

MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

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www.mitca.org

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CROSS COUNTRY CLINIC
Crown Plaza, Grand Rapids
Nov. 12/13 2004

TRACK & FIELD CLINIC
Lansing Holiday Inn South
Feb. 11/12 2005

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MHSAA T&F VOLUNTEER FORM

GORDIE ALDRICH 2004 SWEENEY WINNER

- Do the right things first, and the first things right.
- Hard work over time beats talent.
- Greatness is a repeated high level of performance over time.
- Some people see things as they are and say why. We dream of things that never were, and say why not? (After all, someone has to win the state championship.)

These are more than just sayings or slogans. They embody some of the principles and beliefs of one of the most successful track & field and cross country coaches in Michigan,.... Gordie Aldrich.

Gordie is a long-time MITCA member, a teacher and coach of some 30 years and is the 2004 Charles Sweeney Award recipient in recognition of not only his remarkable success in coaching, but also for his overall contributions to the sport. He might just as well been selected to receive the Kermit Ambrose Award for his success in cross country.

The records show that in 30 years of coaching both sports he has won a combined total of 37 league championships, 21 regional championships, 9 state-runner-up titles, and 9 state championships, plus one MITCA Team state championship. He has the added distinction of having earned state championships in Classes D, C, and B. He spent the first 15 years of his career at Akron-Fairgrove, then moved on to Carson City-Crystal for 8 years, and is presently in his 8th year at Corunna High School. Additionally he has been a nominee for MITCA Coach Of The Year about fifteen times, winning the award 8 times.

In addition to his coaching, he served as the MITCA Newsletter Editor for 10 years, served on committees, and presented at numerous clinics. He is one of the forces behind the MITCA Team Championship. Putting his efforts behind his ideas he has hosted several Div. 2 Team Championship Meets. When Michigan State dropped it's long time indoor Spartan Relays, Gordie stepped forward and began hosting the True Team Indoor Meet at MSU.

Gordie is the only Sweeney or Ambrose winner that was a state record holder. He set the 400 Yard Dash record for Class C, while running for Akron-Fairgrove. His time was 49.45 on the old cinder oval at Central Michigan. Current MITCA Treasurer, Jerry Lasceski was and still is the coach at Akron-Fairgrove.

Many of you, especially some of you beginning coaches, might ask, "What is it that makes a coach so successful?" The following are some of the thoughts and observations of his three adult children, all of whom he has coached. Energy, great teacher, principled, knowledgeable, enthusiastic, surrounded by good people; puts kids first, know when it's time to be serious and when it is OK to have fun and finally commitment.

NEW DATE: MITCA TRACK & FIELD CLINIC 2005

Fri./Sat. Feb. 10/11 Holiday Inn South, Lansing. There will be a MHSAA Rules Meeting at the Clinic.

THE PRESIDENT'S LANE: Lowie van Staveren, President

It's a little humbling to realize one is President of MITCA. At the XC Clinic last fall I glanced through the Clinic Notes at the list of past-Presidents and to think that my name now joins that impressive list is somewhat scary. I pledge to do my best on behalf of MITCA over the next year.

I call your attention to the volunteer form on our website. There are so many fine coaches in this organization and I challenge you to get involved and volunteer for MITCA. It was just a few short years ago that I was a very outspoken, vocal member and at the business meeting speaking strongly about the 1st State Finals Meet at MIS. I was rather blunt and thought I had all the answers and was **cont. next page**

the president's lane cont.....challenged to take all that energy and put it to good use on behalf of MITCA. Serving on the Academic All-State Committee, the XC Committee and the Executive Board and here I am now, President. In the process I have learned much work goes on behind the scenes on behalf of high school athletics here in MITCA. We have lots and lots of people that work directly for MITCA, our committees; Cross Country, Track & Field, Middle School, Academic All-State, Mid-West Meet of Champions for Track and XC, MITCA Team State Meets and finally the Executive Board. We need your help. Volunteer on our web site: mitca.org

How do changes occur in either Cross-Country or Track & Field here in Michigan and how does MITCA get involved in the decisions? An idea is presented to either the MITCA Track & Field, Cross Country or Middle School Committee.

The Committee membership evaluates

the suggestion, possibly edits it and at some point the Chairperson presents it to the MITCA Board who may either present it to you the membership at the business meeting or ask the Committee to work on it further.

If the membership approves of the idea by a 70%+ vote at a Clinic Business Meeting the idea is forwarded to the MHSAA Rules & Regulations. This committee is comprised of coaches, AD's and Principals. That group may return it to MITCA for consideration or forward it to Nate Hampton as the Rules & Regs Chair. He in turn will present it to the Representative Council which is comprised of AD's and Principals. They in turn may poll the membership such as they recently did in the case of the MITCA Team State Finals idea in Track & Field, or they may approve it.

All of this takes considerable time and effort and at many points the initial idea can be modified or perhaps not moved on

if it is perceived as not worthy of moving forward.

In any case, please note where MITCA is involved and where we're not. Sometimes it can be terribly frustrating when we the membership, the ones that are out there working on behalf of the sport, are overruled by those above us. I would suggest that we have several responsibilities when that happens. First we need to keep working on it, just keep banging at the door – someday – if the idea is good enough – the door will be opened, we just need to keep banging on it. Second – talk to your AD's & Principals and make sure they are fully appraised of the situation so that when they are polled within their respective organizations – that they speak for our sport and not against it. Many, many of our AD's & Principals are not aware of the nuances of our sport and it is our job to educate them.

I AM YOUR STARTER TODAY.

by Rudy Godefroidt, Breckenridge.

As a starter/referee/clerk and/or whatever else is needed when I signed the contract to work your track and field meet, there are certain things that help make sure the meet will be smooth and efficient.

Experienced starters will try and arrive at least one hour prior to the start of the meet. At this point they will walk the facility and especially check out the field event areas. Making sure that field event facilities are adequate and safe is a major concern of officials. A new rule that went into effect this upcoming spring is that there can be no warming up at a field event site unless an official/coach of some type is present. This will create a great deal of confusion and agony for a while but with liability the way it is and your official being the paid person on site in charge we all need to do what we can to make sure this happens. We also all realize how hectic this time is for coaches. After checking the facilities and writing down the color codes needed, becoming familiar with the various starting lines and also making sure of the finish lines (if there is more than one).

After this we will try and meet with the home school coach and/or athletic director. One thing to remember is that many officials were previously coaches and understand what you are trying to do and facing. We will want to know if there is a clerk for the running events, a hurdle crew, who is the head timer, who is the head finish judge, method of determining who finishes where, are there runners (usually younger students) available and also if there is sufficient help for the field events. With the field events I will again state the new rule this spring to have no warm ups at any field event unless an official/coach of some type is available. We will always try and meet with the announcer to go over protocol. It is very helpful to have an up to date call sheet for your announcer. It is also helpful if announcers understand the various signals a starter will use, the whistle down and back, arm movements and relay zones flag designations.

At this time it is always helpful if the coach/athletic director could convey to the starter/referee/clerk any new (rookies) personnel at any specific areas. The meet official (starter) will speak to all field event workers but will be more specific to those who might be new to working the event. It is also common to have little quirks at different sites. If your facility has any of these, please inform the official of these as well. We all know that once the running events get started, the meet goes quickly and all of the coaches and workers as well as the official get very busy. It is also helpful to have a sheet for your scorers (if not using computerized results), showing how many points for the appropriate places. The meet official will usually check with the scorer to make sure that they understand the process.

After the field events begin, you should see your meet official walking around to the various field events and answering questions and/or concerns. Approximately fifteen minutes prior to the start of the running events your meet official will want to meet with the coaches of the competing schools as well as the team captains. He/she might want to read the sportsmanship statement over the PA or just relay it to the appropriate personnel. At this time he/she will also be asking that all implements are legal, uniforms are legal and that any and all other pertinent rules are being followed and adhered to.

Once the meet begins, the coach's main responsibility is to help the official keep things moving along efficiently. Take care of blocks, hurdles, exchange zones and such.

At the conclusion of the meet, make sure that the meet official signs the appropriate score sheets prior to making copies and dispersing them to the visiting teams. Your meet official will want to verify that they are correct; then sign, date and put the completion time of the meet along with his/her registration number on the result sheets.

Don't forget to give the official their check for working your meet and reimburse them if he/she had to use their own shells and it wasn't included in the check. If your school provides the official's shells than make sure and present them to the official well prior to the start of the meet. It will be very common to have softball/baseball, soccer, tennis and such also going on the day of the meet. You the coach will be the individual in charge and although this means quite a bit of additional responsibility, it's the way it is. **GOOD LUCK**

2004 TRACK COACH OF THE YEAR AWARDS

BOYS

GIRLS

QuickTime™ and a TIFF (Uncompressed) decompressor are needed to see this picture.

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steve porter/MITCA photos **John Reed, Paul Nilsson, John Carr**

Div. 1: Robert Lynch/Detroit Mumford
Chris Ceresa/Highland Milford, Al Korytkowski/Rockford, Kent Overby/Ann Arbor Huron

Div. 2: John Reed/Farmington Harrison
Greg Buschlen/Stevensville Lakeshore, Clinton Law Horne/Linden, James Neumann/Flint Powers,

Div. 3: Paul Nilsson/Williamston
Cody Inglis/Suttons Bay, Jack Sheppard/Frankenmuth, David Wilson/Beverly Hills Detroit Country Day

Div. 4: John Carr/Eau Claire
Mel Comeau/Bath, Josh Powers/Adrian Madison, Frank Sipes/Lawton

Randy VanderVeen, Rick Miotke, Kim Wright, Dan Roggenbaum

Div. 1 : Randy VanderVeen/Rockford
John Morrison/Brighton, Dave Thrash/Flint Carmen-Ainsworth, Bryan Westfield/Ann Arbor Pioneer

Div. 2: Rick Miotke/Detroit Renaissance
Keith McDonald/Dearborn Divine Child, Tom Micallef/Ypsilanti, Chad Paxton/Cadillac

Div. 3: Kim Wright/Essexville Garber
Chris Lantis/Lainsburg, Tim Malchow/Saginaw Michigan Lutheran Seminary, Mike Winke/Grandville Calvin Christian

Div. 4: Dan Roggenbaum/Jackson Vandercook Lake
Jolie King/Traverse City St. Francis, Michael Kuyers/Pottersville, Scott Werner/Pewamo-Westphalia

MICHIGAN HIGH SCHOOL COACHES ASSOCIATION TRACK & FIELD COACHES OF THE YEAR.

John Reed, Farmington Hills Harrison- boys

Paul Christiansen, Maple City Glen Lake

MICHIGAN HIGH SCHOOL COACHES ASSOCIATION CROSS COUNTRY COACHES OF THE YEAR.

Pete Moss, Benzie Central- boys

Pat Pastula, Hillsdale- girls

2004 MITCA TRACK & FIELD RECOGNITION AWARDS

ASSISTANT COACH OF THE YEAR

Given to the assistant coach who has worked at least five years; is a MITCA member; and has been nominated by their head coach with support of the athletic director, an opposing coach or parent. It is possible to receive this award once every five years.

Linda Wright, Harbor Beach
nominated by Steve Linn

Sid Smith, Kent City
nominated by Jeffery Wilson
& Jill Evers-Bowers

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.

Trevor Gass attending University of Notre Dame parent: Tom Gass, Vandercook Lake.

Kiel Porter attending Miami of Ohio parent: Steve Porter, Milan

15+ YEAR COACHING AWARDS: MITCA presents coaches a certificate when they have coached 15 or more years.

15 Years: Kurt Culver/Jackson Northwest, Debbie Gaines/Birch Run, Tom Harkema/Owosso, Richard Harris/Harrison, Ward Helakosk/Mattawan, Mitchell Lutzke/Williamston, Steve Matthews/East Jackson, Gerard Ruskowski/Traverse City West, Jerome Sheppard/Frankenmuth, Nicholas Stratton/Lahser. **16 Years:** Mike Carnes/Vassar, Barbara Landis/Manistique, Vernon Lynch/Mumford, Rod Mugridge/Lamphere, Diane Sugnet/Midland, Gary White/Eastwood MS, Brian Young/Morley-Stanwood. **17 Years:** Carlos Benton/Flint Central, Maurice Burton/Benton Harbor, Kelly Graham/Live. Stevenson, Aaron Heming/Glen Lake, Jolie King/Kingsley MS, Mike Price/Saline, Ronald Whitman/Davison. **18 Years:** Mike Jurasek/Albion. **19 Years:** Jeff Boeve/Grand haven, Dan Droski/GR Union, Rich Gordon/Hudsonville. **20 Years:** Robert Bennett/Alpena, Richard Morgan/Eastwood MS. **21 Years:** Jamie Gordon /Hillsdale MS. **22 Years:** Larry Adams/Rochester, Michael Michayluk/Holly. **24 Years:** Frank Sipes/Lawton, Alejandro Velasquez/Bay City Central.

25+ YEAR COACHING AWARDS: MITCA presents coaches a certificate and a pin when they have coached 25 or more years.

25 Years: al Fox/Mayville, Mark Fralick/Petoskey, Vranda Goebel/Jackson, Doug Grezeszak/Ogemaw Heights, Tom Micallef/Ypsilanti, Tim Mitchell/Marion, David Miller/Lumen Christi, Bruce Ritter/Brighton, Tom Shoemaker/Hartford, Michael Taylor/Clarkston, Mike Woolsey/Lumen Christi. **26 Years:** David Carey/Swartz Creek, Steven Linn/Harbor Beach, Mark McMillin/Otsego. **27 Years:** Charles Pollard/East Lansing, Ralph Sarnowski/Saulte Ste Marie MS. **28 Years:** Matt Dodsen/Bath. **30 Years:** Cecil Burch/Pine River, Jerry Elkins/Grandville, Mark Gundick/Woodhaven, Robert Lynch/Mumford, John Morrison/Brighton, Dan Sandborn/Portland, Donald Twiss/Dryden, Mike Unger/Lutheran Westland, Mike Wilcox/Western. **31 Years:** John Kababik/Lakeland, Wayne Lintz/Mt. Morris, Paul Nilsson/Williamston. **32 Years:** William Ciccirelli/Adams, Ross Donley/Ludington, Larry Russell/Mt. Pleasant. **33 Years:** John Dunn/Marian, Gene Grewe/Detroit Catholic Central, Walt Kooyer/Holland, Francis McCauley/Robichaud, John Swinburne/Mona Shores, Jon Wozniak/Okemos, Walt Wyniemko/Clarkston. **34 Years:** Ted Duckett/Loy Norrix, Charles Lewis Jr./King, William Menard/Sault Ste Marie MS. **35 Years:** George Arrick/Dearborn, Steve Johnson/Warren Mott, Donald Krueger/Hemlock, Tony Magni/Detroit Catholic Central, Robert Schroer/Michigan Lutheran Seminary, John Schumacher/Harrison. **36 Years:** Kent Overbey/AA Huron. **37 Years:** James Thomalong/Kalam azoo Central, Cathy Markland/Montrose, Tony Misfud/Divine Child, Fred Pessess/Delton Kellogg. **38 Years:** Kenneth Bokhoven/Grand Rapids Christian, Bill Grebe/Bullock Creek, John Nash/Orchard View. **39 Years:** John Lober/Traverse City Central, George Richardson/Algonac, Bryan Westfield/Pioneer. **40 Years:** Harold Arft/Sterling Heights, David Bolhuis/Hudsonville, Allen Tellis/Peershing. **41 Years:** Leonard Callard/Bridgeport, Doug Frank/Bridgeport. **42 Years:** Mel Comeau/Bath, **43 Years:** Norb Badar/Flint Northwestern, Jim Bibbs/East Lansing, Jim Murray. **45 Years:** **Chuck Janke/Jackson.** **48 Years:** Bob Bridges/Dearborn.

MITCA'S MR. and MS. TRACK 2004

Joe Hover, Stevensville Lakeshore



herald palladium picture

Talk about dominance, Joe had the top 13 discus throws last track season, with 3 of his throws over 200'. Joe is the only Michigan thrower with marks over 200'. His best throw was over 20' further than that of his closest Michigan competitor.

Joe is not only a three time state champion in the Discus, but each win was a Div. 2 Finals Meet record.

He stayed home to compete for Western Michigan University this year. Since Western is dropping track & field after this season, he is now looking for a new school to continue his throwing career.

Candace Davis, Ann Arbor Pioneer



ann arbor news picture

Candice had three of the five fastest 100 Hurdle times in Michigan. She has dominated the event for the past three years as she is a three time State Champion in Div. 1, setting the record each year. Her winning time in 2003 was the best time at any of the MHSAA Final Meets.

Candice is expected to have an immediate impact at the University of Southern California where she will continue her education and hurdling career.

2004 MITCA HALL OF FAME ALL OF FAME INDUCTEES – TRACK

At the 2004 Track & Field Clinic we honored and Inducted into the MITCA Hall of Fame the first thirteen (1977 – 1989) Charles Sweeney Award winners. Next winter we will honor the winners from 1990 on. At the Cross Country Clinic in November we will Honor the Kermit Ambrose Award winners from 1990 and then at the 2005 Track Clinic the Sweeney winners from 1990. After that MITCA will begin inducting members for the Hall of Fame that are not Ambrose or Sweeney winners. All Ambrose and Sweeney winners are also members of the Hall of Fame.

QuickTime™ and a TIFF (Uncompressed) decompressor are needed to see this picture.

back row: Scott Banghart for Elf Pedler, Web Morrison, Elmer Ball, Bob Bloomer, Greg Savicke & Ted Duckett for Don Lukens, Dave Ruth for Erwin Ruth. **front row:** Chuck Janke, Kermit Ambrose, Bob Kent, Duane Raffin, Lorenzo Croft, Norb Badar steve porter/MITCA photo

Legends of MITCA Charles Sweeney Award Winners 1977-1989

Charles Sweeney – 1977(Deceased)

One of the founding fathers of MITCA. Sweeney served as MITCA Treasurer from 1964 to 1974. After retiring to Florida Charlie, for years, returned each year to the MITCA Clinic to handle registration. He coached at Imlay City, Lansing Everett, Sexton and Eastern. While he was at Lansing Everett his teams won cross country state championships in 1950, 51, and 52 and also won state championships at Lansing Eastern in 1956, and 1957. He was also the head basketball and track coach at Eastern. Today, MITCA bestows one of its highest coaching honors in his name, the Charles Sweeney Award.

Web Morrison - 1978

A member of the U.P. Sports Hall of Fame and the Michigan Coaches Hall of Fame. Morrison started coaching at Pickford in 1945 after serving as a Navy Pilot in the Pacific Theater. He coached Basketball, Football, Baseball as well as Track and Cross Country. His teams won 25 straight track and eight cross country U.P. State Championships. Morrison joined MITCA in 1962 and attended every clinic until he retired in 1976. Morrison became Superintendent of School and gave up all other coaching obligations besides track. In 1989, the MHSAA awarded Morrison the Forsythe Award for his outstanding coaching career.

Elf Pedler – 1979

Pedler was a World War II veteran, seeing combat in the Pacific and was involved in the invasion of the Philippines. Pedler started coaching after the war as an assistant at Western Michigan University before moving to Kalamazoo Central. There his teams won a track state championships in 1965, and two cross country state championships in 1950 and 1954. His cross country teams once went undefeated for seven years during the regular season. After retiring from coaching Pedler served as a motivational speaker for Coca Cola. Today, he still walks five miles daily with his loving wife.

Erwin E. Ruth – 1980(Deceased)

Ruth was a teacher, athletic director, cross country and track coach from 1947 to 1979 at Detroit Lutheran West. Most years he coached without pits, runways, or even a track, but he always made sure that his athletes had a chance to run and compete. Ruth was one of the founding members of MITCA. Ruth participated in the early MITCA clinics as well as the Cobo Hall clinics in conjunction with the NCAA Indoor Track Championship. He was influential in starting the Huron Relays and served as the head official at the Class A meet until his retirement. Today Coach Ruth is remembered by his many athletes as a dedicated, kind and loving influence.

Kermit A. Ambrose – 1981

“Mr. Cross Country”. One of the founding fathers of MITCA, President in 1962, and News Letter Editor for 22 years. MITCA bestows one of its highest coaching honors in his name, the Kermit Ambrose Award in cross country. His track teams had a dual record of 94-6, with 11 league and 5 regional and numerous invitational championships. Kermit was one of the original members of ATOM and has received their Bob Bloomer Award. He received the Charles Forsythe Award from the MHSAA. He has received awards from the MHSAA, the National Coaches Association, Oakland County Athletic Directors, the Detroit Catholic League, was Teacher Of The Year at Seaholm High and Seaholm’s track has been named after him.

Norb Badar - 1982

MITCA President in 1964 and Secretary from 1959 to 1962. Badar was an outstanding high school and collegiate hurdler. He won the 200 low hurdles in high school in Ohio. while earning national rankings, finishing 2nd in the AAU National 60 indoor hurdlers and 3rd in the outdoors 220 low hurdlers in college. A member of the Midwest Meet coaching staff from 1986 to 1991. Badar’s track teams won four state titles in 1961, 1963, 1976 and 1979, were runner-up seven times, won 16 regional meets, and 13 conference championships. His cross country teams won two state titles, one boy’s and one girl’s, two regional, and combined for eight conference championships.

BRING TRACK BACK

HELP RETURN

**CROSS COUNTRY - TRACK & FIELD
TO WESTERN MICHIGAN UNIVERSITY**
visit:

BringBackTrack.com**Chuck Janke - 1983**

MITCA President 1966, Secretary in 1965 and started the first MITCA News Letter. One of the original members of MITCA, Janke has never missed a clinic since its inception. He organized and directed the state indoor season from 1972 to 1999 and hosted the first MITCA Cross Country Clinic. He was member of the Midwest Meet of Champions selection committee from 1979 to 1999. Janke has coached for 45 years, with over 30 All State athletes. The 1988 Jackson track team earned State Championship runner-up honors and Janke earned MITCA and MHSAA Coach of the Year. In 1994, Janke was inducted into the Michigan Coaches Hall of Fame, and also won Regional 4 National Coach of the Year and went on as a finalist for National Coach of the Year.

Bob Kent - 1984

MITCA Treasurer from 1974 to 1982 and Junior High Representative, responsible for the 7 – 9 grade track listings from 1968 to 1974. One of MITCA most respected officers, Kent has also been coaching for 45 years, both boys and girls, while also coaching football, golf, track, and cross country in Pontiac. Kent’s 1980 Track team placed 2nd in the State Meet and earned him MITCA Coach of the Year honors.

Duane Raffin – 1985

MITCA President 1988 and current Clinic Hospitality Emcee. Raffin coached track, cross country, and football at Holly High School from 1961 to 1998. His teams won the 1971 state championship in track, 1978 in boys’ cross country, and 1990 in girls’ cross country. His teams have won nine regional titles. He has won MITCA Coach of the Year three times, and was a National Coach of the Year finalist twice. A member of the Midwest Meet coaching staff since its origin, and head coach for 20 years. Raffin is also the founder of the famous Holly Cross Country Invitational. Raffin is a member of the Michigan Coaches and Holly High School Hall of Fame.

Donald Lukens – 1986

Head track coach for 26 years and cross country for 24 years at Kalamazoo Loy Norrix High School. Lukens’s track teams won 21 conference championships, several regional titles, and state meet runner-up titles twice. Lukens was awarded MITCA and MHSAA Coach of the Year in 1986, and Lukens was inducted into the Michigan Coaches Hall of Fame in 1998. After retiring from Loy Norrix, Lukens has helped coach distance runners at Traverse City Central High School for the past 15 years.

Bob Bloomer – 1987

MITCA President in 1971. Bloomer started coaching cross country at Howell High School, where his teams won back-to-back state championships in 1959 and 1960. After Howell, Bloomer moved to Flint Northwestern and his successful teams there won several city, conference and regional titles. Bloomer finished his teaching career at Holly High School and became more involved in track and cross country department at the school. Bloomer has been selected to officiate at a number of state championships in both track and cross country. He is one of the founders of ATOM and has its major award, The Bob Bloomer Award, named after him.

Elmer Ball – 1988

MITCA President in 1975. Ball started his 28-year coaching career as an assistant track coach in 1964 at Oxford High School. From 1981 to 1992, Ball served as head coach at Oxford. Ball won Oakland County championship in 1982, and a state championship in 1991. His athletes have won eleven individual and relay state championships. Ball was named Oakland County Coach of the Year in 1988 and 1991, and MITCA Coach of the year in 1991.

Lorenzo Croft – 1989

Croft coached at Ecorse High School for 35 years, serving as Athletic Director for 20 years. Croft coached boys and girls track, boy’s basketball and hockey. His Ecorse boys track teams won several state track championships, most noted were his 1969, 1970 and 1973 teams. His teams also earned state runner-up titles in 1971, 1979, 1982 and 1987. After those achievements, he was awarded MITCA Coach of the Year twice, and nominated eight other times. Croft is a Recipient of the Miller High School Hall of Fame – Crystal Ball, for all around achievements in athletics, academics, and life accommodations.

2004 PREDICTION RUN:

Winner based on closest prediction to actual time

1-Eric Thuemmel-0:16, 2-Roby Deese-0:17, 3-Jill Evers-0:19, 4-Julie Duffing-0:20, 5-Kim Spalsbury-0:27, 6-Linda McGinness-0:31. 7-Drew Ludtke-0:44, 8-Ross donley-0:47, 9-Joan Ludtke-0:55, 10-Brian Zangars-0:57, 11-Jim Cihak-1:06, 12-Steve Rogers -1:28, 13-Clinton Lawhorne-1:34, 14-Scott Joseph-1:39, 15-Brad Micdema-1:48, 16-Jim Phillips -2:28, 17-Chris Knoll-2:36, 18-Scott Banghart-2:45, 19-Paul Nilsson-3:10, 20-Jerry Elkins-3:2 , 21-Mike Northuis -3:28, 22-Jim Bowker-5:34, 23-Craig Kingman-8:10.....

CROSS COUNTRY CAMP

Tony Magni Detroit Catholic Central H.S

There are a few questions you have to ask yourself if you're considering formulating your own cross country camp. Will the camp be beneficial to the TEAM? Will it benefit the runners who attend it? If you are reasonably sure the answer is yes to both, reality sets in and you say to yourself, ok, now what do I do?

Lou Miramonti and I started the Pinery Cross Country Camp 39 years ago primarily because we were tired of getting the barrage of excuses from runners who were not coming to practice. These included, "I have to go shopping with my mother for school clothes or, I'm the babysitter for my little brother". So, we decided to take the runners to a camp of our own. Not too far away that the parents couldn't visit and not too close that they could visit every other day. We chose the Pinery Provincial Park in Grand Bend, Ontario because a faculty member at St. Anthony said it was a nice park – simple as that!

The Pinery Camp has come a long way since then. The camp is run the first two weeks in August. One of the prerequisites to attend is that you must run track in the previous track season. The second is that you must be in shape to handle the workouts during the two weeks. We sleep in tents, cook our meals and there is no electricity in our camp area so we rough it for two weeks. The kids bring cereal for breakfast, pop and snacks (thanks to their moms). The camp is not a money maker and the fee is considered minimal compared to camps at universities. By keeping the cost minimal the majority of the team is able to attend.

We run twice a day at 7:59 a.m. and 3:59 p.m. The sessions during the first week, from Monday through Saturday, are primarily distance runs consisting of 6-7 miles in the a.m. and 5-6 miles in the p.m. Sunday is a family day and the boys run only once, 5-6 miles on their own. The second week is quite different. The Pinery Park has some great sand dunes so on Monday; the boys begin with a dune-run in the a.m. The p.m. run is a light distance run of 4-5 miles. Tuesday's events consist of an a.m. run only. In the afternoon we add a bit of culture to the program with a trip to Stratford (an hour away) for dinner and a Shakespearian play. It's a long day and a late night for everyone so on Wednesday, I let the runner sleep in and have a p.m. run only.

Thursday is our run to Dashwood, Ontario, about 18-20 miles. The Run-to-Dashwood is both a motivational and fund-raiser event. About 95% of the campers complete the run and that can be the highlight of the season for them --their personal victory of having completed the run!. The runners get per mile pledges from family and friends. By the afternoon everyone needs a break so we board the bus for an afternoon putt-putt tournament in London, Ontario (an hour drive) followed by dinner and shopping in the local mall. Friday is a two-session workout day with the added attraction of cleaning up the campsite area and taking down the tents. We depart for home Saturday morning following a light run. Sunday is a DDO...Designated Day Off, enjoyed by all because Monday after school starts the season!

Not everyone can run the workout as I have described. I do modify the program to fit the various level of talent.

All in all, the Pinery Camp brings the runners together and each individual learns a great deal about themselves. After spending two weeks together the runners are ready for any kind of workout. They have their base prior to camp and now that base has been made stronger for the season.

If you have any questions about the camp or the workouts please feel free to contact me at Catholic Central High School.

Cross Country Courage

By Staff *Coaching Management*, 12.1, January '04

<http://www.momentummedia.com/articles/cm/cm1201/bbcourage.htm>

Anthony Sumner is a cross country runner for Corunna High School in Michigan. His coach, Gordon Aldrich, says the sophomore is like every other athlete on the team when it comes to having drive and competitive fire. The only difference is that, due to cerebral palsy, Sumner navigates cross-country courses using a four-wheeled walker. The disease, which is the result of damage to the brain before, during, or shortly after birth, is marked by muscular incoordination and speech disturbances.

According to Aldrich, coaching an athlete with a disability is as much about knowing when not to help as knowing what help to give. "Anthony wants to feel like a part of the team and do things on his own," says Aldrich. "What he doesn't want is to be treated differently or given special attention. He doesn't want any help getting on and off the bus, and he doesn't want any help getting up if he falls on the course."

While Aldrich admits that it is often difficult to refrain from helping Sumner when he falls, allowing him to pick himself up is probably the best coaching he can give. "Besides," says Aldrich, "he's so independent he would get mad if we ever tried."

Aldrich estimates that Sumner runs approximately 14 miles in between meets while taking part in the team's practices. Aldrich keeps Sumner's workouts as similar as possible to the rest of the teams', with a few modifications. He dials back the distances, and if a racecourse presents major hills or dangerous terrain, he'll pick and choose the parts of the course Sumner will run.

"One of the things I've learned is that, as much as possible, you want an athlete with a disability to become totally immersed in the program—encourage them to do all the events they can possibly can," says Aldrich. "You have to let them grow physically, emotionally, and competitively. And just like with any athlete, sometimes you have to let them go where it hurts, without letting them get injured, of course." **continued next page.....**



cross country courage continued.....

Aldrich says he challenges Sumner during practice by asking if he thinks he can do a little extra such as one more half-mile or another lap on the track.

Even as he's pushing, Aldrich keeps a careful eye out for when Sumner has reached his limit by having open, frequent discussions. "We talk all the time, and if something is hurting, Anthony tells me," Aldrich says. "Then we back off his training or have him take a day off." Aldrich also keeps in constant contact with Sumner's friends on the team. He knows there are times when an athlete may be too proud to tell a coach when he's injured, so he tries to keep as many channels of communication open as he can.

Aldrich, who has had other athletes with disabilities pass through his program, says that while competing and being part of a team is great therapy for athletes like Sumner, his presence also has a powerful influence on the team as a whole. "Some of the kids see the struggles Anthony encounters and say, 'Holy cow, if he can do this, I can do tremendous things.'"

2004 MITCA TRACK QUESTIONNAIRE

Items on the questionnaire at the Cross Country and Track & Field Business Meeting 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. There were 247 ballots cast at the business meeting in 2004.

- | | |
|--|----------------|
| 1. Are you in favor of a two day state meet? | Yes 76% |
| 2. Are you in favor of scoring more places at the Regional Meet. (Currently 6 places score.) | Yes 66% |
| 3. Are you in favor of a MHSAA Sanctioned Team State Meet? (Currently MITCA sponsors the Team State Meet.) | Yes 68% |
| 4. Should the Coach of the Year process be reevaluated? | Yes 50% |
| 5. Would you like to see the Track Clinic moved to a later date, closer to the outdoor season? | No 42% |

MITCA COMMITTEES:

Executive Board Meets: May 2, Sept. 12, Oct. 10, Nov. 7, Nov. 13, Dec. 12, Jan. 9

ACADEMIC ALL-STATE: Paul Nilsson/Williamston-Chair.

Div. 1: John Quiring/Okemos, Div. 2: Inga Longpre/Stevensville Lakeshore, Div. 3: Anita Lister/Stockbridge, Div. 4: Ron Hart/Bellevue.

CROSS COUNTRY: Mike Woolsey/Lumen Christi- Chair.

Committee Meets: May 2, Oct. 10.

Ray Antel/Kelloggsville, Rob Blume/Macomb Academy of Arts & Sciences, Mel Comeau/Bath, Don Dickman/Petoskey, Lee Kahler/Bad Axe, Barry Meier/Marysville, Mike Nordhuis/Paw Paw, Chuck Pelham/Pittsford, Dan Quinn/GP North

JUNIOR HIGH: Tom McHugh/Pinckney, Chair.

Committee Meets: May 2, Sept. 12, Dec. 12.

Chip Bridges/Farmington Hills, Jim Katakowski/Maltby MS, Dave Lusting/Grosse Ile, Steve Powell/Stockbridge, Michael Raffin/Whitmore Lake, Jamie Ryske/Sashabaw MS

TRACK & FIELD: Mike Dennisuki/Woodhaven- Char.

Committee Meets: Sept. 12, Oct. 10, Dec. 12.

Thomas Bridges/Trenton, John Carr/Eau Claire, Scott Banghart/Mattawan, Kevin Bokhoven/Grand Rapids Christian, Jill Evers-Bowers/Kent City, Keith MacDonald/Churchill, Dan Roggenbaum/Vandercook Lake.

IN THE BULLPEN

MITCA PROPOSAL TO ADDRESS NO-SHOW TEAMS AT MHSAA REGIONAL CROSS COUNTRY MEETS

MITCA is concerned with the problem of competition inequities created by schools being assigned to a MHSAA regional cross country meet and then not showing up for the meet. A MITCA proposal was presented to the MHSAA Rules & Regulations Committee this past January and was accepted. It will be presented to the MHSAA Executive Board for further action.

1. When the MHSAA makes the list of schools sponsoring cross country, schools that indicate that they sponsor the sport but have not shown up for the MHSAA regional meet for the last three years are not counted and they are placed on a separate list. Schools that have added the sport within the last two years will be counted on the sponsoring list. note: Not showing up means not having a single runner compete. This does not include incomplete teams.
2. The division assignments are made from this revised list.
3. Tentative regional assignments are made for each division.
4. Schools that have been regional no-shows for the last three years (those placed in the separate list in step #1) are now distributed to their logical geographic regional. These schools now have a place to go if they do have runners to enter at the regional competition. Thus, every school that has indicated that they are sponsoring cross country has now been assigned to a regional.
5. For every five (5) of these no show schools added to a regional, that regional will have one team previously assigned moved to a neighboring regional. The team moved would be the most logical geographically.

For example: Regional #1 has 16 assigned teams. Five (5) schools from the "no-show" list are added to this regional. There are now 21 schools assigned. But one previously assigned school will be subtracted and moved to a neighboring regional, leaving the regional with 20 assigned schools.

Note: Regional assignment lists have now been made based on schools that have actually participated in recent regional competition. The number of schools showing up at each regional would now be much closer to equal numbers. Since an unequal number of schools would be assigned under this proposal, a brief explanation would be included to explain the differing number of schools that have been assigned. In 2002, only two regionals (both in D-4) would have had to move a team to accommodate the added teams from the no-show list. In 2003, this would have had to be done once in D-1 and once in D-4.

It is interesting that the question of regional assignments/balance was one of the topics MITCA was going to work on as reported in Kermit's last newsletter over 10 years ago..... how things change over time.....

The MHSAA Rules and Regulations Committee also discussed the following items.

TRACK: MITCA presented it's intent to come up with a proposal for a two-day state meet.

CROSS COUNTRY:

The following two items were recommended to the Representative. Council:

1. Initiate a rules meeting for head cross country coaches. There was a feeling that many new Cross Country coaches do not have an understanding of the rules and procedures of cross country.
2. It was voted to recommend that the cross country site selection committee be reinstated so that more people have an input into sites and distribution of teams.

The committee voted down the proposal to add the 16-20 finishers at the regional to the list of qualifiers for the state finals.

Just some thoughts on the disappearing cross country and indoor and outdoor track & field programs. Many of the programs that have been dropped had the same head coach for all 3 sports. I doubt the head coach's salary is equal to or greater than the sum of the head coaches of 3 other sports. \$\$\$ advantage cc-t&f. Most of the programs have one, maybe 2 assistants. I doubt there are any other 3 sports with as few total assistants.. \$\$\$ advantage cc-t&f. Track is limited to 12.5 scholarships and all of the athletes do at least 2, if not 3 sports. I doubt that there are 3 sports with a total of fewer scholarships.. \$\$\$ advantage cc-t&f. The facility is shared by boys & girls teams, one of the few sports where that happens. Since all schools that cut the boy's program kept the girl's there is a facility \$\$\$ advantage cc-t&f

So with the \$\$\$ advantage why is a sport that can have more participants than about any sport other than football being dropped? One of the justifications for an athletic program is it provides an activity that the students and community can attend, games. It provides a source of pride with its wins. Few meets on the college level are scored. How many home meets are there? Further how often do the top athletes compete in the meets. People read where a team sent several athletes to this meet, others to that meet and maybe some even to a third meet on the same day. Or, because there is no score it may not even be reported. Where is the school's "team."

Most of the sports remaining on the campus have a schedule with several home events. I realize that the attendance at many of these sports may not be much, but these home events seem to allow the students and campus community more of an opportunity to identify with those sports. Teams win, there is something to cheer at and celebrate. The media seems more apt to report a win or a loss that some individual performances.

I see some of the same thing happening on the high school level. Conferences have eliminated dual meets, going to jamborees or double duals. We are competing for the attention and participation of students with football, soccer, volleyball, baseball, softball, tennis, golf and now lacrosse. All of those sports will have from 4-10 home contests. Add in junior varsity and freshmen levels and there may be close to 30 home contests in some sports. They watch the games, maybe decide to try it. They identify with the sport, "their school's team."

I realize that I am fortunate with a great cross country course on my school grounds. We host 1 or 2 conference double duals and at least 2 or maybe three other meets. The new league track schedule where I coach has us hosting only one meet. I have been able to add a couple of other meets, but that is not much of a home schedule. As a result it is hard to have the students identify with track. If they don't identify with the sport when they are in high school, it is doubtful they will identify with it in college. If there is little community identity, it is easier to eliminate.

Yes I realize that we need time to train. Yes I realize that duals may not be much of a challenge to the top athlete, but these are the school's teams. No matter how great the athlete is, I seriously doubt that a school would incur the expenses of a program for just 1 or 2 athletes, but they will for a team. Maybe we need to be creating an interest with home events at the high school level. Maybe the colleges need to begin scoring and hosting more meets.

CONGRATULATIONS: Are in order for the Hansons, Keith & Devin. Their Hansons-Brooks Distance Project has produced two alternatives for the 2004 Olympic Marathon. Trent Finney & Clint Overran by placing 4th & 5th respectively at the US Marathon Trials are the alternates for the US in the Marathon. Clint did his high school running for Lake Orion.

BRING TRACK BACK

An appeal is being made by the **Bring Back Track** Committee asking support to **Bring Back Track & Cross Country** to Western Michigan University.

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for more information go to: **BringBackTrack.com**

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MITCA MEMBERSHIP FORM

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Oct. 1 for Cross Country Nov. 1 for Track & Field
to be considered for:

COACH or ASSISTANT COACH Of The YEAR honors.

Name _____

New Address

Home Address _____

City _____ State _____ ZIP _____

Home Phone _____

In what year did you begin coaching? _____

Number of years coaching CC _____ Track & Field _____
Coaching assignment? Mid. S. H. S. Univ. Retired

School Name _____

School Address _____

City _____ State _____ ZIP _____

School Phone _____

School Classification A B C D

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Address: _____

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**RETURN TO NATE HAMPTON: Fax 517-332-4071 or
MHSAA, 1661 Ramblewood Dr., East Lansing, MI 48823**

TRACK & FIELD CLINIC ISSUE

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