’s track team for 16 years, boy’s track for 11 years, and cross country for 11 years.

Parents to two beautiful daughters: Mylie (13) and Avery (9), as well as Swedish exchange daughter Lisa Gustafsson

Cross Country
State runner-up teams - 2013 (x2), 2015, 2017
Conference champion teams - undefeated in all meets in school’s conference history
All State awards – 38 / Academic All State Awards - 54

Track & Field
MITCA state champion teams - 2011, 2012 girls / MITCA state runner-up - 2013 (boys and girls), 2015, 2017
Coaching Awards / Honors
MITCA Cross Country COY nominee - Eight times
MITCA Track COY - 2009, 2011 / MITCA Track COY nominee - Four times
Jill Evers – Kent City
30th year of coaching boys & girls XC (& girls track & field)--29 years at Kent City
18 XC conference championships
6 regional XC titles
10 top ten finishes at XC state
Sweeney Award winner

Tim Gumz
Attended Grand Valley State University from 2008-2013 and competed as a member of the cross-country and track and field teams.
Assistant coach of Boys' XC from 2012-2015, and head coach since 2016. Assistant track and field coach since 2013.
Have taught in Kentwood Public Schools since 2013, the first three at the middle school level and ever since as a high school world history teacher.
I have been fortunate to have many great mentors both as an athlete and coach, and have enjoyed sharing my passion for the sport of distance running with the student-athletes at East Kentwood.

Jennifer Antel
Jennifer has been a MS girls track and boys cross country coach at Wayland for 8 years. For the last year she has been the boys and girls coach. Jennifer also works as substitute teacher and Development Coordinator for West Michigan Trails. Jennifer loves working with kids and building lifelong runners.

THERE YOU HAVE IT!!!!
This is quite a line up, get ready for a great clinic.

Send in your registration form today – MITCA.ORG
When: November 7th, 8th and 9th
Where: Comfort Inn and Suites 2424 South Mission St., Mt Pleasant, 48858
Rates: 98.00
Reservations: Comfort Inn 989 772 4000 or the overflow hotel which is Fairfield Inn 989 775 5000 – Mention MITCA to get the rate.
Call in Your RESERVATION TODAY!!!

Cut off date for MITCA rate is October 18th!!
DON’T MISS IT