

MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

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www.mitca.org

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CROSS COUNTRY CLINIC
Doubletree Hotel, Bay City
Nov. 8-9-10 2007

TRACK & FIELD CLINIC
Lansing Holiday Inn South
Feb. 7-8-9 2008

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JOHN QUIRING 2007 SWEENEY WINNER



It is indeed an honor to be here with you tonight to present MITCA's highest honor - the Charles Sweeney Award - not only because of the time I have spent working with the running community as part of the MHSAA staff over the past 20 years; but because of the significant role the sport and this year's recipient has had in our family.

So let me tell you a little about this year's award recipient. Over 30 years as a coach in cross country and track...his cross country teams won over 80 percent of its dual meets, more than two dozen conference titles, ten regional titles, two runner-up finishes and one championship at the MHSAA Finals. In track, his teams also won a majority of its dual competitions and claimed numerous league championships. But that's just one measurement of our recipient's achievements. In service to the sport, he's been a part of one of the more unique promotions by annually conducting a nighttime cross country meet as part of an early-season home football game for the past 30 years - where each and every kid on the boys and girls teams get to run in front of a big crowd.

steve porter mitca pic.

A meet which has its challenges, and I have a little story I'd like to tell about one of those meets. The night meet always starts as the first half of the football game concludes. On this night, as the football teams leave the field and the runners begin their first of two laps inside the stadium, there's a routine taking place at midfield by the pom squad, and then the marching bands for both schools take the field together to perform. It's an incredible celebration of participation in school sports. As the half ends, the cross country runners begin to enter the stadium in one corner, and the football teams run back onto the field from another corner. The bands wind up their show and begin marching off the field. Now with all of this activity, something's gotta give. The band needs to clear the field for the football players, so they're marching through the home team bench and onto the track...where the cross country runners are making their final sprint for the finish line in front of the home stands. The Greeks have a couple of words to describe this - pandemonium is one, chaos is the other. One of best action pictures I ever tried to take at a cross country meet is of runners trying to dodge band members and our recipient running into the fray to try to separate the proverbial Red Sea on the track so the race can finish.

In service to MITCA, our recipient has served as a chair of the Academic All-State committee and is a past president of this organization, in addition to the other contributions that are associated with membership. But again, these are just another part of the measurement process.

The recipient of the Sweeney Award is described as the epitome of a coach - what I like to call the teacher-coach. What so many of you here do so well. The teacher-coach with the correct approach to school sports is one who seeks to develop each child's character to be their best as a person first, a student second and an athlete third. These are the coaches who are long remembered by their former players...players who can barely recall their times and the team scores of meets, but who remember the influence of the coach in their personal growth. In other words, they remember the relationship, not the championship ring. And it's been my distinct pleasure to witness that first-hand with our Sweeney Award recipient.

john quiring cont. next page.....

THE PRESIDENT'S LANE: Don Sleeman/Ann Arbor Pioneer, MITCA President

As the new president of your association I would like to make a few statements. I am still getting into the starting blocks and just settling into position. There have been a lot of distractions but I am gradually getting them under control as I figure out what I have to do. Luckily I have many coaches who are helping me make the transition into the position. Some of the coaches who have been very helpful are: Steve Porter (Milan) who will take charge of the All State Certificates this spring with the passing of our 1st Vice President, Larry Steeb, Tammy Benjamin (Middleville-Thornapple-Kellogg HS) who is Chair of the Cross Country Committee, Chip Bridges (Farmington HS) who is Chair of the Track & Field Committee, Teya Lober (E. Grand Rapids MS) & Jim Katakowski (Maltby MS) Co-Chair of the Middle School Committee.

As we think about the year ahead and what we can do to make our great sport a better one for all athletes you can send any ideas you might have to the committee chairs so they can bring your ideas to their committees and to the Executive Board of MITCA.

It is really helpful when coaches express their ideas. If only one or a few coaches express their ideas we are really at a disadvantage to know what concerns the state's coaches might have. In just a few brief meetings I have had the input of a few coaches that really helped me understand some things I need to know which will help me serve MITCA better.

I will be directing the Coaches' Clinic in 2008 and have already begun planning for it. I have had some conversations with various coaches and they have given me some good ideas about who to have as clinicians and what topics they would like to have presented. I am asking all coaches to send me any ideas you have for the clinic. The clinic is for you and I think it is essential to create a clinic that will cater to your interests. Another thing all coaches can do to help keep them informed is to check the MITCA website for updated information.

the presidents lane cont. next page.....

the presidents lane cont.....

Our Technology guru, Greg Miller, works very hard to keep information current for the coaches and I am sure you can find answers to many of your questions about MITCA on the website.

Another area where all coaches can help MITCA is in the nomination of coaches for the Ambrose Award and the Sweeney Award. You can find information about these awards on the MITCA website and submit names of coaches you think are deserving of these awards. As you no doubt know, it is necessary to be a member of MITCA for a coach to be nominated and to receive a Coach of the Year Award. All coaches should make sure their membership is current so their teams can be recognized if they are nominated for Coach of the Year.

Finally, I would like to ask the coaches to do their best to help promote the Mid West Meet of Champions that is held the week after the State Finals. Now that the meet is in Michigan, at Jackson H S, it would be great if we had better attendance than when the meet was held in Ohio and Indiana. Kim Spalsbury (Grand Ledge) is in charge of the Michigan team and he can answer your questions. Mike Woolsey (Jackson Lumen Christi) is in charge of the Michigan team for the Mid East Cross Country Championship held in November and he can answer your questions about that meet.

As you can see there are many coaches working to help all of us and our sport, and I named only a few! Always think of how you can help them as they help you. Don

john quiring cont.....

About six years ago, while inviting members of the great Kalamazoo Central boys basketball teams from 1949, 1950 and 1951 (the first Class A school to ever win three consecutive titles) back to the MHSAA Boys Basketball Finals to be honored, the team members to a man, and a dear old sportswriter friend told me - insisted, in fact - that they wanted the son, John Quiring, of their departed coach, who as a youngster lived at the gym and was as much a part of those teams as anyone else, to be in attendance. At the time, I only knew that our recipient was a cross country and track coach in the school district I lived in, and who would be the coach if my son, a fledgling middle school distance runner at the time, decided to participate in those sports when he got to high school.

Later that same year, my son decided to go out for his high school's cross country team and run for our recipient. I told him about my first meetings and impressions of his new coach, and told him I thought he would be running for a good guy. Good hardly describes how my son and our family were blessed for four years while he participated in cross country and track. At the beginning of our son's senior year, a group of running alumni from the school with the help of our recipient's wife, Jan, surprised "Q" with the largest turnout ever for the varsity-alumni race at the beginning of the season (about 80 alumni runners); and a dinner that evening where over 200 people, mostly alumni, gathered to say thanks for the role this teacher-coach played in their lives. In an open microphone session, the alumni one by one each told their own story about how Coach Q made them a better person first, the best runner they could be second, and how they were so grateful for the difference the coach made in their lives.

Let me share with you what a few of those people have said about our recipient: "What I remember most was that it was so cool to have someone care that much about you." "Every time I run up a hill, I can hear him say 'Lift your arms and pump your knees.' But the effect goes far beyond running. Without his encouragement and his accepting nature, I wouldn't have continued to run, I wouldn't be the person I am, and I honor you by making a difference in the lives of people I come in contact with like you have in mine." "Q has always been the heart of the team. He created an environment that made us all feel as though we were part of a family. And that sense of family drove us all to be better runners and better people. I know this because each time I cross paths with an alumni from 20 years ago or 2 years ago, the stories we share have a common thread. A love for Q and a feeling of gratitude that he gave so much of himself to the team." One of the ways you tell a coach is having a positive impact on people is by simply looking at the number of kids who come out for a sport. I was always impressed by the large turnouts each season, and how much those young people appreciated the opportunity to be part of something, and have a coach that reinforced that feeling. Back in the days at Kalamazoo Central, our recipient remembers well the times where he watched and enjoyed the relationships his father had built with his players, and now in his own coaching, his own teaching of young people, he has passed it on.

Sometimes, you have to be removed from your high school experience for a number of years to really appreciate what took place. The day after that reunion, being the foolish parent that I am, I asked my son what he thought about it. He replied, "Dad, everybody loves Q!" I don't know if it had really sunk in then, but I do know that it did during that school year, when faced with injuries that kept him from achieving his goals, he learned a lot more about leadership from his coach and how to support the team then he might have by simply running at the front of the pack. Our son grew in many ways during his high school years, and a lot of it has to do with the relationships with his coach and his teammates in the magical way that only high school sports can provide. It was a wonderful thing to watch. There's a basketball court in Kalamazoo which bears the name of Bob Quiring, the father of our recipient, and perhaps it might be fitting if the cross country course or the track at Okemos High School someday bear the name of our recipient for the contributions he's made to our sport, our community, and most importantly, our young people. I said this three years ago, and I'll say it again tonight. Thanks Q. Your dad would be proud of you. Ladies and gentlemen, the 2007 recipient of the Charles Sweeney Award is John Quiring...

2007 – TRACK & FIELD COACH OF THE YEAR AWARDS

BOYS



Joe Curcuru, Paul Nilsson, Daniel Brunk

- Div. 1: Brian Boze**/Saline High School Nominees: Joe Burgireno/Romulus, Bob Masters/Bedford High School, Ed Stanbury/Grand Blanc, Dan Wytko/Portage Central,
- Div. 2: Joe Curcuru**/Forest Hills Northern Nominees: Jim Bilsborrow/Coldwater, Leo Lauver/Adrian, Torin Moore/Ypsilanti
- Div. 3: Paul Nilsson**/Williamston Nominees: Chris Hawn/Berrien Springs, Doug Long/Ovid-Elsie, Dave Wilson/Detroit Country Day School,
- Div. 4: Daniel Brunk**/Pottsville Nominees: Jamie La Rocca – Ottawa Lake, Marc Kline – Gobles, Greg Popma – Wyoming Lee

GIRLS



Bryan Westfield, Jill Evers, Patricia Bolda steve sorter photo mitca photos

- Div. 1: Bryan Westfield** – Ann Arbor Pioneer Nominees: Wade Cook/Romulus, Randy Vanderveen/Rockford, John Yorke/Clarkston,
- Div. 2: Rick Miotke** – Detroit Renaissance Nominees: Joe Curcuru/Forest Hills Northern, Eric Grimm/South Christian High School, Becky Turbin/Battle Creek Lakeview,
- Div. 3: Jill Evers** – Kent City Nominees: Lee Kahler/Bad Axe, Tim Simpson/Lansing Catholic, Jennifer Sweet/Goodrich High school
- Div. 4: Patricia Bolda**/Ubly Nominees: Josh Powers/Adrian Madison, Debra Price/Reading, Mike Roberts/Hillsdale Academy

2007 - 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, with additional coaches being 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 is 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

George Browne

This is a memorable year for George Brown. It not only marks his induction to MITCA's HOF, but is also his 50th year of coaching, with 2 LP State Finals, 3 Regional and 5 Conference championships.

George Brown started the track & field program at Detroit Country Day in 1962. From 1964 to 1981 they finished in the top 15 at the State Finals each year, with a Finals Championship in '71. They won regionals in '67 and '71, with three conference championships. George had only 2 losing season at Country Day.

Since 1985 he has been at Birmingham Groves as the girl's coach. He was the head coach there for 18 seasons, semi-retiring to assistant 4 years ago. His teams won 4 conference titles. He has been the cross country coach at Groves since 1984.

George has coached 11 individual State Finals Champions, 4 in the 800, numerous conference and Oakland County champions.

He was Coach of the year in 1974, and nominated for that honor three additional times.

Herb Korf (deceased)

Herb Korf coached track & field at Saginaw High School from 1944 until 1966. He

was assistant coach in '44 and '45, assuming the head position in '46. His teams won 6 Class A LP State Finals, winning 4 consecutive titles, '46 – '49. Saginaw, winning the Finals championship in '45 when Herb was an assistant means he was part of a record setting five consecutive championships. His last championships came in '52 and '54.

His teams won 6 Saginaw Valley and 7 regional championships during his career. To put that record in perspective during the 21 years, '44-'64, while Herb Korf was coaching at Saginaw the Saginaw Valley Conference teams won 19 of the 21 Class A LP Final Meets and also had the runner-up team 17 of those years.

Mr. Korf was athletic director from 1963 to 1968, when he retired. He died in 1969. The Herb Korf Meet and Scholarship Fund was established the following year.

He still is an influence at Saginaw High as one of his former athletes, Marshall Thomas, is the present athletic director.

Tom "Mick" Micallef

Tom "Mick" Micallef began coaching at Ypsilanti Middle School in 1974. He moved to the high school in 1980 and then took charge of both the girls cross country and track & field programs.

Ypsilanti has a dual a record of 179 – 29 – 1 since "Mick" became the head coach. His teams have won 9 conference and 9 regional championships, with a LP State Finals Championship in 2004. His teams were runner-up twice, '90 and '02.

Tom has coach two Michigan" Ms Track & Field," Tanisha Williams in '99 and Tiffani Ofili in '05.



Kent Herb Korf, Saginaw- accepting Sandy Warner, daughter, Kent Overbey, Ann Arbor Huron- accepting Kevin Beehmer, George Browne, Groves/Benedictine, Tom "Mick" Micallef/Ypsilanti missing: Earl Roberts, Jr./Michigan School for the Deaf

Kent Overbey

Kent has coached for 41 years, 38, at Ann Arbor Huron High. He is the only men's track coach the school has ever had. Their competitiveness is a matter of record with an overall dual record of 221-31-1.

There have been 17 league titles out of a possible 28 for the school. His teams have won 10 regional championships, with a total of 25 top 10 finishes in the regional meet. The Huron teams, under Kent's direction have had 13 top 10 finishers in the LP Finals Championship. He has been a mentor to many in the Ann Arbor area.

Earl Roberts, Jr. (deceased)

Not a lot of information is available on Earl other than the MHSAA files list him as coaching the Michigan School for the Deaf to State Finals Championships in '45, '46, '49, '61, '62 and '63. Runner-ups were won in '48 and '50. He coached track until he retired in 1972. He was chosen as the head coach for the U.S. track team in the World Deaf Olympics in Summer 1965 in Washington, DC.

Earl graduated from Gallaudet College, now University, in 1943 and began teaching/coaching at Michigan School For Deaf in Flint. His first 10 years he coached all sports at MSD, football, basketball and track, and also taught fencing, with one championship team. His basketball teams won 15 regionals and over half of their games. He was the head coach in football for 29 years, with one undefeated season.

The following is from an article, written in 1963, on his exploits as an athlete while in college.

One of the most remarkable achievements in the annals of small college sports occurred just 20 years ago this spring when the five iron men of Gallaudet copped the Mason-Dixon Conference Tournament championship. Entering the

tournament with only four victories during the regular season, Gallaudet disposed of Randolph-Macon College, American University and the University of Delaware on successive nights, and to the amazement of the sports world, without single substitution during the three games. During the course of the regular season Randolph-Macon and American University had beaten the Blues handily, each on two occasions.

Lest some feel the colleges and universities for the hearing had been hurt more by the loss of manpower than had Gallaudet, we should recall that three of the veterans upon whom Coach English Sullivan was depending had left school to enter war work and the male enrollment of Gallaudet College had sagged to a mere 55 men.

Earl Roberts after his graduation from Gallaudet accepted a position at the Michigan School for the Deaf and has just completed his 20th year as football coach and teacher at the Michigan School.

In addition to coaching an undefeated football team in 1962 and winning the conference and **THE SILENT WORKER'S** National Prep Championship, Earl has had outstanding success as a track coach at the Michigan School. Under his tutelage, the school has won the state track title four times and Earl himself had the honor of being selected as one of the track coaches for the United States Team at the Ninth International Games for the Deaf held in Helsinki, Finland, the summer of 1961.

Visit the **MITCA Hall Of Fame** at the MHSAA Office in East Lansing. Complete Hall of Fame information is available at **mitca**.

MITCA'S MR. and MS. TRACK & FIELD 2007

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.

JAY BILLSBORROW, MR. TRACK & FIELD

Jay finished his high school career winning an outstanding 1600 race in the Midwest meet. He owns the distance part of the record board at Coldwater High. He holds the 800-1600-3200 and cross-country records along with being part of the record setting 4x400, 4x1600 and DMR relays. He scored at the State Finals all 4 years, winning the 800 & 1600 his senior year.

Jay was the Coldwater scholar athlete three times and the senior athlete award. He was the class salutatorian, academic all-state for three years and his Mock Trial team won the title twice.

Jay is continuing his running career at the college of William & Mary. He is getting back into things after being injured this fall.



ALEXA GLENCER, MS. TRACK & FIELD



Alexa Glencer won the 800-1600-3200 at the Div. 4 LP Finals to finish her high school career. Alexa also won the MITS Indoor 1600. She is the Div 4 record holder for the 1600 & 3200. At Greenhills High she holds both of those records along with the 800.

She was the Ann Arbor News Track & Field Athlete in 2006 and a Detroit Free Press Top 10 Scholar Athlete. She earned Academic All-State in 2005 and 2006.

Alexa was recently as a district winner of an annual writing competition sponsored by The Cum Laude Society, an organization that honors academic achievement for high school students.

She is currently running for Princeton University where she is studying biology and political Science. Her 13th place in the

district place in the NCAA District Princeton to the win.

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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.

Joe Orczyk, Brighton High

Nominated by: Bruce Ritter Former Brighton Head Coach

Roger Price, Reading

Nominated by: Debbie Price Head Coach

AVERILL-GRANT AWARD

Established in 1990, and named in honor of Alice Averill and Nancy Grant, this award is given to non-coaching person(s) in recognition of their "behind the scenes" devotion and selfless contribution of time and effort on behalf of Cross Country and/or Track and Field.

Robert Bowser, Brighton

Nominated by: Robert Ritsema, Brighton Head CC coach

Information about and nomination forms for all MITCA Recognition Awards is available at 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.

Samantha Smith, University of Michigan

Daughter of Robert Smith, Novi

Katherine Christiansen, Hillsdale College

Daughter of Paul Christiansen, Glen Lake.

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

15 Years: Annalisa Brigham, Concord; Frank A Garofalo, Mt. Morris Johnson; Andy Henderson, Kalkaska; Mike McConnell, Coldwater; Lawrence Perry, Detroit Country Day; Kevin Rathbun, Williamston; Michael Smith, Saline; Andrew Teberian, Walled Lake Central. **16 Years:** Ellen Dystra-Wilcox, Caledonia; Antie Hardy, New Haven; Imelda Keyer, Vicksburg; Timothy Krupp Jr, New Lothrop; Konrad Visser, Traverse City Central; Vince Watson, East Lansing. **17 Years:** John Murray, Fraser; Robert Neier, Cedar Springs; Matt Prisk, Traverse City West. **18 Years:** Otha Hill, Mt. Morris; Marc Parker, Mumford; David Schmorrow, Marysville; Jim Wicker, Three Fires Middle School. **21 Years:** Ray C VanDeWalker, Portage Central. **22 Years:** Todd Damon, Hudsonville.

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

25 Years: Larry Adams, Rochester; Ernie Ayers, Sand Creek; Christopher Ceresa; Milford; Anthony T Hurd, Vassar; Terry Kannegieter, Paw Paw; Timothy Kus, Crestwood; Patrick Murray, East Lansing; Gary C Servais, Mercy; Bob Vanitvelt, Mt. Morris; **26 Years:** Bruce Kennedy, Eisenhower; David Thrash, Carmen-Ainsworth; Steven A Virkstis, Comstock Park. **27 Years:** Joe Wilkerson, Beecher. **28 Years:** Paul Fulmer, Hastings. **29 Years:** Keith Boeve, Forest Hills Northern. **30 Years:** Bob Blunk, DeLaSalle; Greg Glover, Webberville; Gary Inman, Rochester Adams; Chris Johik, Ypsilanti; Ralph Sarnowski, Sault Ste Marie; Mike Tiano, Spring Lake; Lowie VanStaveren, Gobles; Joe Zomerlie, Caledonia. **31 Years:** Raymond Northrop, Marcellus; Michael J Walker, Ithaca. **31 Years:** Raymond Northrop, Marcellus; Michael J Walker, Ithaca. **32 Years:** Linda McGiness, Lake City; Manny Schmidt, Lapeer East; Tom Zielaskowski, DeWitt. **33 Years:** Jim Billsborrow, Coldwater. **34 Years:** Ross Arnold, Jr., Milford. **35 Years:** William Ciccirelli, Rochester Adams; Ross Donley, Ludington; Paul Nilsson, Williamston. **36 Years:** Ted Duckett, Loy Norrix; Larry Russell, Mt. Pleasant; Donald Twiss, Ogemaw Hgts., Jon Wozniak, Okemos. **38 Years:** James A Wicker, Three Fires Middle School. **39 Years:** Robert Misner, West Catholic. **40 Years:** Kenneth W Bokhoven, Grand Rapids Christian. **45 Years:** Harold Arft, Sterling Hgts. **48 Years:** Stanley Wegrzynowicz, Grosse Pte North

MICHIGAN HIGH SCHOOL COACHES ASSOCIATION CROSS COUNTRY COACHES OF THE YEAR

Girls: Tamara Benjamin, Middleville Thornapple-Kellogg

Boys: Art Kraii, East Kentwood/Wyoming Lee

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

Girls: Jill Evers-Bowers, Kent City

Boys: Jerome Sheppard, Frankenmuth

NATIONAL HIGH SCHOOL COACHES COACH AWARDS

Tamara Benjamin, Middleville Thornapple Kellogg- Girls and Art Kraii, East Kentwood- Boys are each a Finalist for National Coach of the Year for cross country. Jill Evers-Bower, Kent City is a Sectional Winner for the National Federation Coach of the Year for Girl's Track & Field. Pete Moss, Benzonia Benzi Central will be inducted into the National High School coaches Hall Of Fame. All will be honored at the National Meeting in Milwaukee in June.

MITCA TRACK & FIELD QUESTIONNAIRE 2007

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 Track & Field Committee was responsible its development. The membership voted on these questions at the 2007 Clinic Business Meeting. 250 votes cast

BY LAW CHANGES:

- The name of the executive office Webmaster will be renamed Technology Officer. **Yes** 213 92%
- The wording in Article III, Section 3.2 should be changed to read: On matters pertaining to the internal operations of MITCA, a majority of members voting at the clinic will carry the questions. **Yes** 216 94%
- The wording in Article III, Section 3.3 should be changed to read: On all other matters, a vote of 70% or more of members voting at the clinic shall qualify an action to proceed to the next level. **Yes** 216 94%

TRACK AND FIELD TEAM STATE CHAMPION

- The MHSAA T&F Final Meet team championship and runner-up should be determined by using the current MHSAA meet, scored to 8 places, with MITCA continuing to sponsor its own Team State Meet **Yes** 117 50%
No 117 50%
- The MHSAA T&F state champion team and runner-up should be determined by using the format of the current MHSAA meet, but score the meet to 16 places, with MITCA continuing to sponsor its own Team State Meet. (see clinic notes for ex. of team scoring effects) **Yes** 73 32%
No 154 68%
- The MHSAA T&F team championship and team runner-up should be determined in a separate MHSAA tournament (format TBD) with what is now the MHSAA state finals meet becoming a non-scored Individual State Finals. **Yes** 113 49%
No 119 51%

CURRENT STATE TOURNAMENT MEETS

- The number of places scored at the MHSAA Regional and MHSAA Finals meet should be the same. **Yes** 160 71% **No** 66 29%
- Announcements at the MHSAA Regional and MHSAA Final meet should be limited to a single check-in announcement only. (this would replace the format of 1st, 2nd, 3rd calls) **Yes** 84 36% **No** 148 64%

TRACK & FIELD EVENTS

- The triple jump should be added to the roster of track and field events in Michigan. **Yes** 79 34% **No** 153 66%

MIDDLE SCHOOL

- Does your middle school (junior high school) have a track & field program. **Yes** 215 94% **No** 13 6%
- Does your middle school compete in the pole vault? **Yes** 129 57% **No** 96 43%
- If you answered YES to 11 (above), how is the event scored?
 - Scored only as an event only when both teams have vaulters. 12 10%
 - Scored as an event even if only 1 team has vaulters. 109 89%
 - Competed as an exhibition event. 2 1%
- Do middle schools that feed your high school offer a cross country running program? **Yes** 168 76% **No** 53 24%

MITCA COMMITTEES: Executive Board Meets: Mar. 7, April 29, Tue. June 5, Sept. 9, Oct. 7, Nov. 4, Dec. 9, Jan 20.

ACADEMIC ALL-STATE: Paul Nilsson/Williamston- Chair.
committee members: John Quiring/Okemos, Tony Misfud/Divine Child, David Hovarter/Leslie MS, Ron Hart/Bellevue.

JUNIOR H: Co Chair: Jim Katakowski/Maltby MS Retired & Teya Lober East Grand Rapids MS Committee: Daryl Bernard/White Pine MS, Baxter Jones, Det. Taft MS, Tom McHugh/Pinckney Pathfinder, Bryan Monroe/Davison MS, Katie Ockeman/Davison MS, Steve Powell/Stockbridge MS, Jamie Pyske, Clarkston MS, Jerry Rairigh/Pickford HS, Bill Scott, Traverse City West JH
Meets: Mar. 4, Apr. 29, Sept. 9, Oct 7, Nov 4, Dec. 9, Jan. 20.

CROSS COUNTRY: Tamara Benjamin, Middville Thornapple-Kellogg, Chair.
committee members: Joe Dunn/Plymouth, Foster Findley/Reese, Gary Meehan/Brighton, Greg Pompa/Wyoming Lee, Mike Smith/Saline, Scott Smith/South Lyon, Matthew Yacoub/Southfield Christian.
Meets: Mar. 4, April 29, Sept, 9, Oct. 7, Nov. 4, Dec. 9, Jan. 20.

TRACK & FIELD: Chip Bridges, Farmington, Chair.
Committee members: John Carr/Eau Claire, Chris Ceresa/Milford, Ted Duckett/Loy Norrix, Doug Haggard/Clare, Mike Kuyers/Pottsville, Tony Misfud/Divine Child, Mike Raffin/Ypsilanti, Wright Wilson/Shrine
Meets: Mar 4, April 29, Sept, 9, Oct 7, Nov. 4, Dec. 9, Jan. 20.

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.

MITCA EXECUTIVE BOARD ELECTION RESULT Steve Linn, Harbor Beach was elected to the position of MITCA Secretary.

MITCA TEAM STATE MEETS: Saturday, May 26, 2007 **Div. 1 & 2:** Jenison High **Div. 3:** Kent City High **Div. 4:** Gobles High

A COLLECTION OF MITCA'S PAST PRESIDENTS PRESENT AT THE 2007 CLINIC



Lee Kahler '97, Tom Gas '02, Tony Magni '83, Chuck Janke '66, Marty Crane '84, Kevin Behmer '06, Kernerie Gilliam '98, Greg Miller '00, Kermit Ambrose '62, Lou Miramonti '77, Mike Woolsey '94, Rich Tompkins '82, Kim Spalsbury '92, Norb Bader '63, John Quiring '91, Lee Averill '69. steve porter, mitca

GENERATIONS OF HONORS



STATE CHAMPIONS — Coach Dick Broyd has some kind words for his Lincoln Park Parkettes' track team after the girls won the state junior championship June '74 at Lansing, scoring in every event to chalk up 119 points and top 10 other squads. Seated are Pam Hagian (left), Jackie Ford and Lynn Hammerle. Standing are Kathy Moore, Debbie Laszky and Mary Barinoff. The seventh team member, Nancy Olson, was not present for the photo. Debbie, Nancy and Kathy established state junior records at the meet. The team will be back to the women's state pentathlon Saturday at Lincoln Park High School. The meet is open to the public.

This picture is from before Girl's track and cross country were part of the MHSAA scene.

Mother's of both this year's Mr. & Ms. Track & Field were teammates for the Lincoln Park Parkettes' team that won the Junior Championships in 1972 Mothers are Jackie (Ford) Bilsborrow, Mr T&F, in the middle of the first row, while Mary (Barinoff) Glencer, Ms T&F, in the second row.

I believe this is a first. I don't even know of a situation where a son/daughter of a champion has won a title.

Clubs were it for girls that wanted to run track & field, at this time. Your editor recalls that there were those that complained that girls were losing when track & field

went to the high schools from the clubs. That may have been true for the few that participated in the clubs, but there was no where the participation by girls that is now found in the school programs.

CLINIC IN A NEWSLETTER: No Pit – No Problem!

Early Season PV Ideas

"It is March 12th and what can I do with my pole vaulters?" With the inevitable bad weather in the early Michigan track season, this is a question I field a lot. As the East Kentwood pole vault coach for ten years and the head coach for three, I have developed many ways to deal with these issues. Although we have an indoor pit our problems are not so different. I have limited use of the facility and for the short time I have it I deal with 25-30 vaulters and only one pit. I made a decision long ago to get organized about my coaching.

I design micro-cycles in the following fashion: 3 weeks run/plant, 3 weeks take-off/swing, 3 weeks swing/extension and three weeks fly away. I also set up my macro-cycles in the same fashion: Freshman run/plant, Sophomore takeoff/swing, Junior swing/extension and Senior fly away. This System has served me well especially in the first few weeks of practice.

Sample yearly Plan:

Year	Macro focus (year)	Micro Focus Weeks 1-3	Micro Focus Weeks 4-6	Micro Focus/ Weeks 7-9	Micro Focus Weeks 10-12
Fresh.	Run/Plant	Run/Plant	Run/Plant	Plant/swing	Swing/ext.
Soph.	Plant/swing	Run/Plant	Run/Plant	Plant/swing	Swing/ext.
Junior	Swing/ext.	Run/Plant	Plant/swing	Swing/ext.	Ext./flyaway
Senior	Ext./flyaway	Run/Plant	Plant/swing	Swing/ext.	Ext./flyaway

During the early season we spend a great deal of time increasing strength and speed. To work on our runway speed we do plenty of mini hurdle runs (w/pole) and flying 30's (w/o pole). We concentrate on proper running form and technique. For strength exercises I generally concentrate on good physical strength gained from exercises like pull-ups and wall-pushups. These are generally in supplement to a weight lifting class most of them are enrolled in.

To work on our plant we focus on sliding boxes or towel plants in combination with walking and assisted wall plants. All of these drills should be done with proper lead-up skills just as any good gymnastics teacher would do.

Mix it up!!! Pole vaulters generally dance to their own beat so changing things up could be beneficial. One activity we enjoy usually once a week is Pool Vaulting. These drills involve a pool, a pole, and usually some nose plugs. The kids love it and it really slows the vault down and enables them to feel what a proper swing and extension feel like. We also spend one day a week in the wrestling room doing pull-ups, push-ups, back rollovers and many other special awareness drills. We will also occasionally go on field trips to the local rock-climbing or gymnastics center. You will be surprised who will come out for pole vaulting if you give them an opportunity to do something a little different.

Movie Day!! There are many great Pole Vault videos which could be anything from educational to motivational depending on what you are looking for. We generally pick a day of practice where we do a quick sprint workout and watch a movie. I will cook up some microwave popcorn and we will kick back and watch a DVD. We have also had kids host a viewing at their houses.

Be a good Neighbor Pole-vaulters have a great fraternity. If you are planning a pole vault event such as rock-climbing, pool vaulting or a movie, invite a local school to join you. I am as competitive as the next coach but if you do not create good competition **cont. next column**

Ed note: If you are a vaulter and love the beach then you have a chance for a unique experience, THE BEACH VAULT. Held this year on the beach at Grand Haven, July 13-15. Vaulters of all ages and abilities take to the sky. With the cool waves of Lake Michigan as the background, enjoy the sun, beach, bathing suits and high flying competition.. The beach vault is a product of Dave, to enhance the experience of vaulters. He is also a co-owner KP Athletics if you are having problems finding equipment. Dave can be contacted at: david.emeott@kentwoodps.org, if you have vaulting questions. For more information on the beach vault go to: www.grandhavenbeachvault.com

HOW TO MIX YOUR HOBBIES, COACHING, FAMILY, AND RUNNING COMMUNITY ALL INTO ONE VENTURE...

Ray Antel, East Kentwood High

The Birth of 44th Parallel... Growing up.....Up-North, was swell! When my two brothers and I were little guys, my dad used to take us on walks near Otter Creek, trout-fishing the Betsie by canoe, smelt dipping, hunting, cross country skiing, target shooting, berry picking, and trespassing. Even though the signs said: No Trespassing, Violators will be Electrocuted, our dad always said, "I know them. I have their permission. Don't be so nervous! Do you think I'd put you guys in danger?" Let's just say, I got to know the better parts of Benzie and Leelanau Counties.

Up-North is always tugging at me. My wife, Jennifer, and our five children: Ray, Emma, Max, Zoe, and Elliot Kristine love the outdoors so we head there often with our trusty "Cougar Deterrent" Black Lab, Moxie Thunder! We spend a great deal of time along the 44th Parallel!

The 44th Parallel runs through Benzie, Leelanau, and Grand Traverse Counties in Michigan and likewise through Bar Harbor, Maine. We spend ten days each summer out in Acadia National Park...hiking, running, kayaking, blueberry picking, geocaching, beach combing at low tide, mountain biking, eating lobsters (aka Bugs), and quaffing Blueberry Ale. It's in my blood. It's in our blood. Thus, the Antel Adventure Team was born! **cont. on next page.....**

NOCAD INSURANCE PROGRAM Rich Tompkins, Ex Dir.

amongst your team you need to search it out. If schools work together and share facilities, coaches and equipment your athletes and your program will be better for it. I know EK would not be as good as we are if it were not for the relationship with our biggest rival, Rockford, and their coach Kevin Patterson. I could not tell you how many poles we have loaned out in big meets to our opponents including one to win the state championship. I guess Karma came back around in 2000 when Coach Dickenson from Port Huron Northern borrowed the winning pole to us for a state title.

Camps and Clinics As is good advice for coaches of all events, always make copies of all camp and clinic forms and put them in the hands of your athletes. At this point your job is done but your kids can gain so much knowledge and passion for their individual events. I am always excited to see my athletes as soon as they return from a clinic. As their eyes glow with excitement I know they are hooked and ready to learn all they can. Most camps and clinics will let Coach and parents attend as well.

Sample week:

- Monday: 15-20 sliding boxes (may substitute towel for box)
10-15 Mini Hurdle runs
10 walking wall plants
10 assisted wall plants
10 rope drills
10 pulley drills
- Tuesday: Wrestling room
10-15 wall pushups
10-25 pull-ups
Back rollovers x 2 lengths of the floor
Walk on hand x 2 lengths of the floor
Plyo's
Knees to elbows (alphabet count)
Starbursts (alphabet count)
Med Ball (partners)
10 x partner woodchoppers
10 x 1/2 twists
10 x full twists
10 x diagonal wood choppers
10 x flying 30's
- Wednesday: Repeat Monday or pool vault
- Thursday: Repeat Tuesday or rock-climbing
- Friday: Repeat Monday + watch HS Pole Vault Drill DVD

This program is available to member associations of the Michigan High School Coaches Association through their membership in the National Organization of Coaching Association Directors. The MHSCA is the member organization representing the State of Michigan in NOCAD. The only way a sport specific organization like MITCA can take advantage of the insurance program is through their membership in the MHSCA

This insurance covers the coach in all their coaching related activities wherever and whenever they are conducted. It might be a track and field lesson during a gym class, at a practice, at a game, at a clinic, summer camp or all-star game. This would be quite different from a school's program probably. That normally would just cover school sponsored activities and not the out of season stuff. The important thing to remember is that it covers all the sport related activities that you are involved in for your sport. To clarify this point let me say that it would not cover the track coach for teaching a basketball lesson because he was not a basketball coach insured through the basketball coaches but a track coach insured through MITCA

This is far cheaper and better insurance that a coach can obtain through the National Federation Coaches Association and is part of their \$35.00 + membership fee. The bookmark that you were provided with at the clinic gives a better summary of all the things or ways that you are protected. **cont. on next page.....**

mix hobbies, coaching, family and running cont.....

I'd been taking the Kelloggsville Cross Country Teams up to camp in Glen Arbor each year since 1993. It's located in the heart of Sleeping Bear Dunes and provided us with fantastic trails with spectacular views and a van-load of

memories. When I weighed anchor at Kelloggsville and jumped ship to East Kentwood, I continued the tradition...by taking East Kentwood runners, my old friends at Kelloggsville, Godfrey Lee, Wayland, Saugatuck, and Hopkins. Because of my infatuation with the game of geocaching (www.geocaching.com), which relies on lines of longitude and latitude, the name for this XC Running Camp came quickly: "44th Parallel" (www.44thParallel.com).

As you can probably tell, my family is very active and supportive in my love for "all things running"!!! In 1997 I founded the Wayland Road Runners (www.WaylandRoadRunners.com) and began a running club that included 12 family and friends. It's grown over the last 11 years and we now cater to between 80 and 100 runners and walkers every Wednesday night throughout the summer months. By the end of each summer, we've enjoyed the running company of over 200 people of all shapes and sizes, young and not-so-young, fast and used-to-be-fast! My family is awesome! As if we weren't busy enough...let's include soccer, City Council, Cub Scouts, Boy Scouts, Church (lector and altar servers), Friends of the Interurban Trail (Trustee), Pampered Chef, MITCA, volunteering in Wayland Public Schools, and...well, you get the picture. We're constantly on the go!

Did I mention wine? My wife and I formed a non-snobbish wine club back in 2002 called, "Vino is Keeno". We love wine...especially the wines from Leelanau County. A-ha!!! The birth of an idea. Let's create a running camp for adults who might also enjoy Up-North and sampling some tasty wine.

The Leelanau region is fast becoming known for its world-class wines, fruit-enhanced wines and brandies. My good friend, Lee Lutz, is the wine-maker at Black Star Farms in Suttons Bay and he really enjoys sharing his knowledge about different varieties, and the uniqueness of the region and why it is so well-suited for growing grapes. Learn to debunk the myth that only exquisite people who dress to the nines know how to appreciate wines! I don't think I've ever spit out a sample of wine...my gullet just couldn't justify it. The owners, wine-makers and attendants will treat you with wine-delights and suggestions on how best to enjoy their wares. Couple this with the absolutely beautiful trails of Sleeping Bear Dunes, glacial valleys, and gorgeous blue-green waters of Glen Lake, Lake Leelanau, and Lake Michigan, and you have a natural recipe for "Runners who Love to Wine! Each run includes a "slight incline" with rewards at the top only runners can appreciate.

After those morning runs with new found friends, what better way could you envision to spend quality time sharing in this communal experience. 44th Parallel presents: A X-Country Camp for "Runners who Love to Wine"! Don't you owe it to yourselves? Don't you owe your spouses or loved-ones? Come Up-North with us and enjoy the great outdoors...running...sunning...kayaking... wine tasting...eating... sunseting...sleeping... repeating! Jennifer and I would love to play host to your next adventure! June 28, 29, 30, July 1, 2007. Ciao, Raymond L. Antel III 44th Parallel XC Camps, Director coachantel@i2k.com 1-269-792-2427

Coaching tip: Always looking for carbon paper so you can give visiting coaches a copy of the field event performances. Check with your counselors or business office. Often times their reports or schedules are printed in multiple copies, using carbon paper.



The Horizon Collegiate Indoor Track & Field Meet was held last month at the University of Michigan Track Building.

Your editor worked with the officials. You know that to run the meet well would have to include the most experienced official in Michigan, Kermit Ambrose, who coordinated things at the finish line, pictured at the left.

To help with setting and removing the cut-in cones and posting scores are probably the least experienced officials in Michigan, the grandchildren, pictured on the right.

Runmichigan.com picture

nocad insurance cont.....

But as stated above the insurance covers all your coaching related activities. It even covers you when you are the camp director, or clinic director. If the site of your clinic or camp wants to see proof of insurance for your camp or clinic, the insurance company will issue certificates of insurance for you at not additional cost. If your site wants to be named as an additional insured party for your camp or clinic, then there would be a cost involved. This cost generally runs \$300.00 per camp or clinic but there are some variations to this cost based on numbers, etc.

The program is administered by Loomis & LaPann in Glen Falls, NY. They do a lot of work in the Amateur Sports Area including some work with the USOC. As you can see on the Book mark the coverage comes through the Lexington Insurance Company which is a highly rated AIG company.

This program was a decision of your association and not available to only those members of your association that want to have it. It was an all or nothing program for your members. The only exception to this would your life members who are no longer coaching.

The policy dates are from August 1 – July 31 of each year. I then would need a check from your association to cover your dues and your insurance by a certain date to be determined in order to forward to Loomis & LaPann in a timely manner. If a coach joined your association after the due date they still would be covered. In essence the billing for the insurance would catch with him or her the following year. The insurance company will not be keeping a membership list. I would be keeping that. If a claim was made, then I would be consulted as to whether Coach Smith is a member of the MHSCA and the constituent sport association.

Ed. Note: For several years when you picked up your clinic materials there was a round decal and a membership card for the MICHIGAN HIGH SCHOOL COACHES ASSOCIATION (MHSCA). Like many you probably never paid attention and just pitched them.

The back of the membership card lists discounts that are available for the members. At the banquet and in the newsletter the MHSCA Coach of the Year is announced. And occasionally the newsletter will mention a MITCA member is a finalist or has won the NHSCA COY award. Other than that the MHSCA is nothing more that a collection of letters.

The MHSCA is an umbrella for all of the coaches associations in the State of Michigan. MITCA had affiliated with it several years ago, paying the dues for each member to be a member of MHSCA and nominating a boy's and a girl's coach for MHSCA's COY each year in cross country and track & field. This past year it was decided by your executive board that MITCA would also pay for all of the members to participate in the NOCAD Insurance Program. The bookmark that you now receive when you pick up your clinic materials refers to that program. Since it is something new your editor felt that a little more information would be useful, hence the above article by former MITCA President and current MHSCA Executive Director, Rich Tompkins

Sports Illustrated has its **Faces in the Crowd** section. The December 15th issue celebrated 50 Years of Faces In The Crowd. Track & Field leads the way with 1,980 "Faces." It is followed by 1,124 Basketball, 1,016 Golf, 991 Football, and 962 Baseball Faces were the rest of the top "Faces In The Crowd" series.

2007 IS AN ODD YEAR SO:

GIRLS ARE FIRST in the running events.

In the field events:

GIRLS ARE FIRST in the Discus and Long Jump

BOYS 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



ms grant picture

STEEB WILL BE MISSED, BUT NOT FORGOTTEN

Rob Hoffman, Ann Arbor News

Sometimes a teacher is more than just a teacher. And sometimes a coach is more than just a coach.

From my own personal experiences with Larry Steeb, and everything I've heard about him since his sudden death last week at the age of 61, it's quite clear that the longtime Whitmore Lake High School coach and teacher fit into that "more" category.

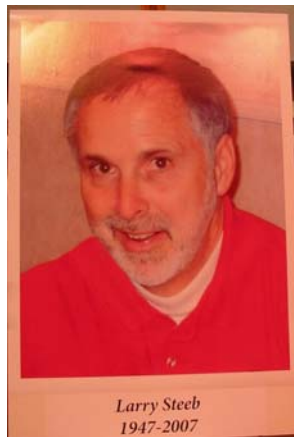
Larry Steeb was truly an extraordinary guy who cared about his sport, whether it was track and field or cross country. About his athletes, whether they were standouts or scrubs. And about life in general.

My final memory of Steeb is everything that epitomized him. I was covering the state cross country championships last November at the Michigan International Speedway.

After several decades of coaching track and cross country at both Whitmore Lake and Manchester, Steeb had every right to be blasé about meets like this. But there he was, with this wide grin in his face - beaming about his boys team's third-place finish in the Division 4 finals, its best showing since 1989.

Because his team was led by a freshman, Zach Carpenter, Zeeb talked excitedly about how the Trojans could be a statewide power for years to come - and maybe even win a state championship in the next year or two.

Carpenter and his teammates may indeed get that chance. But sadly, not Steeb. It's too bad. Because this was a man who coached kids with the passion and zeal unmatched by most of his peers. He really would have reveled in that title.



Larry Steeb
1947-2007

They can remember the guy who seemed to have 50 million stopwatches around his neck at every race. The guy who added football players and non athletes onto his team so that they could lose weight, get in shape or just raise their self-esteem. Or the guy who wouldn't tolerate long faces.

"He even taught me, a complete pessimist, to smile at every occasion," wrote Felicia Panicacci, one of his former runners. "His enthusiasm was contagious."

Yes, it was. Larry Steeb won't be around any more to keep everyone smiling. But we sure can smile when we remember him.

Why? Because it was all about the kids.

During the last few days, my inbox has been inundated by e-mails from people who wanted to share their stories about Steeb. Whitmore Lake principal Tom DeKeyser, remembered the morning that Steeb came into his office to announce his retirement as a teacher. As he was leaving, Steeb asked: "Is it OK if I stay on as coach?" Yes, it was more than OK, DeKeyser replied. "I never want you to stop coaching," he told Steeb. "The job is yours forever."

Forever, of course, stopped last week when the brain tumor that Steeb managed to hide from nearly everyone caught up to him.

Perhaps it's a good thing that we never had any advance warning. Because now all of us who were big Larry Steeb fans can remember how he lived his life, rather than how he died.

MIDWEST TRACK & FIELD MEET OF CHAMPIONS

June 9, 2007

11:30 Parade Of Athletes

12:00 field Events

1:00 Track Events field Events at Withington Stadium, Jackson

After a very successful first year as host of the Midwest Track and Field Meet of Champions, Jackson, Michigan will again host this prestigious event in 2007. 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 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 9, 2007 (field events-12:00pm running events-1:00pm) with the following two years also on comparable dates at JHS. Last year the Michigan women's team won the competition, and thanks to the men's team's very close runners-up finish, the two together won the first-ever combined points team trophy.

Under the leadership of Kim Spalsbury, Team Michigan and Grand Ledge boys' track coach, meet manager Charlie Janke, retired Jackson HS track coach, and Meet Financial Officer Jerry Reis, event committees have been formed and are hard at work with the organizational meet details for this year. Many of the same people who helped bring the Cross Country State Championship meets to the Michigan International Speedway are coordinating efforts to produce yet another outstanding championship event. Additionally, the Association of Track Officials of Michigan (ATOM) are gearing up their membership for the official assignments. Plans have been made with Spring Arbor University to once again 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.

What can you do as high school coaches to help? Urge your elite **senior** athletes to reserve the weekend of June 9 for this meet. The top 3 seniors (male & female) in all individual events are invited as well as runners for the 4x1, 4x4 and 4x8 relays. The event coaches to contact is found at the end of this article and can also be viewed on the Midwest meet website, accessible through mitca.org. It is a great experience at the best high school track meet in the Midwest! Secondly, encourage your athletes to attend to witness this great spectacle. (It begins with an Olympic style parade!) Better yet, plan to bring them with you to see this fantastic meet!

SPONSORSHIP PACKAGES: The following is a list of financial ways support can be given

In-Kind gifts Vendor Booth \$100 Name on sponsor page \$50

Name On shirt worn by Team Michigan/program \$100

1/8 page ad in program \$150 1/4 page ad in program \$275

1/2 page ad in program

\$500 sponsor present awards, PA acknowledgement

\$1000 sponsor presents awards, PA acknowledgement, 3' x 6' banner display

\$1100 sponsor presents awards, PA acknowledgement, 3' x 6' banner display Vendor booth

Full-page ad in program \$2000

sponsor presents awards PA acknowledgement Hospitality Access

Contact: Jerry Reiss (517) 750-2836 jreis42@comcast.net

IN THE BULLPEN.....

Here's a consideration the CC committee is entertaining discussion on.

To help eliminate some of the "hot spots" that are out there in regards to the regional sites, we would like to add three more teams qualifying to the state finals. Regions that host one of the top 3 teams

MITCA MIDWEST MEET OF CHAMPIONS STAFF

Head Coach

Kim Spalsbury
Grand Ledge

Assoc. Head Coach

Duane Raffin
Holly- retired

Webmaster

Kevin Behmer
Ann Arbor Huron

Treasurer

Jerry Reis
Jackson-retired

Financial Sec. Emeritus

Norb Badar
Flint Northern- retired

ACT Coordinator

Marty Crane
Flint Beecher-retired

Men's Staff

Women's Staff

Sprints

Demetrius Hallums
Detroit Mumford

Vranda Goebel
Jackson

Hurdles

Ray Geist
Grosse Ile

Marty Crane
Ypsilanti

400m dash

Marc Parker
Detroit Mumford

Bryan Westfield
Ann Arbor Pioneer

800m run

Brian Salyers
Milford

Becky Turbin
Battle Creek Lakeview

Distances

Mike Jurasek
Albion

Dan Wytko
Portage Central

Jumps

Derek Gonzales
Ypsilanti Lincoln

Jill Evers-Bowers
Kent City

Pole Vault

Jerry Sessions

Maple Valley

Throws

Mike Stuart
Flint Carman Ainsworth

Gerritt Smith
Bellevue

from the previous year, would receive an additional qualifier. For example, if a regional is hosting the defending state champ, that regional would get an additional team to qualify to the state finals (it would now qualify 4 teams instead of three). If for some

reason a regional has last years state champ and the third place team, that regional would qualify 5 teams to the state finals.

The additional qualifying spot is wherever the team is, and not the regional location from the previous year. This also addresses the gender issue, a regional could qualify only three boys teams but four girls teams, depending on the finishes of last years' teams.

In the case of teams switching divisions... If a team moves down a division, it takes its extra qualifying option with it, if a team moves up a division, it does not.

This proposal takes nothing away from what we currently have in place, but gives opportunities to teams who would have the chance to finish in the top 10 at the state meet, but cannot get out of a strong regional.

The current standard of qualifying a fourth place team if it places 4 runners in the top 20 still stays on the books, although chances are it may have now been included with the proposed change.

If you have any additional questions or comments, please contact any member of the cross country committee. The committee is listed in this newsletter and Tammy Benjamin, the chair's email is listed in the front page.

Congratulations are in order for President Don Sleeman. He was married just after Christmas to Kathy (Kathryn) and was named EMUTrack Alumni Man of The Year. January was a great month for Don.....

Paul Terek, Livonia Franklin/MSU, won the 2007 USA INDOOR COMBINED EVENTS. A 2004 Olympian, Paul won his third crown with 5,069 points. He is the first to win this event three times. His previous wins were in 2003 and 2004. Lela Nelson, /Mumford/EMU, was third in the women's event. She had won the event in 2006.

Michigan will have 3 representatives on the USA Track & Field 2007 Team USA World Cross Country squad for the 35th IAAF World Cross Country Championships in Mombasa, Kenya on March 24. Native Michiganers Ryan Shay, Central Lake/ND and a couple of runners that have or are training in Michigan, Martin Rosendahl/Hanson's-Brooks and Katie McGregor/UM

RUNNER'S WORLD purchased **RUNNING TIMES**. These are the two oldest and largest national running magazines. They will continue to operate independently according to the press release.

Retiring from coaching? Remain part of **MITCA** with a retired membership in **MITCA** for a onetime registration of \$25. Remain in contact with Michigan High School cross country and track & field through the MITCA Newsletter. Complete information is available at mitca.org.

Want a great end of the season event? Want you athletes to see a great track & field meet? Want to impress your returning athletes? Want to give your athletes incentive, help them set goals? Attend and bring some of your athletes to the **MIDWEST Meet** in Jackson, Saturday June 9. This is an all-finals meet, no prelims, no heats as Withington Stadium has a 9 lane track. I have had 5 athletes, from 2 states compete in the **MIDWEST Meet**, all felt it was a great experience. Your athletes will be in for a treat and that may be the nudge they need to prepare for a great 2008 season.

The second of the MITCA Safety Certification Programs met with resounding success. Over 100 coaches attended the 2-hour program on the throws, clinic and safety, and then took the test.

EMERGING ELITE COACHING PROGRAM

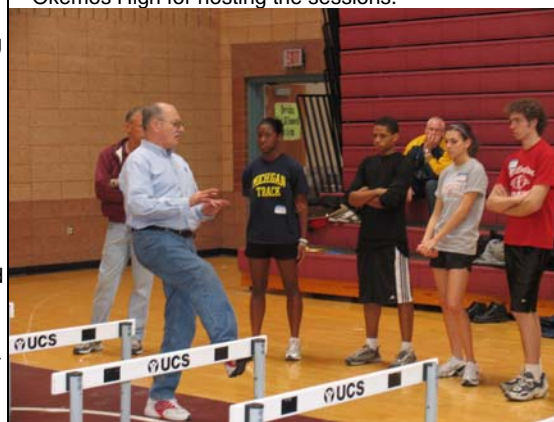
This is a great clinic sponsored by the USATF. There are separate sessions, depending on the area of interest. It is held at the USOC Olympic Training Center in Chula Vista, Ca. Dates are not finalized usually until the end of the school year. Last year the sessions were the last 2 weeks in July. Lead Instructors will be coaches that have had Olympic and/or World Championship medal winners. Attending coaches provide their own transportation to and from San Diego. The camp will transport to and from the Olympic Training Camp, provide housing and meals. I have attended both session over the past 2 years. It is 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. You can go to www.usatf.org or contact Michael Holman, Program Coordinator (michaelholman@msdlt.k12.in.us) for more information.

I have worked with Larry Steeb for several years. My first contacts with Larry were when he subscribed to CCIR and sent the results of his invitational each year. He was a constant source of information for CCIR and TRACK RESULTS.

Recent years we worked together at MITCA. He spent a lot of time developing a 2-Day - 1 Site concept for the MHSAA Final Track & Field Meet. He made a point of talking and meeting with people that were not in favor of the proposal. WHY? So he could hear their reasons against the proposal and work to eliminate them! While his proposal did not pass, I was impressed with his efforts, integrity and willingness to listen. He is one of the reasons I feel I am part of one of the finest occupations, education, and sports, cross country/track & field that there is. He has enriched all of us.....jgm

STUDENT SESSIONS '07

Over 100 student athletes participated in the MITCA Student Sessions at Okemos High this year. MITCA is indebted to John Quiring, Okemos Coach, and Okemos High for hosting the sessions.



Reading T-Shirts on Saturday
**When You're Not Training, Someone else is
& When The Two Of You Meet
They'll Whip You!!!!!!!!!!!!**

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

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

VOLUNTEERS

VOLUNTEERS

VOLUNTEERS

Track and Field Finals

Need experienced track persons to assist in event management.

- | | | | | |
|-----------------|-----------|--------------------------|----------------------|--------------------------|
| CHECK | Shot Put | <input type="checkbox"/> | Pole Vault | <input type="checkbox"/> |
| YOUR | Discus | <input type="checkbox"/> | Exchange Zone Umpire | <input type="checkbox"/> |
| INTEREST | 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**

Michigan Interscholastic Track Coaches Association Track & Field Academic All State Award

1. Athlete must have a minimum cumulative high school GPA of 3.500 to be eligible. Grades **must** be computed on a 4.0 scale and carried out to 3 decimal places.
2. Athletes must place at the State Finals Meet.
3. Freshmen are not eligible.
4. Relay Team Members are eligible.

<i>School Name</i>	<i>Division</i> 01 02 03 04
<i>School Address</i>	<i>City, Zip</i>
<i>School Phone</i>	<i>School Fax</i>
<i>Coach Name</i>	<i>Home Phone</i>
<i>Coach Signature</i>	
<i>Principal/AD Signature</i>	

	Name	Sex (M/F)	Grade	GPA (to three decimal places)	Event	Place
1.	_____	___	___	●	_____	___
2.	_____	___	___	●	_____	___
3.	_____	___	___	●	_____	___
4.	_____	___	___	●	_____	___
5.	_____	___	___	●	_____	___
6.	_____	___	___	●	_____	___
7.	_____	___	___	●	_____	___
8.	_____	___	___	●	_____	___
9.	_____	___	___	●	_____	___
10.	_____	___	___	●	_____	___

1. The coach is responsible for turning in this form to the meet management at the State Finals meet before leaving the finals site, or it may be faxed. Forms turned in after the final Meet must be received by noon on the Monday following the Final Meet to be eligible.
2. The coach is responsible for this form being signed by the Principal or Athletic Director.
3. MITCA representatives will mail awards to the coach at your high school.
4. The coach will have the responsibility of notifying local media

Form 2007 – Academic All-State Division Contacts (Fax Numbers)

D1	John Quiring	Okemos	(517) 349-7109
D2	Tony Misfud	Divine Child	(313) 562-9361
D3	David Hovarter	Leslie M. S.	(517) 812-4725
D4	Ron Hart	Bellevue	(269) 763-9413

MITCA Academic All-State Sponsored By:
BLUE STAR SPORTSWEAR
920 Tacoma Court, Clio, Mi. 48420

TRACK & FIELD ISSUE

Jerry Lasceski
Membership
1691 North Hinson Road
Fairgrove Mi 48733

or

Jim Murray
Newsletter Editor
1321 Country Club Dr.
Niles Mi 49120

Visit Us On The Web
MITCA.org

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