

MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

Volume 46, Issue 1 Spring 2003

www.mitca.org

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CROSS COUNTRY CLINIC
Kalamazoo Radisson
Nov. 7/8 2003

TRACK & FIELD CLINIC
Lansing Holiday Inn South
Jan. 9/10 2004

"DOC" PRESENTED THE 2003 SWEENEY AWARD



steve porter mitca photo

The recipient of the **2003 Chuck Sweeney Award** is Mel 'Doc' Comeo, the track and cross country coach of Bath High School.

Doc has coached several sports in his forty years at the Bath Community Schools. He has continued coaching track and cross country since his retirement from the classroom as a teacher from the district in 1997 after thirty-three years.

This will be his 40th year as the boys' track coach to go along with his twenty-two years coaching boys and girls cross country. His track teams have a total of fifteen league championships from two conferences, the Ingham County League and the Central Michigan Athletic Conference. Bath has fourteen regional championships from Class C, Class D, and Division IV, and one MITCA team championship in Division IV under "Doc's" tutelage.

Doc's cross country teams earned a total of sixteen league championships, nine regional championships, and one state championship with his boys' teams and fifteen league championships, ten regional championships and one state championship with his girls' teams.

He has coached around forty all state performers in both sports during his coaching career. He has definitely left his mark in track and cross country in the mid Michigan area as he has been recognized in both sports by his peers and the local media as one of the top coaches in the area regardless of class or division.

The Sweeney Award is named after the long time teacher and coach in the Lansing Public Schools, Charles A. Sweeney. Chuck was one of the founding fathers of MITCA and served as treasurer for many years after his retirement from the classroom and coaching.

THE PRESIDENT'S LANE: *Mac Domke, MITCA President*

After attending the February 5th rules meeting, it looks to me as if we're entering the era of "Prepare for the lawsuit". Safety is paramount and now demanded by minimum standards for equipment in the pole vault. Landing areas that do not literally "measure up" to the required minimum dimensions will result in the event not being contested and the points divided up and awarded to the visiting team or teams. Even if you are awaiting delivery of your "new" pits, you dare not practice with the "old" pits lest someone gets hurt. Can't you just see the lawyers drooling over that lawsuit!!?" And you were aware that your school's pits did not meet the new MHSAA standards yet you allowed students the vault anyway?" Please coaches, make sure you won't be using equipment that doesn't at least meet all the necessary safety requirements.

This year the emphasis seems to be with the pole vault but don't overlook your throwing areas or high jump areas either. Inspect those discus cages and make sure the nets are in good shape. Do not encourage discus throwers to practice unsupervised. Have lookouts posted for both shot and discus areas. How many times has a freshman or middle school student run into an area where shots and discs are being thrown?

We've got a lot of kids out there doing a lot of events at full speed. Be careful and teach area awareness and keep safety first. No one wants anyone to get hurt; and no one wants to be sued.

MITCA'S Mr. and Ms. TRACK & FIELD 2002

Kenneth Ferguson, Mumford High

Kenneth had one of the finest years for an individual in Michigan High School Track & Field history. Leading Mumford to the State Final Meet Championship, he not only was involved in winning four events, both hurdles and a member of both the 4x2 and 4x4 winning relays, but the winning performances were record setting.



michtrack.org photo

His season did not end with the State Finals, but continued through the summer ending at the World Junior Games, placing in both hurdle races and the 4x4. By the time Kenneth put the spikes away he clearly established himself as one of the finest high school track runners Michigan has had.

His college career continued where his high school career left off. Running for South Carolina he scored in the hurdles and 4x4 in both the SEC and the NCAA Indoor Championship. He is currently ranked 5th/110 Hurdles and 3rd/400 Hurdles.

Katie Erdman, Cadillac High



steve porter mitca photo

Katie won the 800 and 1600 in Div. 2.

The Cadillac High School graduate was a four year varsity track and field letter winner, a two year member of National Honor Society, a three year recipient of the Faculty Citizenship Award, a two time all state and two time academic all state.

She won the 1600m at the 2002 Mid-west Meet of Champions

She set school records in the 800, 1600m, 3200m, 5000m, 4x4m and 4x8m relays.

Running for the University of Michigan she has already started to rack up honors. She earned first team all/Big 10 with her win in the 600m at the Indoor Big 10 Championships. She also set a school record in the event.

2002 TRACK & FIELD MITCA COACH OF THE YEAR AWARDS

BOYS:

Div. 1: Kent Overbey, Ann Arbor Huron
nominees: Carlos Benton, Flint Central; Robert Lynch, Detroit Mumford; Ken Marnon, Sterling Hgts. Stevenson.

Div. 2: John Reed, Farmington Hills Harrison.
nominees: Debra Douglass, Fowlerville; James Neumann, Flint Powers, Dave Pike, Lansing Waverly

Div. 3: Rob Johnson, Clare
nominees: Cody Inglis, Suttons Bay; David Miller, Jackson Lumen Christi; Paul Nilsson, Williamston.

Div. 4: Frank Sipes, Lawton.
nominees: Mike Kloss, Harbor Springs; Tate Fermon, DetroitBenedictine; Mike Unger, Lutheran Westland Lutheran.

GIRLS:

Div. 1: Bryan Westfield, Ann Arbor Pioneer
nominees: Gary Inman, Rochester Adams; John Morrison, Brighton; Randy VanderVeen, Rockford.

Div. 2: Rick Miotke, Detroit Renaissance
nominees: Ken Bokhoven, Grand Rapids Christian; Keith McDonald, Dearborn Divine Child; Tom Micallef, Ypsilanti.

Div. 3: Eric Swihart, Hanover-Horton
nominees: John Crowell, Ravenna; Joel DeKoekoek, Kalamazoo Christian; Chris Lantis, Laingsburg.

Div. 4: Paul Christiansen, Maple City Glen Lake
nominees: Jolie King, Traverse City St. Francis; Kelley Sherwin, Lincoln/Alcona; Matt Yacoub, Southfield Christian.

2003 MITCA TRACK RECOGNITION AWARDS

FINISH LINE AWARD

Presented to newspapers, upon the nomination by a local coach, in recognition for their coverage and support of the local cross country and track programs.

Ludington Daily News

nominated by: Ross Donley/Ludington

Port Huron Times

nominated by Brian Zangara/Crosw/Lex

Westland Observer

nominated by: Bruce Unger/W'land Luth.

ASSISTANT COACH OF THE YEAR

Presented to assistant coaches in recognition of their efforts to the school's track program. Nominated by their head coach.

Cindy Hasselbring, Milan
nominated by Jim Okler

Mike McConnell, Camden-Frontier
nominated by Rob Lutz, Head Coach

Audra Robinson, Kalamazoo Central
nominated by Jim Long, Head Coach

Pat Poirer, Dearborn Divine Child
nominated by Keith McDonald

SPECIAL AWARD

Gordie Aldrich, Corunna recognizing his 10 years as newsletter editor.

PATSY ARPINO SCHOLARSHIP

Presented annually through the generosity of former MITCA member and Jackson Lumen Christi coach, Patsy Arpino, to the daughter or son of a MITCA member who is in college.

Megan Gilliam, Saginaw Valley State University, daughter of Kernie Gilliam and Erin Smialek, Wayne State University, daughter of Steve Zaranek

15+ YEAR COACHING AWARDS:

MITCA presents coaches a certificate when they have coached 15 or more years.

15 Years: Kevin S. Behmer/AA Huron, Thomas R. Bridges/Trenton, John Brigham/Coloma, Gregg Buschlen/Stev. Lakeshore, Richard Chenault/AA Richard, Paul Duffy/Stoney Creek, Sonita Harris/South Lyon, Sherm Hazelton/Ovid-Elsie, Craig Kingma/West Ottawa, Andy Mousseau/Grand Haven, Gary Shoppell/White Pigeon, Sid Smith/Kent City, O Eric Tundevold/Union City, Mark Tyler/ Edsel Ford. **16 Years:** John Carlson/Belding, Gary Hagenbuch/ Standish/Sterling, Steve Harcourt/Wayland, Mark A. Hill/ Kalamazoo Central, Michael Jordan/Brandon, Leo Lambert/Grosse Pte South, Kenneth Plude/Charlevoix, Fred M. Rhem/ Kalamazoo Christian, Jim Supianoski/Quincy, Lois Ullrich/Clintondale. **17 Years:** Dan Travis/Manton. **18 Years:** Larry Curtis/Coleman. **19 Years:** Jack E. Crabtree/Saline, Joan Ludtke/White Cloud. **20 Years:** Charles Rochow/Garber. **21 Years:** Jane Cramer/Cedar Springs. **23 Years:** David L. Casaceli/Warren Woods-Tower, Tim Newsted/Hastings. **24 Years:** Connie Poulin/Grand Haven, Bruce Ritter/Scranton MS, Stephen Zaranek/Grosse Pte South.

25+ YEAR COACHING AWARDS:

MITCA presents coaches a certificate and a pin when they have coached 25 or more years.

25 Years: Keith Dykman/Bronson, Carol Ferguson/Crary MS, Rio Gibson/Holland, Greg Glover/Webberville, Judith Johnson/Clare, T. Leo Lauver/Adrian, James Neumann/Flint Powers, Mike Tiano/Spring Lake, Lowie van Staveren/Gobles, Greg Woolcott/Kalkaska, Christopher Young/Ionia **26 Years:** Don Baxter/Napoleon, Pamela W. Gantt-Covington/Fordson, Al Lenz/Britton-Macon, Ed Mazur/Temperance-Bedford, Linn Reist/Adrian. **27 Years:** Kent Bernard/Pioneer, Jon Kachniewicz/Vicksburg, Rick Swanson/Manton. **28 Years:** Jerry Elkins/Grandville, Chris Jonik/Ypsilanti. **30 Years:** Kenneth H. Jahn/Whitelake, Fairgrove, John Osler/Ishpeming, Dan Simeck/Warren Woods Tower, Robert Swan/Akron-Fairgrove, Joy Young/Croswell-Lexington MS,

2003 MITCA T&F CLINIC QUESTIONNAIRE

(233 coaches in attendance)

Items on the questionnaire at the Cross Country and Track & Field Business Meetings that obtain a 70%+ support from the membership are taken to the MHSAA for its consideration. The Cross Country and Track & Field Committees are responsible for the development of the questionnaires.

- Should pole vaulters be required to wear helmets? ... **54% yes**
- As FAT is used in the State Championship Meets, should the semifinal race be eliminated, using preliminary times to seed to the final heat? **35% yes**
- Are you interested in exploring 2/day state championship meet which might involve field events, prelims, and/or relay? **65% yes**
- Should the MHSAA adopt rules to score 4 places in dual meets? **47% yes**
- Should the MHSAA adopt rules to score 5 places in dual meets? **18% yes**
- Should the MHSAA adopt rules to score ALL places in dual meets? **13% yes**
- Would you be in favor of extending the track and field season by one week to 13 weeks? **48% yes**
- Would you be in favor of starting the season one week later and maintaining its current 12 week length? **29% yes**
- Would you favor a clinic note system that sent each clinic attendee home with a CD of notes while still having a limited number of hard copies of notes in each session? **49% yes**
- Did your administration contact you as a head coach regarding the survey about the team state meet becoming a MHSAA event?
(We had 114 yes votes. But since only head coaches responded to this question and the scantron recorded answers left blank as a no, we cannot accurately figure a percentage for this question. We do not know for sure how many head coaches responded.)
- If the MHSAA approves the Team State meet to be added to their championships, would you favor running the team championship the week prior to the individual championship? **52% yes**
- Do you utilize meet managing software (Hytek, Sydex, etc.) in your meets? **26% yes**

Hey Coach You've Got A Home Meet To Put On

Rob Johnson/Clare

You've just been named head track coach for your high school and you are informed that you have much of the responsibility for organizing your home track meets. Where do you start? Nearly everyone will experience the responsibility of hosting and being responsible for a dual, triangular or double dual meet. Having a top/notch announcer is one of the key components in keeping a meet moving smoothly and for the dispensing of event results.

An item to have readied ahead of time are field event score sheets. Place the names of the schools on the sheets ahead of time so that the coaches' just fill in their athletes names upon arrival. In the shot put, discus, high jump and pole vault the school names are alternated so that all competitors from one school do not complete consecutively. After the sign/up of athletes, flights can be assigned if used. If there is a shortage of workers, flights not competing can be enlisted to help with measurement for the active flight if needed.

In the long jump the athletes are listed by school grouping since the event is held in open order and it makes it easier for the official to find the name of the individual that has just jumped.

For the running events, sheets are readied so that there is a single sheet for each event. The entrants are listed by school. An abbreviated list is here for as an example. Coaches fill in their entrants upon arrival at the site. Generally changes can be made, but this will expedite the finish line, it also helps in determining how many sections of each race will be needed, how many lanes of hurdles to set.

SCHOOL	NAME	HEAT	PLACE	TIME	OVERALL PLACE
A					
A					
A					
B					
B					
B					

The finish line recorder fills the sheet in after each heat of a race and then compiles the final standings for the event. It is wise to train the recorder in tenths when FAT (fully automatic timing) is not being used since this is the required legal entry. The completed sheet is then sent immediately to the press box on the meet score sheet and the event results are announced.

Try to enlist assistant coaches, parents, boosters, etc. to help with the responsibilities. Listed below are lists for workers needed and another check list for equipment and facility needs. This list has been used for state regional meets, invitationals, and dual meets. You just pick and choose what is needed. Obviously you won't use everything for a dual meet that you use for an invitational.

The list can be altered to reflect the equipment available at your school. Score sheets instead of computer system, batteries for watches instead of charging a timer, etc. After a few experiences, you will develop a list that conforms to your specific situation. Never hesitate to call upon experienced coaches in your area to give you advice.

I. MEET WORKERS

Referee, Starter, usually combined for a dual meet; Clerks; Jury of Appeals, usually not used at a dual meet; Announcer, Scorer/ Results sometimes combined for a dual meet; Awards: FAT Operators: Timers & Pickers, at least 1 preferably 2 for each scoring position, they can be combined in dual meets. Finish Line Recorder(s); Exchange Zones/Curve Judges- many times competing coaches will watch the zones. Finish Line Runners; Hurdle Crew & Finish String/Starting Blocks can be done by non competing team members. Head Field Event Judge, it can make things go easier if there is one for a dual meet; a Head Judge and helpers for each field event: Discus, Shot Put, High Jump, Long Jump, Pole Vault.

II. TRACK CHECK LIST

FIELD EQUIPMENT: bullhorn, batteries for timer or charge timer, clipboards, finish sticks, finish line string, finish table, watches, whistle, tape measures(5), rakes, yellow/white flag for exchange zones & finish area, cones, football pylons can be placed to mark the exchange zones, scales for shot & discus, PV and HJ indicators.

SUPPLIES: field event sheets, result sheets, score sheets, relay cards, stapler, pencils, white-out. Sportsmanship/legal equipment declaration sheet signed by participating coaches.

FIELD SETUP: flag off finish area, set up bullpen area, line shot put and discus areas, prepare long jump pit, coaches area for the vault, stack hurdles, set cones around curve and mark exchange zones using football pylons.

SCOREBOARD: The scoreboard can be used to indicate teams scores. For a boy/girl meet home visitor/guest for one set of scores, Yards To Go/Ball On can be used for the other set. Most of the new scoreboards have the ability to time track events. Displaying the time and score can add to the enjoyment of the fans.

ADDITIONAL CONSIDERATIONS FOR AN INVITATIONAL OR CONFERENCE MEET: Envelopes for awards, medals/ ribbons readied, marker or paint for legal shots and discus, coach's packet, paper for printing timers, arrangement for food for workers, arrangement for National Anthem, TV's and VCR's for FAT set up, scratch sheets set up, set up computers for results, set up FAT system, set up timing system, set up tent.

MITCA TEAM MEET SITES • Saturday May 31

DIV 1: Eastern Michigan University

Div. 2: Corunna High School

Div. 3: Williamston High School Div.

Div. 4: Coleman High School

SCHOLARSHIP AVAILABLE

Hanson's Running Shops partnered with the Michigan Indoor Track Series (MITS) and offered four \$500 scholarships (2 female and 2 male) to Michigan High School seniors who compete in track and field. This was the third year of this scholarship program. Winners names were randomly drawn at the MITS Championship. Athletes did not have to compete in the MITS Final Meet to win as applications were available at some of the MITS meets and a mailing to all MITS registered club coaches.

This scholarship program is the result of brothers Kevin and Keith Hanson combining with MITS Directors Richard Chenault and Mike Jurasek to give back to the running community. Kevin Hanson recently shared, "It's very important to us to give back to our sport and its athletes. We're happy to

see the scholarships awarded each year and to do whatever we can to help make the Michigan Indoor Track Series a success for the kids." The Hansons have found many ways to share the success of their four running stores including their leadership in creating the Hanson's Running Shop Olympic Development program, which stands as one of the very best of its kind in the nation at training and supporting post collegiate runners. On behalf of MITS and running enthusiasts across Michigan, thanks Kevin and Keith!

We realize that these scholarships have been awarded by the time you read this, but we included the information for a couple of reasons. First to acknowledge Hanson's and the MITS group for their work, but secondly to encourage participation in the program next year.

MITCA LIFE MEMBERSHIP AVAILABLE

MITCA is offering a life membership to coaches that meet the following criteria:

1. The applicant must have reached the age of 50.
2. The applicant must have retired from coaching cross country and/or track and field.
3. A letter from your school administration verifying your retirement from coaching.
4. Approval by the executive board.
5. There will be a one time fee of \$25.00.

Life members will receive the MITCA Newsletter and others mailings. Lifetime members may attend the banquet at the MITCA Clinics by purchasing a banquet ticket only, without attending the clinic.

Coaches wishing to apply for a life membership should send the above mentioned materials and a check, made payable to MITCA.

Send to: Jerry Lasceski, Treasurer
1691 N. Hinson Road
Fairgrove, MI 48733.

MITCA MEMBERSHIP

1. MITCA membership is included in your registration fee of the Cross Country Clinic (November) and/or the Track and Field Clinic (January).
 - A. If you attend the Cross Country Clinic your membership will run through the following Track and Field and Cross Country seasons.
 - B. If you attend the Track and Field Clinic your membership will run through the following Track and Field and Cross Country Seasons.
2. If you do not attend either clinic, during a school year, you can renew your membership by filling in the membership form and sending it and a check made payable to MITCA, to the name on the form. The form is at www.mitca.org.
3. All Memberships expire at the end of December with the exception of the Cross Country Clinic attendees or new/renewed memberships received after October 1. (Memberships received between October 1, and the Cross Country Clinic will not renew or establish your membership for the current cross country season.)
4. In January, after the Track and Field Clinic, a membership renewal notice will be sent to all past members that have not renewed their membership during the past two years.
5. A coach must be a MITCA member before October 1 to be eligible for any MITCA cross country awards and/or before May 1 to be eligible for any MITCA track and field awards.

MITCA CROSS COUNTRY COMMITTEE 2003 – Dan Roggenbaum/Vandercook Lake, Chair. roggenba@vandy.k12.mi.us
Mel Comeau/Bath; Don Dickmann/Petoskey; Ross Donley/Ludington; Lee Kahler/Bad Axe; Chuck Pelham, Pittsford; Dan Quinn/Grosse Pte. North; Scott Smith/South Lyon; Mike Woolsey/Lumen Christi.

MITCA TRACK & FIELD COMMITTEE 2003 – Larry Steeb/Whitmore Lake, Chair. steeb@mail.whitlk.k12.mi.us
Scott Banghart/Mattawan; Kevin Bokhoven/Grand Rapids Christian; Thomas Bridges/Trenton; John Carr/Eau Claire; Mike Dennisuk/Woodhaven; Jill Evers/Bowers/Kent City; Steve Inn Harbor Beach; Keith MacDonald/Dearborn Divine Child

MITCA JUNIOR HIGH COMMITTEE 2003 – Dave Lustig, Wyandotte Wilson Middle School Chair. coachdavecc@yahoo.com
Jim Katakowski/Brighton Maltby MS; Kathy MacDonald/Jackson Parkside MS; Tom McHugh/Pinckney HS; Mindy Miller/Portage North MS; Anthony Moon/Portage North MS, Michael Raffin/Holly; Jamie Rykse/Sashabaw MS.

IN THE BULLPEN:

2003 Cross Country Clinic

will be held at the Radisson Hotel, in Kalamazoo. The theme for the clinic will be "Women In Sports". Emphasis on women athletes and coaches. Even though the focus is women there will be talks dealing with both sexes.

2004 Track & Field Clinic

will be held again at the Lansing Holiday Inn/South. The theme for the clinic will be "Michigan Olympians." Emphasis is on the great Michigan runners and will be expanded to include more than just olympians. We have had a great tradition of track & field over the years and are planning to tap this great resource of Michigan Track & Field athletes that have made their mark on the USA and International scene. We are getting great response from our former high school and college athletes from Michigan that want to return "home" and make a return to Michigan High School Track & Field. This looks to be one of the most exciting clinics that MITCA has presented.

300 And You're Out:

There is a rule in high school sports that is supposed to limit competition to 300 miles travel for a team. Exceptions have been for instate and possible border state competition. Not being a geography teacher I have often wondered how some teams in some sports are able to compete in these "super" tournaments that are several states away and stay within the 300 miles. Some programs seem to be "small time" colleges with their travel.

Mansfield Relays

I have never attended, but have heard many coaches talk about the Mansfield Relays. The great two day affair is a real community event, with athletes being housed in private homes. I know of coaches that went as athletes and returned with their teams. They made friends when they were housed by families and now return as friends.

This year the MHSAA will not sanction the meet for Michigan schools because teams that travel more than the "300" miles are invited. While this affects a small number of our schools, it is affecting some with a long tradition of participation in the "unofficial" midwest championship.

Are our athletes losing a great experience or is this an attempt to keep high school athletics, "high school athletics"? There is a push by some for "national championships" in high school sports. There are teams in some sports that are "colleges" in their approach to scheduling and travel. There are the "national" track meets during the school year and the summer. Are athletes, programs and schools with this kind of competition "high schools?" Do these "super" programs and athletes have an advantage when they compete on the "high school" level? Not saying anything, just entering some thought as I think we are going to hear more about this.

On the Line:

Well this starts something new for me, the MITCA Newsletter. The old saying, Better be careful what you ask for, because you may get it." Well I got it. I didn't specifically ask to do the newsletter, but I have always volunteered to help at MITCA, so now I am. I can not replace Gordie Aldrich, who did this for 10 years. Gordie took the newsletter and added many more responsibilities to the newsletter editor. Nor would I think I could replace Kermit Ambrose who did the newsletter for so many years.

Kermit's newsletters were some of my first real contacts with MITCA. It seemed like he did it forever and just recently stopped, until I was told that Gordie had been doing it for 10 years. Then I was told there were a couple of others that served as editors.

They say everyone that does something leaves a mark. I hope that over the yexars I will be able to leave a mark as well as my predecessors. With technology we plan to include pictures of MITCA Award winners. Rob Johnson contributed the first of what we hope will be regular features by and for coaches. Plans are to continue including, in the newsletter before each Clinic, a copy of the questions that will be presented to the membership for vote at each Clinic's Business Meeting. The side panel on the front page is a directory with e-mail addresses of MITCA Officers and committee chairs so the membership can have ready access to them. Dates and locations for the next clinics will end this panel.

This newsletter is being mailed to approximately 1200 members. We have one of the largest high school track & field clinic in the country. The strength of MITCA is you and I. We cannot meet, we cannot know 1200 but we can communicate. We can talk, we can listen, we can grow. If this newsletter helps in any way then I can walk away as Kermit, Gordie and all those before me knowing that I did my part and gave something back to an organization that has done so much for me, cross country and track & field.....jim

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MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

ACADEMIC ALL STATE AWARD FOR TRACK AND FIELD

ELIGIBILITY REQUIREMENTS

1. You must have a cumulative High School G.P.A. of 3.5 to be eligible. Grades must be computed on a 4.0 scale and carried out to 3 decimal places.
2. Athletes must place in the State Finals.
3. Freshmen are not eligible.
4. Relay members are eligible.

MITCA Track and Field Eligibility Form 2003

School Name _____	Circle Division: I II III IV
School Address _____	Coach's Name _____
City _____	Coach's Phone # _____
Zip _____	
School Phone # _____	School Fax # _____

Student Name	Sex	Grade	GPA (3 decimal places)	Event	Place
1. _____	—	—	—	—	—
2. _____	—	—	—	—	—
3. _____	—	—	—	—	—
4. _____	—	—	—	—	—
5. _____	—	—	—	—	—
6. _____	—	—	—	—	—
7. _____	—	—	—	—	—
8. _____	—	—	—	—	—
9. _____	—	—	—	—	—
10. _____	—	—	—	—	—

Principal's or AD Signature _____ Coach's Signature _____

1. The coach is responsible for turning in this form to the meet management at the State Finals before leaving the site or you may fax in advance. Forms turned in after the State finals must be submitted by 12:00 noon on the Monday following the State Meet to be eligible.
2. The Coach is responsible for this form being signed by the Principal or Athletic director.
3. Awards will be mailed by MITCA representatives to the Coach at your High School.
4. The Coach will have the responsibility of notifying local media.

FAX to:	Division 1	John Quiring	Okemos High School	517- 351- 0552
	Division 2	Inga Longpre	Stevensville High School	269- 429- 1093
	Division 3	Anita Lister	Stockbridge High School	517- 851- 7816
	Division 4	Ron & Lynn Hart	Bellevue High School	269- 763- 9413



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 Niles Michigan 49120

or

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