

Jerry Lascieski, Treasurer
1691 N. Hinson Road
Fairgrove, MI 48733-9503

This is going to be a great clinic that we know will be well attended. Make sure you get your registration in early and book your hotel room as soon as possible.

***Causeway Bay Hotel
(former Holiday Inn)
6820 S Cedar St
Lansing, MI 48911
(517) 694-8123***



Rates are:
83.00 – 93.00 – 103.00 – 113.00
(depending on people in room)
Make sure you ask for the
MITCA Rate
You must make your reservations
by January 15th to be guaranteed a
room

**For Updates
Keep Checking MITCA.ORG**

MITCA PRESENTS THE 2010 TRACK AND FIELD CLINIC



**JIM RYUN
3 TIME OLYMPIAN
World Record Holder
Mile, 1600, 800
Silver Medalist in 1968 Games
Voted ESPN's Best High School Athlete Ever in any sport!!!**

Do not miss this opportunity !!!

The one and only **JIM RYUN**



That's right, the greatest middle/distance runner ever, will join us in February.

Jim Ryun grew up in Wichita, Kansas, achieving national acclaim as a High School track and field star. Jim's resume of running includes:

- 1962 joined high school track team, and ran the mile in 5:38 one year later runs 4:07
- 1964 ran 3:55.3 as a high school athlete, the **FIRST** under 4:00!!!!
- Ran in the 1964, 1968 and 1972 Olympic Games / 1966 Sets World Record in the mile at 3:51.3 at age 19
- Sports Illustrated Sportsman of the Year, Sullivan Award as best amateur competitor in the United States
- Silver Medalist in the 1500m at the 1968 Olympics
- World Records: Mile, 1500, 800m!!!!
- **Voted ESPN's Best High School Athlete Ever in any sport!!!** (Beat out Tiger Woods and Lew Alcindor)

Outside of athletics, Jim has served the 2nd Congressional District of Kansas as their Congressman. Jim attributes all of his success to his faith.

The Darling of Distance Running Returns to MITCA

Suzy Favor Hamilton

A **FAVOR**ite at the XC clinic two years ago – Suzy is simply a great speaker.

Suzy will win you over through her personality and love of running.

Check out her stats:

- Junior record holder at 1500m, Two-time Pan American Juniors Gold Medallist,
- Won 11 state High School Titles
- Listed by Scholastic Sports in the top 100 High School Athletes of the Century
- 9 NCAA titles, 23 Big Ten Championships, and 14 All-American Awards
- NCAA record holder at both 800 and 1500m,
- Big Ten Athlete of the Decade for the 90's, voted NCAA Woman of the Year.
- PR's – 800m 1:58.1 1000m 2:33.93 1500m 3:57.4



Suzy is a three-time Olympian, seven-time National Champion, 5th at 2002 World CC Championships, has run FIVE-sub 4's in the 1500 and five of the nine fastest times ever run by an American. Suzy was also named as the USA Track and Field Distance Runner of the Year in 2000.

Simply put she is one of the greatest distance runners the United States has ever produced!!!

Learn from two of the most decorated athletes in the United States!
Both of these Great Track Athletes will participate in an autograph session at
hospitality on Friday night

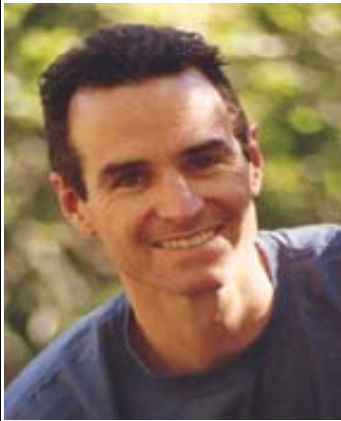
Pole Vault Extravaganza

Did you ever want to learn more about the Pole Vault but were afraid to ask?

Well, there is no need to ask anymore.

This years' clinic will include 10 HOURS of Pole Vault instruction. Attendance for these sessions will result in POLE VAULT CERTIFICATION. If you have your certification it is important to keep it updated.

So, get ready to learn all about the Pole Vault from these two incredible speakers!!



Pat Manson

High School and College:
**American Record Holder
HS indoor Pole Vault**

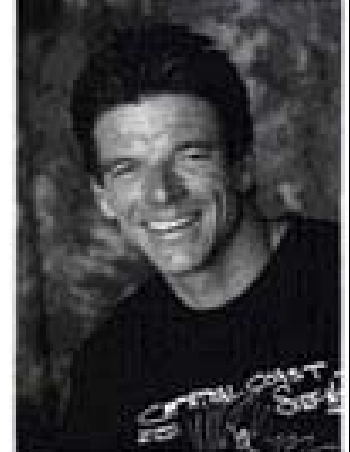
17' 6 1/2 "

*Jr. World Championships
Team Member*
**Steinmark Award -
Outstanding Senior
Student/Athlete
HS Best - 18 feet!!!**

- NCAA Div. I All American 7 Times
- NCAA Meet Record twice, 18'6" and 18'8"
- Big Eight Conference Champion
- US Ranked #1 in 1996 & 1997/Olympic Trials 5x
- Gold Medallist, Pan American Games, three times / Bronze Medallist, Goodwill Games in 1998
- World Championship Team Member, two times
- World Ranked #6 in 1997
- World Record in 2006 - 21 years over 18 feet
- Personal Best - 19 feet 2 1/4"

Jan Johnson

As a high schooler, Jan vaulted well enough to become the 1968 Illinois state champ. Starting his collegiate career at Kansas, he set a then World Indoor Record of 17'7". He then transferred to the University of Alabama where he set the current school record of 18 feet, 1/2 inch. In that time, Jan was a **THREE TIME** national champion. Competing in the '72 Olympics, Jan won the bronze medal.



Jan Johnson runs "**Sky Jumpers**", a pole vault camp in southern California and is Chair of USATF National Pole Vault Safety Task Force.

MORE PRESENTATIONS AT THE 2010 CLINIC

Doug Grezeszak - Dynamic Glide Shot Put Technique and Beginner Discus

Coached 30 years-last 22 at West Branch Ogemaw Heights
One discus thrower in state finals every year since 1987!!!

7 state champs in the discus by 5 different individuals

9 different boys over 150' (best of 180' 1")

7 different girls over 120' (best of 151' 11")

A frustrated shot put coach over the years so tried a new technique two years ago and has had the following results.

Boy's personal bests of 58', 54', two more in the upper 40's and three more in the lower 40's.

One girl in the 39' range and 4 more over 32'

All of us would love to have throwers like this!!!!

Don Passenger

Don is known for having the computer skills to run big meets such as Portage CC. Don will be giving us the information we need to handle a new web entry system-ATHLETIC.NET. This will be a two part series.

Rob Lasorsa - Beginner Shot put

The versatile USATF Shot Put Development Chair is a terrific coach and clinician. He'll present the Beginner Session for Glide Shot. With new Junior High Coaches and High School Coaches each year we feel it is important to present this session at all of our clinics. Rob has a way to simplify the steps to teach young throwers the proper technique for maximum distance.

Wayne Clark - 4x100 & Hurdles

A specialist in developing young athletes. Head Coach at Zanesville, Ohio. During that time Wayne coached many state champions. His drills for the hurdles are extremely efficient and they do produce results!!!!

Plus the following:

Shoe Selection / Recruiting and Team Building/ and much much more!!!!

MORE GREAT SPEAKERS

Sharon Couch Seagrave

Hurdles and Long Jump

PRs: 100mH - 12.68 (2000); Long Jump - 6.90m/22-7.75 (1995)

Events: 100H, LJ

PRs: 100mH - 12.68 (2000); Long Jump - 6.90m/22-7.75 (1995)

Born: September 13, 1969, in Richmond, Va.

Career Highlights: 6th in LJ at 1992 Olympics; 2nd,

2000 U.S. Indoor 60 meter hurdles; 3-time World team. As High School Senior led the nation in the 55 hurdles with her 7.92 and #3 with her outdoor 13.82.

Her senior year, she contested six events at the state meet, winning five

and breaking four meet records. Her 53 points, plus one from the school's relay

team, won the team title...started long jumping when her high school coach told

her to jump at an indoor meet; she leapt 15-9, but was worried that the team's

best long jumpers, whom she had beaten, were mad at her...'I told my coach, 'I don't want to do that anymore.

They're mad at me.' and he said, 'You're going to make plenty of people mad at you. You might as well get

started now. Won the Patterson Medal (senior scholar-athlete award) at North Carolina, the first black woman

ever to do so. Sharon was with us before and won our admiration with her knowledge and her willingness to

talk track and field all night long.



Amy Manson

Goal Setting

How do you SET a goal and ACHIEVE it?

Amy Manson will help you find the answer

FOR ANYONE WHO MIGHT HAVE A GOAL!

Amy's Get Goaled™ Program was originally developed in 1996 for third through sixth graders. After experiencing success and numerous requests by her audience, Amy has modified and presented Get Goaled™ to middle and high school kids, collegians and adults.

MISSION STATEMENT

The mission of Get Goaled is to inspire & teach people to:

1. Identify their gifts and passions
2. Apply their gifts and passions to positive goals
3. Pursue these goals with a well thought-out plan
4. Understand how their daily decisions guide their path
5. Experience the intrinsic rewards of working hard and committing to a positive goal

ATHLETIC BIOGRAPHY

Indiana University Track & Field '92

Big Ten Champion 3k & 5k- "Athlete of the Championship"

NCAA Div I All-American 3k & 10k

Three-Time Olympic Trials Qualifier 5k & Marathon

Three-Time National US Team Member

Winner – Detroit Free Press Marathon '93

Honolulu Marathon '93- 2nd, '94- 4th, '95- 4th

Personal Records: 5k – 15:55 / 10k – 33:50 / 10M – 55:40 / Marathon 2:40:18

*All Things are possible,
if you believe you can
ACHIEVE!*



9:15 -10:15	Pole Vault Energy Equation Hurdle Technique between the Hurdles Nutrition for Better Running Performances Beginning Discus	Jan Johnson Sharon Couch Suzy Hamilton Doug Grezeszak
10:30 -11:30	Pre-Vaulting-Decisions (PVD), Where a coach REALLY contributes Dynamic Glide Shot Put Technique Goal Setting for Coaches – Be the Best You can Be Using Athletic.net for your team statistics	Pat Manson Doug Grezeszak Amy Manson Don Passenger
11:45 -12:45	The first half of the vault (Approach Through the Swing) Long Jump Technique Mental Toughness for Running Using Athletic.net to help manage meet entries.	Pat Manson Sharon Couch Suzy Hamilton Don Passenger
12:45 -1:30	Lunch (on your own)	
1:30 -2:30	The Second Half of the Vault (Swing to Clearance) Drills for better Hurdling How I Trained to Run Under 4:00 Selecting the Proper Shoes for each Event	Pat Manson Sharon Couch Jim Ryun Shoe Specialists
2:40 -3:40	Olympic Experience – You Have to Believe	Ryun and Hamilton
3:50 – 5:00	Business Meeting	MITCA Track Comm
5:00 – 5:30	MHSAA Rules Meeting	Nate Hampton
6:30 -12:00	Banquet and Hospitality with Autograph Session with Ryun – Hamilton – Manson – Manson - Couch	

Saturday – Registration starts at 7:30

7:00	Fun Run	
8:15 – 9:00	Fellowship of Christian Coaches	Jim Ryun
9:00 -10:00	A typical week of Practice for the Vault plus Psychology Correction of Hurdling Errors How to Use Goal Setting with your Kids	Pat Manson Sharon Couch Amy Manson
10:05 – 10:55	Simplified Vault Coaching: Just Two Key Positions Long Jump – Drills for Better Jumping Selecting the Proper Shoes for each Event Training for the 1600 meters	Pat Manson Sharon Couch Shoe Specialists Suzie Hamilton
11:00 – 12:00	How You Can be a SUPERSTAR!! Motivation for Coaches	Suzie Hamilton

Are there High School Student Sessions? - YES

We will do our traditional High School Learn by Doing Sessions.

Think About This: Your students working with Ryun, Hamilton, Couch, Manson's

Go to MITCA.ORG for updates and sign up your kids early!!!

WE EXPECT TO SELL THIS CLINIC OUT WITH THE SPEAKERS WE HAVE BROUGHT IN.

PLEASE SEND IN YOUR REGISTRATIONS ASAP AND BOOK YOUR HOTEL ROOM **TODAY!!!**