

MITCA TRACK AND FIELD CLINIC

January 30, 31, February 1, 2020

Name _____

School Name _____

New Address

Home Address _____

School Address _____

City _____ State _____ ZIP _____

City _____ State _____ ZIP _____

Home Phone ____ (____) _____

School Phone (____) _____

E-mail address: _____

In what year did you begin coaching? _____

How many years have you coached Track and Field? _____

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

Track & Field Division 1 2 3 4

Registration cost and deadlines:	Postmarked by January 23	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	XXXXXXX	XXXXXX	

Clinic Notes and Giveaway LIMITED to the first 725 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 Jan. 27th, NO REFUND after Jan. 27th.

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

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

Please detach before mailing

COACHES - ATHLETIC DIRECTORS – BUSINESS OFFICES

1. Please note the postmark deadline for pre-registrations, January 23rd. Do not mail registrations after January 23rd.
2. All registrations after January 23rd 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.

HOTEL INFORMATION:

Crowne Plaza Lansing West
925 S Creyts Rd, Lansing, MI 48917
Phone: (517) 323-7100

Reservations:

Rooms are 128.00 plus tax
Cut-off Date is January 10th, 2020
Call 877 322 5544

Or go online at www.crowneplaza.com/lansingwest (our code is TRX)

Track Clinic 2020

Get ready for an exciting clinic – These are the headline speakers

Gail Devers - Gail Devers is an American retired track and field athlete. A two-time Olympic champion in the 100 meters for the USA, her 1996 win made her only the second woman to successfully defend an Olympic 100m title. She won a third Olympic gold medal in the 4 × 100 m relay in 1996. She is also the 1993 World champion in the 100m and a three-time World champion in the 100m hurdles. In 2011, she was inducted into the National Track and Field Hall of Fame. In 1990, she was diagnosed with Graves' disease and underwent radioactive iodine treatment followed by thyroid hormone replacement therapy. During her radiation treatment, Devers began to develop blistering and swelling of her feet. Eventually, the sprinter could barely walk and had to crawl and or be carried. A doctor considered amputating her feet. Amazingly, Devers recovered after the radiation treatment was discontinued, and she resumed training. At the 1991 World Championships, she won a silver medal in the 100 m hurdles. Learn the hurdles from one of the best!!

Larry Myricks - Larry Myricks mainly competed in the long jump event. In 1979 he won again the NCAA Championship, this time both indoors and outdoors. He was also the US National Champion (27–2), and World Cup Champion (8.52 m). He repeated as U.S. national champion in 1980 and in 1989. He is a two-time winner of the World Indoor Championships and a two-time winner of the World Cup. He also won a bronze medal at the 1988 Seoul Olympics, and bronze medals at the World Championships in 1987 and 1991. Larry will doing 5 different sessions on the long jump. If you really want to improve your jumpers you cannot miss these sessions.

Ryan Banta - Banta is Parkway Central High School Girls Head track and field coach 2003 to the present. Ryan's coaching tenure has yielded 84 school records. 2 top 4 finishes in 2008 and 2009, District Champs 2007, 2008, and 2009, four runner up finishes at districts 2011, 2012, 2013, and 2014, two state records 4x800 and 3200 meter run, 14 nationally ranked events, 34 all state performances, 7 runner up finishes, 8 state championship events and 70 state qualifiers(track and xc). He is a writer for elitetrack.com and speedendurance.com and has his USATF Level II in Sprints, Hurdles, Relays, and Endurance, as well as a USTFCCA technical certification. His topics will include: Building a Winning Culture, Training Design for Coaches, 100 meter training A to Z, 400/800 training, and How to Manage Large Groups with few coaches.

Rob Lasorsa - Under his guidance as Chairman of USA Track & Field's Men's National Shot Put Development, the USA became the world leader in the men's shot put with Reese Hoffa, Adam Nelson, Christian Cantwell, and John Godina all exceeding the seventy foot barrier on a yearly basis. Rob is a much sought after clinician with his expertise being to make it simple to get results. Rob has produced video and books on the shot and discus. Besides sessions on the events Rob will also be doing a weight lifting session for the throws.

Boo Schexnayder - Irving "Boo" Schexnayder is regarded internationally as one of the leading authorities in training design. He brings 39 years of experience in the coaching and consulting fields to the clinic. He recently returned to the LSU Track and Field coaching staff for a second stint, serving as throws coach in 2018 while coaching Jake Norris to a World U-20 Championship in the hammer throw. He is currently serving as the Strength coach for the Track and Field Program. Regarded as one of the world's premier field event coaches, he was the mastermind behind 19 NCAA Champions during his collegiate coaching career. He was a part of 12 NCAA Championship teams and a pair of Juco National titles, as well as developing a host of conference champions and All-Americans. He is rated as a Number 1 Clinician. Will be covering high jump, pole vault and speed for all track events.

We will be adding more speakers and more sessions so keep checking MITCA.ORG for information.

Registration form and hotel information on reverse side