

MITCA

Cross Country Clinic 2021

Thursday Evening – November 11th

6:00pm 7:00pm Registration

7:00 – 10:00	Get Ready for an Exciting Evening of Cross Country		Room
7:00 – 8:00	Cross Country – How Otsego High School has spelled SUCCESS	Coach Steve Long	A-B
8:00 – 9:00	<p>The Greatest Workouts We will have 4 coaches that will be filling our minds with their one favorite workout. This will be fast moving and questions will be reserved for the end of the talk.</p> <p>Asa and Tracy Kelly - Benzie Brian Salyers - Milford Tim Simpson - Lansing Catholic Cliff Somers - Fremont</p>		A-B
9:00-10:00	<p>Round Tables 8 coaches give short 8 to 10 minute talks to small groups</p>		A-B
10:00	Hospitality - Join us for talk and good times		C-D

Friday - November 12th - 7:30 am Registration Begins

Vendors will be open for business from 8:00 until 5:30

8:30 – 9:30	3 physiological players of distance running	Dr Jason Karp	A-D
9:50–10:50	Motivation – Unlocking our full potential	Abdul Alzindani	A-D
	Characteristics of a Successful Middle School Program	Shannon Mitchell Dan Blake	E
11:10–12:10	Nutrition Demands for Cross Country Runners	Kate Davis MS, RD, CSSD	A-B
	Run Like A Woman	Dr Jason Karp	C-D
12:20 – 2:20	Lunch Provided by MITCA and then the Business Meeting		A-D
2:30 - 3:30	Keeping the Process Fun – go beyond running	Abdul Alzindani	A-B
	Competition Day Fueling for Performance	Kate Davis MS, RD, CSSD	C-D
3:50 – 4:50	Running Periodization	Dr Jason Karp	A-D
	Middle School Training	Shannon Mitchell	E
6:30 – 8:30	Banquet		A-D
8:30 – 12:00	Hospitality		

Saturday November 10th - 8:00 – 12:00

8:00 am Registration

Vendors will be open for business from 8:00 until 12:00

7:30	Prediction Run – See Steve Porter	Registration Area	
8:00 – 8:45	President's Breakfast	Greg Miller	E
8:30 – 9:30	Help your injured athletes back to running with the level system	Rick Bauer	A-D
9:45–10:45	Using Failure to Find Success – account of my experiences in running and life	Abdul Alzindani	A-D
11:00 -12:00	Understanding Interval Training	Dr Jason Karp	A-D
The Clinic Then Moves to Shepherd High School for the Michigan Meet of Champions Race			
Registration begins at 11:00 First Race 1:00pm		Carey Hammel Dave Lustig	Shepherd High School