

MITCA

Presents the CC Clinic

A NEW BEGINNING

After a year of uncertainty, difficult coaching, and hours of work within last year's rules of engagement, we are hoping for a New Beginning for all of us. Let us all hope this year is a normal year for our athletes and you, our hard-working coaches.

MITCA would like to reward all of you who put in so much work to make last years seasons a success under dire circumstances. So, what can we do? We can offer a New Beginning this year. How can we recognize your dedication? By allowing all attendees to pay only **50.00** to attend this year's clinic. That's right, all coaches will only pay **50.00** instead of the 110.00 normal price to attend the CC clinic!!

However, the **50.00** price is only for pre-registrants, anyone paying at the door will have to pay the normal \$110.00 registration fee. Clinic will be limited to the first 300 coaches who register.

Our clinic will be:

When: **November 11, 12 and 13** our normal Thursday, Friday and Saturday schedule.

Where: Comfort Inn and Suites in Mt. Pleasant, Michigan

Rooms: Call **989 772 4000** to reserve your rooms for the clinic.

We have 115 rooms reserved and overflow will be next door at the Fairfiled.

Price is 98.00 if booked by October 20th, 2021 – after that room space and price is not guaranteed, please plan ahead.

Included: Registration materials, MITCA clipboard, Lunch on Friday and Dinner on Friday.

Speakers: **Kate Davis** – will be presenting two sessions on Nutrition!! General nutritional needs and the other on Nutrition for Competition Day for CC and Track Athletes.

Dr Jason Karp – Jason has been with us once before in CC and once at the Track Clinic. Get ready for some interesting points on physiological aspects to running, interval training, running periodization, and Run Like a Woman.

Abdual Alzindani – former Foot Locker Champ will be bringing topics such as how to keep the process fun, using failure to find success, and how to be a motivating coach.

Steve Long- will present on how Otsego High School finds success

Plus MITCA coaches presenting a favorite workout panel, speed dating with 8 coaches and a couple of sessions focusing on Middle School!!

All of this for 50.00!! Go to MITCA.org today and register