

# MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

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**CROSS COUNTRY CLINIC**

Crown Plaza, Grand Rapids  
Nov. 9-10-11 2006

**TRACK & FIELD CLINIC**

Lansing Holiday Inn South  
Feb. 8-9-10 2007

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## JOHN LOBER 2006 SWEENEY WINNER

The Sweeney Award is given for outstanding service to the sport of Track & Field, to the school, to the community and to MITCA. The recipient epitomizes the definition of "COACH". John Lober fits all of these criteria.



John has been a coach for 42 years; and that doesn't count the years in college when he was our fraternity coach for football and basketball.

He has fielded teams in a total of 303 Track Relays or Invitationals, with Traverse City Central winning 104 of those meets. They were second in 42 more. Twice they were third at the Mansfield Relays. Traverse City Central, under John Lober, won 9 conference championships, 7 regional meets and was the State Lower Peninsula Finals Champion in '92.

John coached the first Michigan 16' vaulter and has had numerous individual Lower Peninsula Finals Champions.

John started and has hosted the Traverse City

Record-Eagle Honor Roll meet for 31 years. He has hosted the Ken Bell Track Invitational for 26 years and hosted numerous conference and regional meets.

His Cross Country teams won 65 Invitational, 4 Conference and 6 Regional Championships, while qualifying for 16 straight State Final Meets.

Personal honors have been numerous during John's career. He was a MITCA Coach of the Year nominee seven times, earning Coach of the Year honor in 1990 and 1992. He was NHSACA National Region Coach of the Year in 1992, inducted into the MHSCA Hall of Fame in 1996 and was National Pole Vault Coach of the Year in 1999.

John has helped Traverse City develop Track & Field into a major sport. Not only at Central High School, but also at West, St. Francis and Traverse City Christian. He has helped develop and build new facilities at the two junior highs and at all four high schools as well as others around Northern Michigan. He is currently working on developing an indoor track facility in Traverse City.

He has hosted the annual Pole Vault Clinic each year for hundreds of boys and girls. John was one of the most influential persons that saved the Pole Vault in Michigan Track & Field. He lobbied at the state level and has encouraged and promoted safety and good conditions for vaulters. John attends the National Pole Vault Summits In Nevada and has attended the past four U. S. Olympic Track & Field Trials as well as being an Official at the Atlanta Olympic Games.

John is one of the most positive, energetic and thorough coaches there is. He doesn't let one stone become unturned when he prepares his teams for competition. He doesn't let one kid get left behind and he will give every kid an opportunity to play the games. John has two children – Lisa and Joe, along with three grandchildren. **Bob Lober**

**THE PRESIDENT'S LANE:** Kevin Behmer, MITCA President

The Midwest Meet of Champions comes home! For the first time in history, the Midwest Track & Field Meet of Champions will be held in the state of Michigan! The meet, first held in 1974 in Fort Wayne, Indiana, has been hosted by Ohio at Ohio Wesleyan University the past 10 years. This meet features the finest senior boys and girls athletes from Michigan, Indiana and Ohio and pits them against each other on a team basis in a memorable and exciting track meet to determine a mid-west team champion.

This year's meet will be held at Jackson High School on Saturday, June 10, 2006 with the following three years on comparable dates also at JHS. Under the leadership of Team Michigan Head Coach Kim Spalsbury (Grand Ledge boys track/xc), meet manager Charlie Janke (retired Jackson HS), Facilities Coordinator Brian Olsen (Jackson HS) and Meet Financial Officer Jerry Reis (Hanover-Horton HS), event committees have been formed and are hard at work with the organizational meet details. Additionally, the Association of Track officials of Michigan (ATOM) are gearing up their membership for official assignments and plans have been made with Spring Arbor University to house and feed the athletes and coaching staffs from the attending states.

The organizational committee is currently seeking sponsorship on a variety of levels to help keep the costs for participating athletes at zero expense as it has traditionally been when held in the other states. If you are interested in sponsorship options, visit the team website or contact Financial Officer Jerry Reis (jreis42@comcast.net) for more details. If you are a track fan and would like to volunteer your services you have two options: if you are an MHSAA registered track and field official, contact ATOM liaison Doug Kelly (dokelly@deloitte.com) to sign up. If you are a knowledgeable track fan you can contact Volunteer coordinator and Facilities Manager Brian Olsen (olsenbrian@sbcglobal.net) to sign up. For much more information: <http://www.midwestmeet-teammichigan.com>

# 2006 - MITCA HALL OF FAME INDUCTEES – TRACK & FIELD

The MITCA Hall of Fame is intended to recognize outstanding Cross Country and Track & Field coaches. What constitutes outstanding are a variety of measures such as success within MHSAA playoffs, and career endurance. Ambrose and Sweeney Award winners are automatically inducted into the Hall of Fame; up to four other coaches are inducted each year after evaluation of their application by the MITCA Executive Board.

The 2003 and 2004 Cross Country Clinics honored and inducted into the MITCA Hall of Fame the Kermit Ambrose Award winners. At the 2004 and 2005 Track Clinics we honored and inducted into the MITCA Hall of Fame the Charles Sweeney Award winners. Now MITCA will begin inducting members for the Hall of Fame that are not Ambrose or Sweeney winners. To nominate a coach for The MITCA Hall Of Fame go to our web site, [www.mitca.org](http://www.mitca.org)

This spring MITCA began inducting members to the Hall Of Fame along with the Sweeney Award Winner. The first class of inductees follows.



**Bryan Westfield, Robert Lynch left to right, 2006 MITCA TRACK & FIELD HALL OF FAME INDUCTEES.**

Steve Porter photo mitca.org photo

## **Bryan Westfield**

Bryan Westfield has been coaching for 27 years. He began coaching the girls at Ann Arbor Pioneer in 1979 and has coached the girls at Pioneer since.

His teams have won 13 State Lower Peninsula Class A/Div. 1 Final Championships. They have a remarkable streak of 22 consecutive first, second or third place finishes, with a total of 24 Top 10 finishes. His Pioneer teams have been regional champion 25 of the 26 years he has coached.

Pioneer has not been in a conference all years Bryan has coached; when they were in a conference they won the conference title every year. Bryan's teams have won 22 conference championships.

He has had numerous individual Lower Peninsula Finals champions. His relays have dominated the relay title.

Bryan has been nominated for Coach Of The Year honors several times, winning the honor several times.

Last season, one day around midnight he got a call from a group of athletes at the Penn Relays. Six of his former girl athletes were competing for six different colleges and had gotten together that evening and decided to call him

## **Robert Lynch**

Robert Lynch has been coaching for 40 years. He began coaching with fellow Hall Of Fame member, Woody Thomas, at Detroit Northern. He then moved to Detroit Pershing before taking the helm at Detroit DePorres, moving to Detroit Mumford in 1985.

His DePorres teams won 7 Lower Peninsula Finals, Class C and D, Championships, with two seconds. Mumford teams, under Coach Lynch, have won 4 Div. 1 Lower Peninsula Finals Championships. Mumford teams have finished in the top 10 fifteen times.

Robert's teams have won over 20 league and 20 Regional Championships.

His runners have won numerous individual championships. DePorres and Mumford Relays are common on the top of the awards stand.

Coach Lynch has been nominated for MITCA Coach Of They Year Honors several times; to go with the Coach Of The Year Honors he has won.

Kenneth Furgeson, a 2004 graduate from Mumford, went on to All-American honors that summer. Coach Lynch has sent many runners on to the collegiate level.

# 2006 – TRACK & FIELD COACH OF THE YEAR AWARDS

## BOYS



Daniel Brunk, Jerome Sheppard, Chris Hanlon, Kenn Domerese

**Div. 1: Kenn Domerese/Flint Carmen-Ainsworth**

Nominees: Brian Boze/Saline; Joe Burgireno/Romulus;  
Tom Carney/Pinckney

**Div. 2: Chris Hanlon/Dexter**

Nominees: Joe Curcuru/Grand Rapids Forest Hills Northern;  
Nick Stratton/Bloomfield Hills Lahser; Roque (Rocky)  
Ybarra/Muskegon Orchard View

**Div. 3: Jerome Sheppard/Frankenmuth**

Nominees: Chris Hawn/Berrien Springs; Bradley Rainwater/  
Goodrich; Dave Wilson/Beverly Hills Detroit Country Day

**Div. 4: Daniel Brunk/Pottersville**

Nominees: Steve Braem/Frankfort; Josh Powers/Adrian Madison;  
Robert Schroer/Saginaw Michigan Lutheran Seminary

## GIRLS



Steve Porter photo mitca.org photos

Jon Frank, Jennifer Sweet, Tom Micallef, Bryan Westfield

**Div. 1: Bryan Westfield/Ann Arbor Pioneer**

Nominees: James Long/Kalamazoo Central; Randy Vander  
Vein/Rockford; John Yorke/Clarkston

**Div. 2: Tom "Mick" Micallef/Ypsilanti**

Nominees: Eric Grimm/Grand Rapids South Christian; Robert  
Lurie/Lansing Waverly; Rick Miotke/Detroit Renaissance

**Div. 3: Jennifer Sweet/Goodrich**

Nominees: Sara Barnard/Beverly Hills Detroit Country Day; Jill  
Evers/Kent City; Pat Pastula/Hillsdale

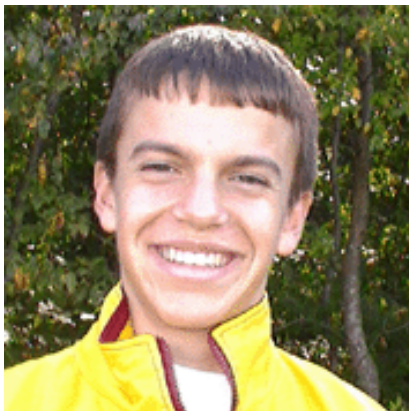
**Div. 4: Jon Frank/Saginaw Valley Lutheran**

Nominees: Patricia Bolda/Ubly; Debra Price/Reading;  
Daniel Roggenbaum/Jackson Vandercook Lake

## MITCA'S MR. and MS. TRACK & FIELD 2006

Mr/Ms honors are awarded, one boy and one girl, who, in the estimation of the MITCA Executive Board, is the top senior athlete in Track & Field that year.

**Lex Williams, Dexter**



Lex was the D2 Individual Finals Champion in the 3200 with a record setting time of 9:07.88. He had preceded that with a runner-up spot in the 1600. He concluded his senior year with 8:57.16 in the Midwest Meet, earning him Track Athlete of the Meet and running 8:56.06 for the 2 mile in the Nike Outdoor Nationals. He started the 2005 Track Season earning All-American at the Nile Indoor, an honor he repeated outdoors. He is listed in TRACK & FIELD

NEWS High School Honor roll for the 1600 and 3200.

Lex scored at the State Finals a total of five times in his career. He was a runner-up in the MITS 1600 his senior year.

He is the school record holder at Dexter in the 800, 1600, 3200 and 4x8 relay. He earned All-State Cross Country honors three different years. Was in the National Honor Society and earned Academic All-State.

He is continuing his running at the University of Michigan where he was on their fifth place DMR at the Indoor Big 10 Meet this winter.

**Tiffany Ofili, Ypsilanti**



Tiffany was the dominating individual at the 2005 MHSAA Finals winning the 300H, 100H, and LJ. She picked up the MITS Indoor Championships in the 60H and LJ. At the Nike Indoor she was third in the 60H and 6<sup>th</sup> in the LJ.

All total she was a seven time State Lower Peninsula Finals Champion. Tiffany won the 300H three times, and the 100H twice and LJ once. Her seventh title was as a member of the 4x100 as a sophomore. Counting the 4x1, she was on top of the awards stand each of her 4

years. She was runner-up on five different occasions, scoring a total of eight non-winning performances.

She ran Cross Country three years, lettering twice. She was a cheerleader her senior year. She won the Ms. Gatorade (Michigan) last year.

Tiffany was the Salutatorian for the Ypsilanti Class of 2005 and a member of the National Honor Society. She continues her running at the University of Michigan where she earned All-Big 10 Second Team in the 60M Hurdles and had provisionally qualified for the NCAA.

## 2006 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.

**Jerry Drake**, Frankenmuth High

Nominated by: Jerome Sheppard

**Charlie Hallman**, Westland John Glenn High

Nominated by: Jess Shough

**Rod Sorenson**, Ann Arbor Huron High

Nominated by: Kevin Behmer

**Harry Weaver**, Detroit Renaissance High

Nominated by: Rick Miotke

### FINISH LINE AWARD

The Finish Line Award recognizes ongoing contributions, support and assistance to the sports of Cross Country and Track & Field. It is awarded to individual person(s) and their respective media employer(s) such as radio, TV, magazines, newspapers, and web companies.

**Dan O'Meara**, Observer Eccentric

Nominated by: Gary Servais, Farmington

Mercy

**Marc Vieau**, Cadillac News

Nominated by: Alan Kushion, McBain

Information about and nomination forms for all MITCA Recognition Awards is available at [mitca.org](http://mitca.org).

### PATSY ARPINO SCHOLARSHIP

Patsy Arpino, long time coach at Jackson Lumen Christi and MITCA member, established this scholarship fund to help support higher level education for the sons and daughters of fellow MITCA members. Two \$500 scholarships are awarded annually at the Track & Field Clinic, drawn randomly from the applications submitted by the October 30 deadline.

**Elizabeth Miller** attending the University of Michigan, daughter of Greg Miller

Cranbrook-Kingswood

**Hera Nicole Linn** attending the University of Toledo, daughter of Steve Linn

Harbor Beach

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

**15 Years:** James Alviar, Jr, Muskegon Oakridge; Rob Basydlo, Holly; Tamara Benjamin, Middleville Thornapple-Kellogg; Chad Brandow, Fruitport; George Devore, Belleville; Jerry Drake, Frankenmuth; Matt Funk, Middleville Thornapple-Kellogg; Gregg Golden, Harper Woods Regina; Derek J. Gonzales, Ypsilanti Lincoln; Chris Hanlon, Dexter; Rebecca Hendren, Harper Woods Regina; Rod Jager, Grand Rapids South Christian; Tom Johnson, Flint Carmen-Ainsworth; Michael Kuyers, Potterville; Lisa Lutchka, Leslie; Jim Martin, Sault Ste Marie; Scott Menard, Sault Ste Marie; Gail Miller, Mt. Pleasant Beal City; Michael Raffin, Ypsilanti; Nancy Smith, Northville. **16 Years:** David Lawrence, New Boston Huron; Chad Plaxton, Cadillac; Michelle Reed, Marion. **17 Years:** Stephen Braem, Frankfort; Sam Lightfoot, Pickford; Michael L. Oliver, Quincy. **18 Years:** Jim Brown, Tecumseh. **20 YEARS:** Roland Clark, Detroit Mackenzie; Joe Wilkerson, Flint Beecher. **21 Years:** Steven A. Virkstis, Comstock Park.

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

**25 Years:** Mark Babcock, Farmington Hills Harrison; Pat Bolda, Ubyly; Robert Brown, East Lansing; Jim Gibson, Delton Kellogg; Duane Koppelman, Saline; Csaba Kovais, Lincoln; Philip Mahar, Dearborn Fordson; Lonnie Marshall, Jr, Lansing Eastern; Michael Michaylak, Holly; John Quiring, Okemos; Robert L. Smith, Novi. **26 Years:** Tim Donahey, Traverse City Central; Mike Foge, Dearborn Divine Child; Tim Newsted, Hastings Middle School; Greg Savicke, Kalamazoo Loy Norrix; Mike Stuart, Flint Carmen-Ainsworth. **27 Years:** Joseph Beldyga, Detroit U of D Jesuit; Roby Deese, Linden; Mike Dennis, Alpena; Mark Merlo, Rochester; Daryl Radcliff, Lake Odessa Lakewood; Ronald Wiens, Swartz Creek. **30 Years:** Larry Bozyk, Okemos; Jon Helder, Holland West Ottawa; Jon Kachniewicz, Vicksburg; Duane Machak, Dearborn Edsel Ford; Dustin Mann, Brownstown Woodhaven; John C. Mc Greevy, Livonia Churchill; Tony Mc Lain, Sault Ste Marie; Gary D. Meehan, Brighton; Bob Mullally, Coldwater; Charles N. Pollard, East Lansing; Mike Vance, Grand Blanc; Stuart Wilkes, Rockford. **31 Years:** Jan Burch, Leroy Pine River; Kenn Domerese, Flint Carmen-Ainsworth; **33 Years:** Peter Julicher, Bloomfield Hills Cranbrook-Kingswood; Ted Potts, Niles. **35 Years:** Lorenzo Croft, Ecorse; Douglas Morse, East Grand Rapids. **36 Years:** Mark Birkam, Allegan; William Menard, Sault Ste Marie M. S.; John Swinburne, Norton Shores Mona Shores. **37 Years:** Joe De Fusco, Center Line; Don Sleeman, Ann Arbor Pioneer. **38 Years:** Gene Grewe, Novi Detroit Catholic Central. **40 Years:** Steve Johnson, Warren Mott; James Thomas Long, Kalamazoo Central; Anthony Magni, Novi Detroit Catholic Central. **41 Years:** Lee Kahler, Bad Axe. **45 Years:** Lee Averill, Orchard Lake West Bloomfield; Mel Comeau, Bath; Al Sigman, Grand Blanc. **51 Years:** Robert L. Bridges, Dearborn.....

## MITCA TRACK & FIELD QUESTIONNAIRE 2006

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 attendance at the Clinic was 840, with 314 responding to the questionnaire at the Business Meeting. The Track & Field Committee was responsible its development. The membership voted on these questions at the 2006 Clinic Business Meeting.

- |  |                         |
|--|-------------------------|
| 1. Would you be in favor of <i>tightening the qualifying standards</i> for the MHSAA Track & Field Final Meet?   | Yes 21%                 |
| 2. Are you in favor of <i>adding a District Meet</i> to the MHSAA Track & Field post-season tournament?  | Yes 28%                 |
| 3. ( <i>Varsity Head Coaches only</i> ) Does your league run a two-day league meet?  | Yes 9%                  |
| 4. Are you in favor of <i>scoring places 1 through 8</i> at the MHSAA Regional Meet? (10pts - 1st, 8pts - 2nd, 6pts - 3rd, 5pts - 4th, 4pts - 5th, 3pts - 6th, 2pts - 7th, 1pt - 8th)? | Yes 90%                 |
| 5. Should MITCA pursue Indoor Track as a sanctioned high school sport?   | Yes 65%                 |
| 6. Would you consider using <i>EMU's dorms for an overnight stay</i> at a Two Day/One Site Final Meet?   | Yes 53%                 |
| 7. If MITCA Team State were to become part of the MHSAA post-season tournament, would you like to see it added by:   |                         |
| a) <i>extending the season one week?</i>   | Yes 46%                 |
| b) <i>placing it on a weeknight</i> between the Regional and Final Meets?  | Yes 54%                 |
| 8. If a week was added to the season, should Team State be BEFORE or AFTER the MHSAA Final Meet?   | Before 70%              |
| 9. If Team State was on a week night (not adding a week to the season) would you prefer it on the <i>Thursday before Memorial Day weekend</i> or the <i>Tuesday after?</i>             | Tues 26%      Thurs 74% |

**MITCA COMMITTEES:** Executive Board Meets: April 30, June 6, Sept. 10, Oct. 8, Nov. 5, Nov. 11, Dec. 10, Jan. 7

**ACADEMIC ALL-STATE:** Paul Nilsson/Wilamston- Chair.

Div. 1: John Quiring/Okemos, Div. 2: Tony Misfud/Dearborn Divine Child,

Div. 3: David Hovarter, Leslie M S, Div. 4: Ron Hart/ Bellevue.

**CROSS COUNTRY:** Rob Blume/Armada- Chair.

**Committee Meets:** April 33, Sept. 10, Oct. 8, Nov. 5

Tamara Benjamin/Middleville Thornapple-Kellogg, Mel Comeau/Bath, John

Dunn/Plymouth, Foster Findley/Reese, Gary Meehan/Brighton, Barry

Meier/Marysville, Greg Pompa/Wyoming Lee, Scott Smith/ South Lyon,

Matthew Yacoub/Southfield Christian, Paul Yowchang/ Berkley.

If you have questions, concerns or suggestions for MITCA address them to the appropriate committee or the Executive Board. Executive Board and Chair's email addresses are located on the front page or at [www.mitca.org](http://www.mitca.org).

**JUNIOR HIGH:** Jim Katakowski/Brighton Maltby Middle School

**Committee Meets:** April 30, Sept. 10, Oct. 8, Nov. 5, Dec. 10

Baxter Jones/Detroit Taft M. S., Teya Lober/East Grand Rapids M.S., Tom

McHugh/Pickney Pathfinder School, Katie Ockerman/Davison M.S., Steve

Powell/Stockbridge M.S., Jamie Pyske/Clarkston M.S., Jerry Rairigh/Pickford

High, Bill Scott/Traverse City West J. H.,

**TRACK & FIELD:** Dan Roggenbaum/Jackson Vandercook Lake

**Committee Meets:** April 30, Sept 10, Oct 8, Nov 5, Dec 10, Jan 7

Chip Bridges/Farmington, John Carr/Eau Claire, Chris Careasa/ Milford, Ted

Duckett/Kalamazoo Loy Norrix, Doug Haggart/Clare, Mike Kuyeeers/Potterville,

Clinton Lawhorne/Linden, Tony Misfud/ Dearborn Divine Child, Mike

Raffin/Whitmore Lake & Ypsilanti, Wright Wilson/Royal Oak Shrine.

**MITCA CLINIC PREDICTION RUN 2006:** 1-Tony Misfud-0:07; 2-Lisa Shaw-0:08; 3-Gary Whitmer-0:10; 4-Mike Kloss-0:11; 5-Clinton Lawhorne-0:24; 6-John Ludtke-0:27; 7-Jerry Elkins-0:37; 8-Jill Evers-Bowers-0:41; 9-Emily Klown-0:41; 10-Roby Deese-1:21; 11-Jeff Schember-1:28; 12-Brian Salyers-

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

**Girls:** Mike Smith/Saline

**Boys:** Paul Nilsson/Williamson

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

**Girls:** Richard Chenault/Ann Arbor Gabriel Richard

**Boys:** Kenn Domerese/Flint Carmen-Ainsworth

### MITCA EXECUTIVE BOARD ELECTION RESULTS

**Ray Antell**, Kentwood East Kentwood was elected to the position of MITCA Secretary.

**Tom Gass**, Jackson Vandercook Lake was elected to the position of Political Action Representative.

### CLINIC IN A NEWSLETTER

#### IN THE PITS.....Chris Jonik/ Ypsilanti High

The use of the high jump mats indoor have become a tradition here at Ypsi High. It has added excitement, endurance, strength and bonding among the team. It starts with simple techniques usually used in everyday conditioning and warm up drills. This is the best training method that I use to build leg strength without weight lifting. This will develop and improve your long jumpers. This is the method that made Nee Nee Williams(99) and Tiffany Ofili(05) All American long jumpers. (Tiffany had the strongest leg strength during her testing at Univ. of Mich. this past fall. She never touched a weight).

Using two mats, narrow end to narrow end, pushed together forming one long area, form a single line with your athletes starting on one end and:  
1) Jumping 3 times on each mat trying to keep their knees waist high and using a jump roping motion with their arms. Continue using this method just changing the intervals after repeats of 2-3 times each drill. If the kids are jumping upwards focusing on lifting their knees the mats will stay in place, each athlete goes one at a time when this is done. We have a wood surface and with the weight of the mats movement should be minimum. I do this with girls, boy's could be a little different. When jumping off the last mat remember safety has to be used. We have a padded surface were they can actually jump onto when leaving the second mat. Wrestling and gymnastic mats are a good option.

Intervals would be: (3x3)(3x2)(2x2)(2x1)(1x1) The athletes that can do the(2x1)(1x1) are usually your hurdlers, jumpers sprinter or gifted athletes. (jumps on mat 1 x jumps on mat 2)

2) Form 2 lines starting from one side of the mat, athletes will jump up and down the side of the mats using the same kind of intervals (3x3) and (2x2). This is done in pairs trying to have them focus on looking at each other, this teaches them to keep their head up. They go the long way of the mats, jump from the floor onto the mats back to the floor while moving sideways.

This drill does not need to have the mats together.

3) To build endurance this next drill uses the mats as a trampoline. Put 2 runners on each mat facing each other, starting all together on your call have them jump in place for 20-30 seconds. This is done in a digression with their rest coming when the other players are taking their turn. I start with 30 then 20 then 10 seconds, this drill has to be done fast.

4) Finally the FUN part comes when you separate the mats and have the athletes divide into pairs and race each other pushing the mats (hopefully on a wood or tile surface). There are different ways you can change the format (using 4 on a team which is 2 pushing the mat down to the other 2 about 40-50 ft away) , the point is to have fun with it, I usually end their workout with this drill.

There are so many little things that you can adjust to with the use of your mats and the area you have to work with. There are many more drills I do with the mats using a spring board, separating the mats and jumping over the open floor. These are more advanced techniques and should be used with the better athletes. Coaches and their team's imagination can come up with their own drills. Remember always start off slow and always be safe when doing any drills. Hope they helped and your kids can have some FUN with them.

**Coaching tip:** Whenever you go to a dual meet, always get the starter's name and phone number, in case you're ever looking to hire one in a pinch.

#### SPRINGTIME IN SAULT STE. SIBERIA Jim Martin/ Sault Ste Maria

The first week of practice, we all do the following things as conditioning (yes, even the throwers). Much of what we do helps with speed as much as endurance. Show me a thrower with very little speed and I'll show you a poor thrower. What that means is throwers have longer workouts than anybody else the first week or two.

Our most popular workout is what we call "stations". We do this workout in groups of 2-6 with up to 15 workstations. Early in the season, we'll do 25 seconds of "work" and give our athletes 5 seconds to get to the next station; later on we'll give them 50 seconds at a station and 10 seconds to get to the next station. When we do 25/5's we'll do 3 sets with 5 minutes between each set and when we do 50/10's we only do one set (so we can work on blocks, handoffs, field events and base work for distance runners).

The stations we use are jump rope, line drills (they jump from side to side of the line like they are slalom skiing), push ups, crunches, leg lifts, wall jumps (two footed hops to a line drawn on a wall as quickly as possible), running in place, leg swings, side flex (leg lifts laying on their side bringing their hands up to meet their feet—5 each leg then roll over and to the other leg), stairs (run up, walk down—safety, safety, safety—and liability too), jumping jacks, toe touches (standing on one side of the gym, sitting on the other), running in place, alternating toe touches or windmills, high knee claps, cross country skiing in place, and crab kicks (stand on your hands and feet like a crab and do high kicks), hurdler stretches, "zombies" (high knee running in place with your arms straight out in front of you), ankle rotations, a "rest" station and anything else you can think of.

We try to have one of the easier (side flex, rest, toe touches) between every two high activity stations (jumps, etc). We have laminated signs that we put on the wall at every station and pads put down where we do crunches, side flex and leg lifts. We'll usually do this workout three days the first week. The second week we'll do this workout twice and be in the pool on twice. Throwers will not go in the pool after this week. Also, after this week, some jumpers and hurdlers will do an event specific workout while the rest of the kids are in the pool.

Throws. For the most part, we don't throw too often the first two weeks. We do a lot of "degree drills" 90,180,270,360 and cone throws for our discus throwers. Power position throws with soft balls and medicine balls for our shot putters. We also do lot of "balance" work (On lines heel to toe frontward, backwards, eyes open and eyes closed). We also—carefully—do cone and med ball throws with our eyes closed. We do "wheelies" and "South's" by the dozen with empty hands, cones or softballs (for rotational shot putters).

We also have access to a, we do pool workouts at least once a week if at all possible right into the first week of April. We will even go to the pool during the heart of our season. We have found it cuts down on injuries while allowing us to really work our athletes on consecutive days. And it's fun too! At the bottom of the article is what we will typically do. Just an FYI, "sharks and minnows" is like "duck, duck, goose" except that you have 5 people running—if you can call it that—in the shallow end of the pool tapping with one person tapping each person on the head saying "minnow" until they decide to make one person a "shark", then they say "shark" and they can then swim while the shark tries to catch one "minnow". If a shark catches a minnow he/she gets to go back to where they were in the circle and the caught minnow has to choose 4 different minnows. If the shark does not catch any minnows before they get back to where he/she was, then the shark picks 4 different minnow to troll around with.

### MITCA TEAM STATE MEETS:

Saturday, May 27, 2006

**Div. 1:** a host is still needed

**Div. 2:** Corunna High

**Div. 3:** Kent City

**Div. 4:** Gobles High

In December we ran a discussion of the **2 Day State Meet** with articles for the change and for keeping the present Finals form. The following is a discussion of the **Team State** concept. Jill Evers, Tom Gass and Derek Gonzales will present both sides of the issue. Additionally, Don Sleeman will present the idea of scoring more places at the Finals. We are talking about the most sweeping changes in Michigan High School athletics since the decision to use MIS for the Lower Peninsula Cross Country Finals. There are a lot of questions to be asked and answered before a decision can be made.

First a quick summary of the proposal for the Team State Finals. All regional championship teams would advance to a meet the following week. Each team would enter three individuals and one relay in each event. All places would score. The team with the highest score would be called the MHSAA Track & Field Champion for that year. Each meet would be held at a separate site. No points, or team score would be kept at the Individual Championship.

## Michigan Team State Championship – Another Point of View

Derek Gonzales, Boys Track & Field Coach, Ypsilanti Lincoln

For several years now MITCA has sponsored a meet that its supporters have dubbed the "True Team Championship." The winner of each Regional was invited to participate in this meet and go head to head against one another. Instead of being represented only by a handful of "qualifiers," each team would be represented by their full regional "team." Initially, this meet consisted of up to 10 teams representing each of the regions, and was scored using standard National Federation scoring. After the first year or so, the meet's founders decided to adopt a new scoring system—one in which every entered athlete can score points.

While MITCA sponsors this event, it has always been an unofficial meet, and thus Regional winners have declined their invitations, and in many cases, 2<sup>nd</sup> Place teams from many Regions have also declined. Last year at the boys' Division 1 meet, only 5 teams showed up (My team participated, but I kept my 11 state qualifiers at home to practice). Some divisions have had more success soliciting participation than others, but it is obvious that not all coaches consider this meet a valuable part of the season. Many perennial Regional-winners never attend.

So if there is such a divide among the coaches, why did over 80% of those present at the MITCA Clinic Business Meeting vote to create a separate MHSAA-sponsored "Team Championship" using the "everyone scores" system? That statistic is a point of contention for some coaches. At the 2005 Track & Field Business Meeting, only the coaches who were in attendance at this meeting were given a vote. This is only a small portion of the MITCA membership, and even a smaller portion of the coaching population of the state. Of the coaches in attendance, 265 coaches voted YES on a question pertaining to the Team State meet (there are about 1200 MITCA members). It should also be noted that the vote was taken immediately after an emotional multi-media presentation promoting the concept, and time was not given to present counter-arguments.

The question read: "Are you in favor of continuing to support the concept of a Team State meet?"

Over the past 8 years, the meet has been conducted as an optional and unofficial meet for those teams that wish to attend. I am personally in favor of continuing this concept for those coaches who wish to participate, and when the vote came up to continue the meet as it has been, I VOTED YES. I have sent my team (in varying capacities) to this meet 4 times including the last 3 years in a row.

One year later, I find myself sitting in the 2006 MITCA business hearing that my "Yes Vote" has been used to support the creation of an official MHSAA "Team Championship Meet" separate from the traditional State Finals. It has been said that complaints about this wording are simply trivial...nothing could be further from the truth. Having attended four of these Team Meets, I can be perfectly sure that I am NOT in favor of this kind of meet determining the MHSAA State Championship, and there are other coaches who feel the same way.

Over the past couple years, we have heard from a handful of coaches giving emotional speeches about the evils of our current scoring system at the state finals. These inadequacies stem primarily from the fact that it is theoretically possible for 1-2 athletes to win a team title on their own. This is what I refer to as the "Tyrone Wheatley Effect." In 1990, Dearborn Heights Robichaud won the Class B State title with 49 points, including 40 from Wheatley who won 4 individual events. In 1991, he won 3 events (dropping out of the 200m final) and scored 30 of his teams 31 points to finish in 2<sup>nd</sup> place. While most coaches would agree that this doesn't seem "fair," we are talking about an extremely rare circumstance, and in this case one of the most gifted athletes this state has ever produced. Should we make policy that affects everyone just because of the exploits of a single athlete 15 years ago? Possibly—It is certainly worth looking at the options, but it is also irresponsible to blindly push our way to the other end of the spectrum without first considering the other alternatives.

.....continued first column next page

Michigan team state championship – another point of view cont.....

Thus far, all of the favorable reasons we have been given for the "everyone scores" system have simply been statements explaining what's wrong with our

## Pro Side Of Team State -

Jill Evers, Kent City High

When asked to write the "PRO" side of the argument for team state, my first response was to say "No thank you". However, team state has meant too much to our track program and to our athletes to pass on this opportunity. At Kent City we've been blessed with dedicated and talented athletes; therefore, we've been able to participate in five different team state meets in three different locations. Additionally, Kent City has been fortunate enough to host the D3 meet the last two years.

The team state concept is a championship series that allows the regional champion team to advance. Every other sport has this opportunity, but in track—prior to the team state meet—one could win the regional championship and still collect the majority of the team uniforms at the conclusion of the regional meet. Is that a way to celebrate a fantastic, team effort victory?

There have been plenty of years where the team track & field title has gone to teams where only a few athletes have participated; however, this same team couldn't win many dual meets or invitationals. No one is trying to take anything away from a superb athlete who wins 3 or 4 events; instead, let's reward both quality teams and individuals. We ought to recognize those teams with all-around quality and depth.

The team state meet requires a total team effort. A coach can't rely on just a few superstar athletes to carry the team. In fact, when asked, one student-athlete responded that the best part of the meet is that "everyone goes". This is unlike the individual state finals; we've had an individual win a state championship, yet had only a couple of teammates there to cheer her on. Whole teams at team state enjoy extra camaraderie and fanfare; for example, they can march in the parade of teams—something impossible to do at the individual state finals.

The team state meet requires that three persons compete in every event, similar to invitationals and dual meets. However, every competing athlete scores for his/her team. This heightens team chemistry. The athletes depend on every team member to do well. Every participant feels like an important part of the team. Our athletes joined a *team* and should realize the benefits of true teamwork.

Because each team can enter three athletes per event, some people feel that the quality of the meet is sub-par. I've never noticed that to be true. Most events have athletes competing that go on to win medals in those same events at the individual state finals the following weekend. One girl who has competed at both state meets for the past three years said, "The team state meet is a good warm-up for the individual state meet because there's good competition there."

With the addition of the team state meet, a talented athlete from a talented team can separate his/her post-season into a day for the team and a day for him/herself. The individual can then better decide in which events to compete at the individual state finals. A coach doesn't have to "force" an athlete to run a certain event/relay for the team score at the individual meet just because the team has a "shot at doing well". The team can excel one day and the individuals on another.

Why not have another meet—the team state meet—that promotes teams while retaining the individual state finals that focuses on quality individuals? No one is suggesting that we take anything away from our student-athletes, but let's not deprive our excellent teams of a great opportunity to excel. We are hoping to add more chances for all worthy individuals and programs to shine.

### 2006 IS AN EVEN YEAR SO:

**BOYS ARE FIRST** in the running events.

In the field events:

**BOYS ARE FIRST** in the Discus and Long Jump

**GIRLS ARE FIRST** in the Shot Put, High Jump and Pole Vault.

Note: Boys & Girls may compete simultaneously if there are multiple pits or an "open pit" is being used

current system. My concern is that there has been no public discussion within the MITCA membership or the MHSAA to discuss the potential pitfalls with this new system, and there has also been no discussion of the alternatives. It is easy

for someone to give an emotional speech and convince people that there is something "wrong" with a single athlete winning a team title; however that is not the whole story. Coaches or administrators who have never had the opportunity to participate in this type of meet may have no context with which to vote one way or the other...except for what they are being told. There IS another side to this story.

**Concerns with the "Everyone Scores" concept for a "Team Championship" in Track & Field:**

1. There is no valid selection process for determining which teams advance to the state finals. This method of scoring is completely different from every other type of meet that our athletes will compete in. Our current Regional format uses NFHS scoring standards where currently only 6 (or up to 8) athletes can place. A typical Regional Championship team will have 10-14 athletes contribute to their team's score. A really competitive region may have even fewer athletes scoring points. In an "everyone scores" meet, a team may need to rely on as many as 30 or more athletes to score points. It is illogical and reckless to implement a system where the qualification round has completely different rules than the championship round. Even in a dual meet, only 12-18 athletes will typically score points.

Additionally, it is currently not feasible to convert our Regional Finals to an "everyone scores" format because this system is dependant on having a quality FAT system in place with qualified operators to run it. We would need 40+ such systems (sometimes costing \$10-15,000) in order to have one at each regional final in the Lower Peninsula. Some lower-priced FAT solutions are coming under scrutiny for their accuracy and are probably not a viable option either. Moreover, when the FAT malfunctions (especially in the short sprints), it creates dozens of scoring ties that cannot be broken with hand-timing or even pickers.

2. MHSAA guidelines prohibit coaches from entering athletes who are not competitive. This type of scoring system actually encourages this because no matter how slow an athlete is; he/she will score at least 1 point just for finishing. There are plenty of teams with great depth that might not have a third "competitive" athlete in a given event. However, if the State title is on the line, every coach will certainly make sure that all three slots are filled, even if the third athlete is not competitive or even experienced in some cases. In those circumstances, we are no longer teaching our athletes that it is important to work hard and try your best; instead we are teaching them that all you have to do is show up. No matter how deep your team is, in this type of meet, you are forced to rely on some athletes who would never even score in a dual meet...yet they are expected to determine who is the State Champion? This is not an argument for or against the rare "win at all cost" coaches out there. Almost every experienced coach in the state is there for the betterment of his/her kids. Nonetheless, we need to remember that teaching kids to be competitive and strive for excellence is a positive thing, not a negative. We all provide many opportunities for our lesser-skilled athletes to participate and improve. It is also valuable for us to provide appropriate opportunities for our highly skilled athletes to compete—that's what championship meets are for.

3. There is no significant precedence for this type of meet. For 100 years, teams have run dual meets for "everyone" and invitational style meets for their "best" athletes. This has been the standard in Michigan and the standard for high school competition around the country. The MHSAA and just about every other state association around the country follows NFHS standards for both rules and scoring. The few states that have experimented with everyone scoring have done so with meets sponsored by their coaches association, as do. There is a significant difference between trying to "be a pioneer" for the sport and trying "reinvent the wheel." I am afraid we are attempting the latter. The addition of this separate championship may also cause the elimination of many conference and county meets that have decades of history because teams will be forced to leave open an extra competition day for the Team Meet.

4. Regional assignments become much more important (and political) toward advancement. All regions are not created equal. The number of teams assigned to each region does not vary by much, but athletes per event may vary drastically. Moreover, there are certain regions that are extremely competitive each year, and there are some that considered weak almost every year. In the past, it was not uncommon for the 2<sup>nd</sup> best team in a tough region to also be the 2<sup>nd</sup> or 3<sup>rd</sup>, or at least a Top-10 team overall in the state. ....Continued first column next page

**Track Team State Experiences**

Tom Gass, Jackson Vandercook lake

The MITCA Team State meet has been held for several years now and we at Vandercook Lake High School in Jackson can say that we are very satisfied customers. Our boys' and girls' teams have each made four appearances in the meet with our boys' team claiming the championship as their best finish in 2004. The girls' team has a runner-up finish for their best showing also in 2004.

Our philosophy has always been to put our best teams on the track and that might mean having individuals compete in events they might not otherwise compete in. This philosophical policy holds true through the team state meet where every athlete in all 17 events gets a chance to score points for the team in each event they participate in.

The athletes that have competed in this event have told me that this is one of the most exciting and fun meets of the year for them. They enjoy the fact that they will score points in every event they compete in and they enjoy passing people in races since every person they pass is another point for the team.

The sprinters enjoy the fact that there are only finals and no prelims or semis. The FAT system used to score the meet expedites the meet in an efficient manner. Throwers and long jumpers compete in flights with four throws while the high jump and pole vault begins at a reasonable starting height that will allow a team's third jumper to be competitive.

The host schools have done wonderful jobs of accommodating the visiting teams, and from what I have observed at the D-4 level, the teams clean up after themselves rather well. The meet starts and finishes at a reasonable hour even on days with inclement weather.

The athletes come away at the end of the day with a very positive experience and, usually, several new friends and acquaintances.

**MITCA MEMBERSHIP FORM**

You must be a member of MITCA by:

**Oct. 1** for Cross Country **May. 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

CC Div. 1  2  3  4  T&F Div. 1  2  3  4

**Mail with \$20 to:** Jerry Lasceski, Treasurer  
1691 N. Hinson Road  
Fairgrove, MI 48733-9503

**Retired Lifetime Membership: \$25 see mitca.org for details**

**Michigan team state championship – another point of view cont.....**

Granted, many other sports must deal with this fact, but Track teams needn't be faced with being automatically "eliminated" because of their geographical proximity to some of the state's powerhouse programs. If your team was good enough to qualify athletes to the state finals by placing or making extra qualifying

performances, you had a reasonably fair chance to make your mark at the state finals, right along with everyone else. Under the proposed system, there will be many great teams who will never even get the chance to try for a Top-5 or a Top-10 finish because they have one of those powerhouse teams in their region.

5. Coaches and Athletes may still have to choose: Team vs. Individual. It has been stated that one of the reasons that separate Team & Individual meets is so important is so that athletes don't have to choose between their team (trying to run 3-4 events) or individual titles (focusing on 1 event). I would contend that this decision becomes even more difficult to make. If a team has a chance to win a State Championship, will a coach risk his athletes getting injured or burned-out at the individual meet? Or, if a squad has no chance of winning the team title, will a coach or an athlete want to take those same risks when they could just wait to focus on an individual title the next week? Splitting into two different meets creates tougher decisions for coaches and possibly puts athletes in more of a moral dilemma than they would be if they only had to perform one day to accomplish both tasks. Personally, I cannot think of too many athletes that I have ever had who not jump at the chance to trade in their individual All-State medals for a State Championship trophy. Self-sacrifice is not something we should be sheltering our athletes from; it's something we need to instill within each and every one of them.
6. There has been no discussion of other alternatives. Our current state championship format may be flawed in the opinion of many. If the flaws are significant enough to warrant changing a system that has been in place for a century, then it is important enough for us to take our time and carefully examine all of the options. Thus far, we have not had the opportunity to do that.

I have advocated an alternative scoring method that addresses many of the concerns of coaches on both sides of the issue. It is not perfect, but no system ever will be. I would suggest that the membership of MITCA as well as the MHSAA examine the option of continuing the MHSAA State Finals in its existing form, but expand the scoring from 8 places to 16 places. This option would give more athletes an opportunity to score, and it would eliminate the likelihood of a team winning the meet with a single athlete. Moreover, I believe it would make the team scores (1-25+) more meaningful for everyone. This system maintains the feel of a championship by focusing "quality over quantity," yet for a team win, it still must rely on more than 1-2 athletes. With all of the brilliant coaches in this state, I am quite sure there are other potential alternatives floating around. If so, it would be well worth our time to explore some of these ideas before we get locked into something we are not ready for. It is easier and more effective for us to correct these problems now than it will be to try and change things back after the fact.

Currently, the MITCA's vision of the "Team State Championship", the 2 Day – Single Site concept have been advanced to the MHSAA for consideration by the Representative Council this spring. If you feel that this type of format is not in the best interest of our kids, it is imperative that you make your voice heard immediately. Coaches should contact the MHSAA representative council members and let them know how you feel. You should also speak with your Athletic Directors, Principals, and especially your Superintendents and ask them to do the same. Lastly, I would encourage coaches to write or email your MITCA representatives on the Executive Board and on the Track & Field Committee and let them know how you feel.

## 16 PLACES Don Sleeman, Ann Arbor Pioneer

For several years some coaches have been dissatisfied with the National Federation scoring system for the State Finals. Their contention is that one or a few individuals can dominate the meet in such a way that those few athletes will determine the State Finals Champion; even though this has been the method used for a 100 plus years.

Track has historically been a sport of excellence when determining championships. This is currently the case with the NCAA Track and Field Championships; and the reason Arkansas under John McDonald has been the dominant national men's team for upwards of 20 years. Words like "fair" and "true" have been used to arouse passions against the National Federation system of scoring. As a consequence of these emotions only one idea has been proposed for a number of years as an alternative to the National Federation system. That proposal is to have only 10 teams qualify, one from each Regional (which uses the National Federation system) to the State Finals. These 10 teams would contest for the State Finals Championship by scoring every athlete that competed.

This system could lead to scores of over a thousand points for the team that won since every athlete, no matter how slow or non-competitive, would score in the meet. Some coaches call this the ultimate dual meet team because every athlete scores. They do not address the issue that in a dual meet only three athletes score per event and all other athletes score nothing. Track & Field has always been about excellence at Championship competition so scoring everyone would certainly go against that tradition. If this concept was used for basketball or football it would be seen as unacceptable because it would mandate that coaches use every athlete on the team when engaging in State Final competition so as to be "fair" to all athletes on the team. I think most reasonable people would see this as being unacceptable. It is no less unacceptable in Track & Field.

However, if it is desire able to have more scoring in the State Finals so as to more of a "feeling" of a team winning rather than a few individuals there are other ways of doing this without all the disruption to the current system. One such alternative would be to simply score more places in the State Finals than the current eight (8) places. Of course this would be different than the recommendation in the National Federation rules but scoring every single athlete is more of difference and if it would be all right to do that then is should be all right to score more than eight (8) while maintaining the "spirit" of the National Federation system.

The number scoring would work very well if the number of scoring places at the State Finals was increased to sixteen (16) places. This could easily be done now that Fully Automatic Timing (F.A.T.) is being used and the human factor is eliminated. Currently, at all State Finals, places are determined in the 300m hurdles, 400m dash, 800m run, 1600m run, 400m relay, **cont next column**

800m relay, 1600m relay, and 3200m relay using the F.A.T. system. All of the scoring places in these events do not come out of the "fast" heat.

Rather the scoring places are determined by comparing the times of all athletes and relay teams from all heats in a given event and awarding first place through eighth place according to these times. In the field events it would only be a matter of determining all places by ranking all performances by all participants and awarding points for first through sixteenth accordingly.

In the 100m, 100m/110m hurdles, and 200m first through eight would be determined in the final race as it is done now. Places ninth through 16th in these three events would be determined by comparing the times of the athletes that ran in the two semifinal heats. The eight athletes that did not make the final race would be awarded their ninth through 16th places according to their times in the semi final race. Another possibility is to have places 9 to 16 from the semi final race advance to a "consolation" final that would be run prior to the final. The consolation final would determine places 9 to 16.

It would be very difficult under this scoring system for one or a few athletes to dominate the State Finals. If this method of scoring were to be adopted I am sure most concerned people would find it an acceptable compromise towards achieving a more representative team champion at the State Finals.

This could easily be done without any disruption to the current National Federation system and would not cost any more time or money than the current system. Some time might be a factor only due to the adding of more points to ninth through 16th places; but this could easily be done through the use of appropriate computer software. One issue that might lead to more money would be whether or not to give medals to place 9 through 16. It would not be absolutely necessary to do this.

If you as a coach feel this a good compromise to how the State Finals should be scored you should contact the members of the MHSAA Representative Council and express your interest in having the MHSAA adopt the scoring of sixteen (16) places at the State Finals. Of course if we as a state were to adhere to the National Federation system we would continue to score the State Finals according to the rules of the National Federation system. We have these rules so that there is commonality among the 50 states in how we conduct our sport and it does no state good to deviate from those rules.

The team state idea and 2-Day State and TEAM STATE are being promoted regardless of any "solid" proof that a majority of coaches in the state want them. It has been promoted it by saying 80% of the members of MITCA favor this concept. In reality the vote at the Business Meeting was 80% of those who voted. This vote represented approximately 25-30% of the MITCA members.

..... continued next page

16 places continued.....

This is a far cry from the 70% the MITCA By-Laws require before a measure is "moved along to the next level". There are approximately 1200 members in MITCA. The total votes cast at the last two Business Meetings were 345 and 317. This resulted in less than 300 actually voting in favor of either concept. Those who have been promoting the concepts decided that they had the required backing by the MITCA members. They did not. Nevertheless, they continued to promote the concept. The MITCA Executive Board recently realized they had to "take a step back" and not continue promoting the concept since the required percentage did not exist according to MITCA By-Laws.

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## ON THE LINE Jim Murray, Editor

Proposals are being made that will dramatically change the face of Michigan High School Track & Field. There was discussion at the 2006 MITCA TRACK & FIELD CLINIC Business Meeting, too little, in your editor and other's opinion, for the level of changes that are being proposed. A comment was made in response to questions about the proposals: "Things will be worked out." For the degree of change proposed that is too cavalier an answer. Likewise there has been little or no real discussion on the total affect these changes will have on Michigan Track & Field. First we need to really look at what is Michigan High School Track & Field. I am a pack rat. Since I entered coaching in 1963, I have kept most of the MHSAA September & March Bulletins, cross country and track & field. For the following discussion I refer to information from them and web sites for other high school federations

**MICHIGAN'S TRACK & FIELD TRADITIONS:** Michigan has a history of a multiple divisions, reasonably accessible additional qualification standards and since 1970, separate site finals. Class C and D were the last to separate. Meets were moved from college sites in 1975 to high schools, D, the first, moved to a high school in '72. Girls track & field was added in the early 70's and grew from one class, when in 1981 all 4 classes had a combined, boy/girl, Final Meet. Each event qualified 3, 2 or 1 qualifiers to the Finals, based on the number of participants in the regional event final Additional qualifiers were allowed if they matched the 5th place average at the final meet for last 3 years. Marks in Long Jump and Shot Put trials qualified. The additional qualifier standards relaxed in 1970 with the 8th place average being used, 10th for relays. Three qualifiers for each event, regardless of the number in the finals, in each regional event were guaranteed beginning in '79. Additional qualifying standards toughened up using the 6th place average beginning in '80. The last scoring place average for additional qualifiers was used starting in '83. Qualification was made harder starting in '86 as only the first 2 finishers in each event automatically qualified. Additional qualifiers would now be based on the 2nd place average in the regional meet. Marks in the preliminaries in the Discus, Long Jump and Shot Put that matched the additional qualifiers standard would qualify the individual that made it for the finals.

The proposed changes are actually several separate concepts that need to be looked at individually, establish a priority and then consider how each will impact the others before a decision should be made. I have not seen much of that done as of yet.

### ADDITIONAL QUALIFIERS - 2 DAY STATE FINALS - SINGLE SITE - TEAM STATE - WHAT IS A TEAM

Michigan has one of the one of the most liberal additional qualifier systems that I have seen. Most Michigan final events have a significant number of additional qualifiers. I coached in Indiana for about 10 years and additional qualifiers were rare in any event. Will the 2 Day, One Site preserve the additional qualifier numbers that we currently enjoy? The current proposal does use the current additional qualifiers level, the original proposal did not. The 1987 Proposal did not allow for any additional qualifiers, would have used Districts, Regionals to determine Final Qualifiers. Most of the 2 Day State Finals I have looked at do not have many additional qualifiers. I can see down the road the size of the meet, as proposed, could cause a serious look at the level of additional qualifiers. That has not been talked about.

There was a very detailed proposal developed by MITCA in conjunction with the MHSAA developed in the late '80s. It was presented in the MHSAA Bulletin and a detailed questionnaire submitted to the MITCA membership at '88 Clinic. There were 162 responses, 81 in favor and 81 against, with 28 favoring one site, 1 massive meet; 21 one site, 4 individual meets; and 9 wanting a single area with 4 individual meets. The rest would have left 4 sites independently located. I believe the MHSAA preferred the single massive site, it would have been held at EMU. The proposal was dropped.

Many states have a 2 Day State Meet. Those meets vary in the number of classes/divisions from a high of 6, Kansas, to one, Indiana. Many run two or three meets to qualify for the Finals, unlike Michigan with a single qualifying meet. The result is they bring many less qualifiers to the Finals than Michigan does. These Final Meets vary from a single sex meet, to three separate divisions in three separate sessions with both boys and girls at the same session. There are states that will run a separate state tournament schedule for boys and a separate tournament sessions for girls, with one 2 Day, single site Final being held one week and the other the following week, Illinois. All of these sessions/meets are smaller that what is being proposed for Michigan. Indiana's 2 Day Final is actually a boy's meet one day and a girl's meet the next, alternating order each year.

All of these meets do seem to run all of the track events on the Finals Day. The Michigan proposal would regulate three events 3200, 4x2 and 4x8 relays to a secondary status, being competed on the first day. The 3200, as scheduled, would be nothing more than a spacer for the prelims Friday morning. The two relays would have their time in the "sun" at a separate session on Friday evening. All of the arguments for hosting an "extravaganza final" would be lost for these events, 18% of the events. Add to that the order of events; the flow of the meet that they athletes are used to is interrupted. Is a 2 Day, Single Site worth this?

I began my coaching in the '60s at Class C and D schools. The Finals for those schools was held in a combined meet at Central Michigan. I can honestly say that seeing the other Division was of no concern for me. I was there for "my meet." The only advantage I saw was that it gave my athletes a longer rest between events. That is now accomplished by having boy/girl meets. Must the 2 Day State concept have to have the Single Site concept? There has been no discussion of this! There has been very little discussion of what 2 Days will do to budgets.

Michigan has developed a significant number of Area, County or Honor Roll meets between regional and final meets. Many of these are major contributors to the development and interest in their area's track & field. The addition of TEAM STATE could have serious ramifications to those meets. It also has the potential to add conflict to an already hectic time of year. TEAM STATE was already discussed elsewhere in the newsletter, so I will not delve on it here other than it is part of the proposed major change and needs proper discussion. My real problem with TEAM STATE is it is a drastic change from the Rule Book and that takes me back to my beginning in track & field. At that time the order of events would change from year to year. Why? Well there was an MHSAA Committee that established the order of events each year and the order of events usually seemed to fit the type of team the committee members had. Aren't promoters of TEAM STATE doing something similar, changing the Rule Book?

Finally, we need to define what a "team" is. Three solid performers in all the events, a team that dominates a few events, a few individuals, a great dual meet team, a relay team, what is a track & field team? In track & field, truly the athletes mold the team. I have coached for over 40 years and have had all of the previous types of teams. And I am sure the same is true for many of you. So tell me, "What Is A Team"? In sports, teams have been known to win championships with just offense, with defense, with pitching, with shooting, a great/dominating athlete, or other "single emphasis areas". So track & field teams can compete with speed, with field events, with distance, with balance! A team is what is fielded to compete in a meet, under the rules. The team may be strong or week, but to imply it is not a team is a disservice to its athletes..... jim

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Long time St. Clair Shores Lake Shore coach, George W. Crellin died March 8, at the age of 91. Coach Crellin retired from a 57 consecutive year career coaching at Lake Shore High, in 2003 when he was 88 years old! The **2002-3 Wade Coaches Directory** had Coach Crellin listed as head coach for both boys cross country and track & field. He had held the school half-mile record for 25 years. He began coaching in 1946 after returning from the war. He had also coached basketball and was the school's athletic director for 31 years. To the students he was "Mr. Lake Shore." What a career!

This June, Coach Crellin will be inducted posthumously into the National High School Athletic Coaches Hall of Fame.

## IN THE BULLPEN.....

The **MITCA Student Sessions** continue to grow as 140 attended this year's student sessions at Okemos High School. Many thanks to John Quiring, head coach at Okemos for making his facility available. Interest in these sessions continues to grow. Plans are already underway for next year's sessions. They are planned for the Saturday of the T & F Clinic; mark your athlete's calendars.

Your editor uses the "Reading T-shirts on Saturday morning" to fill spaces in the newsletter. Wright Wilson, Shrine High, has suggested to also use coaching tips, which we will do. Your editor would appreciate the contributions from the membership for either of these spaces. Email your contribution to: [jmurray1@nd.edu](mailto:jmurray1@nd.edu). Other contributions to the newsletter are welcome.

**SB-CUE's** MITCA President, Kevin Behmer, is working on a program that will allow those members that attend the MITCA Clinic's the opportunity to earn CUE Credits. Exploration is over, and the paperwork to make things happen has been started.

The first of the **MITCA Safety** programs met with resounding success. Over 100 coaches attended the 3-hour program on the Pole Vault, clinic and safety, and then took the test. Next year a similar program for the throws is being looked into.

### **2006 EMERGING ELITE COACHING PROGRAM**

This is a great clinic sponsored by the USATF. There are separate sessions, depending on the area of interest. It is held at the USOC Olympic Training Center in Chula Vista, Ca. Last year was the first year for the program. Dates will not be finalized until probably into April. Last year the sessions were the last week in July and the first week in August. Lead Instructors will be coaches that have had Olympic and/or World Championship medal winners. Attending coaches will provide their own transportation to and from San Diego. The camp will transport to and from the Olympic Training Camp, provide housing and meals. This was a new program and last year was the first time. I attended the Endurance/Sprints/Hurdles session last summer, it was a great clinic. There is time for in depth detail, philosophy, not just a couple of workouts. Good instruction with plenty of time to get together for informal discussion.

Two sessions:                      Throws/Jumps/Multis                      Endurance/Sprints/Hurdles  
You can go to [www.usatf.org](http://www.usatf.org) or contact Michael Holman, Program Coordinator ([michaelholman@msdl.k12.in.us](mailto:michaelholman@msdl.k12.in.us)) for more information.

USATF has several Level 1 Coaching schools in the area. It might be to late, but there is one in Detroit.                      March 24-26 Detroit Henry Ford HS

Others close by are: 6/19-20/06 Stillwater HS Stillwater, MN                      6/20-24/06 IUPUI Indianapolis, IN                      8/4-6/06 Myers University Cleveland, OH

We have some extra copies of the MITCA Newsletter where the **MITCA HALL OF FAME INDUCTEES** were presented. If you are a HOF member and would like one of these copies, please contact me, Jim Murray, Editor 1321 Country Club Dr. Niles Mi. 49120 or by email.

## VOLUNTEERS

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### Track and Field Finals

**Need experienced track persons to assist in event management.**

<b>CHECK</b>	Shot Put	<input type="checkbox"/>	Pole Vault	<input type="checkbox"/>
<b>YOUR</b>	Discus	<input type="checkbox"/>	Exchange Zone Umpire	<input type="checkbox"/>
<b>INTEREST</b>	Long Jump	<input type="checkbox"/>	Curve Judge	<input type="checkbox"/>
	High Jump	<input type="checkbox"/>	Hurdle Umpire	<input type="checkbox"/>

NAME: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip \_\_\_\_\_

PHONE: \_\_\_\_\_ CELLPHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

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



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