

MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

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CROSS COUNTRY CLINIC

Crown Plaza, Grand Rapids
Nov. 12/13 2004

TRACK & FIELD CLINIC

Lansing Holiday Inn South
Feb. 11/12 2005

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“NOTHING IS AS POWERFUL AS AN IDEA WHOSE TIME HAS COME.” VICTOR HUGO

MITCA TRACK & FIELD COMMITTEE: Mike Dennisuk/Woodhaven- Chairman
Thomas Bridges/Trenton, John Carr/Eau Claire, Scott Banghart/Mattawan, Kevin Bokhoven/Grand Rapids
Christian, Jill Evers-Bowers/Kent City, Keith MacDonald/Churchill, Dan Roggenbaum/Vandercook Lake,
Larry Steeb/Whirtmore Lake.

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

MITCA TRACK COMMITTEE'S TWO DAY STATE MEET PROPOSAL

AT THE 2004 MITCA Track & Field Clinic's Business Meeting the membership authorized the MITCA Track & Field Committee to "explore a two day State Final Meet format." The following is a draft of their proposal.

Please note, this is a draft, a proposal. The proposal uses Eastern Michigan University's Stadium as the site for all Finals. The 4x800 and 4x200 for all Divisions, boys and girls, would be all held Friday evening. Saturday there will be two sessions, two divisions in each session, boys and girls.

The proposal assumes two distinct sites would be used Friday for trials in all events except 800 Meters, 1600 Meters, 3200 Meters and 4x800 Relay. One of the sites will be the Eastern Michigan University Stadium, the other a local high school site. This means that for the first time there would be trials in the 400, 300 Hurdles, 4x100, 4x200 and 4x400 relays.

The committee has put forth this proposal at this time for the membership's consideration. Members of the committee welcome your comments. Please remember this is just a proposal. Time schedules are presented to illustrate how it would work, not as the final word.

QUESTIONS AND ANSWERS

What If We Don't Like This New Format?

Then it can either be changed or we can go back to the old Format. Promise!

Why This Format?

The two session, two division (Divisions 1 & 2; Divisions 3 & 4) format allows league, area, state and similar size team rivalries to continue. In addition, the time schedule is more compact and easier for spectators and athletes to enjoy.

How Many Sites?

Friday's Morning and Afternoon Sessions, preliminaries, will be at two sites; Eastern Michigan University and a local high school. Friday Evening and Saturday Finals will all be at Eastern Michigan University.

continued on the next page

THE PRESIDENT'S LANE: Lowie van Staveren, President

I'm at home, doing massive loads of laundry after a wonderful season beginning Cross-Country Camp. We went to the Yankee Springs Recreation Area and had a fantastic time. While there we ran into teams from Comstock Park, Caledonia, Harper Creek and Rockford. I know that Kent City does their team camp at Yankee Springs also. What a fantastic place to have team camps. I've been coming to Yankee Springs for one reason or another since 1974 when I got out of the Army and started college at WMU. As I was running the Hall Lake Foot Trail, looking at the Devil's Soup Bowl or setting a course in The Pines, I was really struck by how beautiful this sport of Cross-Country is.

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NEW DATE: MITCA TRACK & FIELD CLINIC 2005

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

an idea whose time has come cont.....

Why Eastern Michigan University?

- *Great stadium and track
- *Plenty of good seating
- *Good field lighting
- *Within 2 hour drive of 80% of the state's population
- *Plenty of hotel space and restaurants
- *They want it!

Eastern Michigan has committed to add the additional field event facilities needed to make the format work.

How Will this Setup Differ Besides the Number of Final Meet Sights?

Most states have gone to District, Regional and then State Final formats that reduce the size of the field at the State Finals. This proposed format keep's Michigan's Regional then Final format, doesn't lengthen the season, and just modestly reduces the size of the field to 24 athletes. This could be done by going to nine Regional Meets with 2 athletes in each Regional Meet automatically advancing (18) and the next best 6 athletes additionally being qualified (24).

What About Cost?

Many (most?) athletes will be able to go home after Friday Prelims, others can get great reduced prices on hotel accommodations or inexpensive housing at Eastern Michigan University's Dorms.

*In addition a Pasta Party can be arranged and catered by Eastern Michigan University for the athletes Thursday and Friday Evenings.

Why do so many Michigan High School Track Coaching Legends and Current Track Coaches want this meet? For Lots of Reasons. Ask Them!!!!!!

What If We Don't Like The Meet After We've Tried It Out???

After a three year trial, if the majority of the coaches are not in favor of retaining this format we'll go back to our past format. Voting will be by mailed ballots to all MITCA Members.

37 States with Two Day State Meets

Alabama	Georgia	Louisiana	Nebraska	Ohio	Texas
Alaska	Hawaii	Maryland	Nevada	Oklahoma	Utah
California	Illinois	Minnesota	New Mexico	Oregon	Virginia
Colorado	Iowa	Mississippi	New York	Pennsylvania	Washington
Delaware	Kansas	Missouri	North Carolina	South Dakota	West Virginia
Florida	Kentucky	Montana	North Dakota	Tennessee	Wisconsin
					Wyoming

Why Is A Two Day State Meet So Common Across America?

- > Excellent Showcase for the athletes
- >Media coverage is improved
- >Allows athletes more time/rest for improved efforts
- >More exciting meet for spectators
- >Increased number of spectators in the stands
- > **Athletes, Coaches, and Spectators Love It!**

TENTATIVE TIME SCHEDULE

Begin Friday Preliminary Meets at 9:00 AM (Field Events) and 9:30 AM (Running Events)

Friday Preliminaries		
Event	Heats	Time Schedule
Field Events		9:00
100/110H	12	9:30
100 M	12	10:06
800 Relay	12	10:30
400 Relay	12	11:18
400 M	12	12:06
300 H	12	12:42
200 M	12	1:30
1600 Relay	12	2:00

Friday Finals AT Eastern Michigan University		
Four Sessions at 5:30, 6:15, 7:00, 7:45		
Event		Time Schedule
3200 Relay Final	B	5:30
3200 Relay Final	G	5:42
Awards 3200 Relay	B	5:55
800 Relay Final	B	5:57
Awards 3200 Relay	G	6:01
800 Relay Final	G	6:03
Awards 800 Relay	B & G	6:07

Note: The proposal would leave the order of events the same as is currently used. Boys' track events first in even years, girls' track events first in odd years. Field events would follow the current alternating system.

Field Events would advance the Top 9 in the long jump and weights, while the vertical jumps would have a qualifying format similar to the NCAA and recent Olympic Trials to determine who advances to Saturday's Final.

Saturday Two Sessions both at Eastern Michigan University 9:00 AM (Division 3 & 4) and 3:00 PM (Divisions 1 & 2)

Note: The time listed for each event is for 2 races; ie: 110 High Hurdles Boys 9:00 Div. 3 and Div. 4 Finals.

Event	Time Schedule	
	1st Session	2nd Session
110 High Hurdles	Boys 9:00	3:00
100 High Hurdles	Girls 9:06	3:06
100 Meters	B 9:12	3:12
Awards	B 110 High Hurdles 9:16	3:16
100 Meters	G 9:18	3:18
Awards	G 100 High Hurdles 9:22	3:22
1600 Meters	B 9:26	3:26
Awards	B 100 Meters 9:40	3:40
1600 Meters	G 9:42	3:42
Awards	G 100 Meters 9:56	3:56
400 Relay	B 9:58	3:58
Awards	B 1600 Meters 10:06	4:06
400 Relay	G 10:08	4:08
Awards	G 1600 Meters 10:16	4:16
400 Meters	B 10:18	4:18
Awards	B 400 Relay 10:24	4:24
400 Meters	G 10:26	4:26
Awards	G 400 Relay 10:32	4:32
300 Intermediate Hurdles	B 10:34	4:34
Awards	B 400 Meters 10:42	4:42
300 Low Hurdles	G 10:44	4:44
Awards	G 400 Meters 10:52	4:52
800 Meters	B 10:54	4:54
Awards	B 300 Intermediate Hurdles 11:10	5:10
800 Meters	G 11:12	5:12
Awards	G 300 Low Hurdles 11:28	5:28
200 Meters	B 11:30	5:30
Awards	B 800 Meters 11:35	5:35
200 Meters	G 11:37	5:37
Awards	G 800 Meters 11:42	5:42
Awards	Field Event 11:44	5:44
3200 Meters	B 11:56	5:56
Awards	B 200 Meters 12:26	6:26
3200 Meters	G 12:28	6:28
Awards	G 200 Meters 12:58	6:58
Awards	Field Event 1:00	7:00
1600 Relay	B 1:24	7:24
Awards	B 3200 Meters 1:36	7:36
1600 Meters Relay	G 1:38	7:38
Awards	G 3200 Meters 1:50	7:50
Awards	Field Event 1:52	7:52
Awards	B & G 1600 Relay 2:04	8:04
Awards	Teams 2:16	8:16

the president's lane cont.....

First and foremost, we are privileged to work with the best of the best. I feel it takes a special kind of young person to run cross-country. We seldom see academic problems, we seldom have parent "control" issues, we seldom have many of the problems that beset other sports. What a privilege. We are blessed to have very special young men and women participating in this sport.

Second – we get to practice and race out in the best that Mother Nature has to give us. When I think of the places that I've been to with cross-country teams, again, what a privilege. Yankee Springs, Centreville, Jackson, Holly, Carson City, Bangor, Portage, Michigan Speedway, Frankenmuth, Lowell, Dowagiac, Niles-Brandywine, the Kal-Haven Trail.....the list goes on and on. And of course, we love our course. It's a great place to practice and race.

Tuesday night we did our annual "Flashlight Relay" at Yankee Springs. Once we finished I had the kids do their cool down to the front gate at the Gun Lake beach area where we ran and I followed in our vehicle. As they were illuminated in the glare of my headlights I was watching them spread out left to right over the road, goofing around, hollering, etc. Just all the normal teenage antics of a group of young men & women that had "come together" as part of the camp process. It was pitch dark, raining and they were just having a blast. I got goose bumps just watching them.

Yes, it's a privilege to be involved in this sport! I wish all of you good luck in the season to come and hope that the sport gives to you as much as you give to the sport.

THE 2004 Olympic Trials

by Duane Raffin

The recently completed U.S. Olympic Trials in Sacramento wowed many Michigan and MITCA track and field fans, (over 40 were housed at the Best Western Expo Motel), who cheered for the state's graduated athletes.

Livonia's Paul Terek (M.S.U. grad) became the only true Wolverine state track and field Olympian with a third place finish in the decathlon. However, Terek needed a supreme performance in the final 1500 meter event to stay within 15 seconds of Cadillac's Phil McMullen (W.M.U.) who ran a 4:15.18 over Terek's 4:24.28 as both registered lifetime bests of 8312 and 8285 decathlon points.

Amazingly both Terek and McMullen sprint the 100 in 11 seconds, long jump over 23 feet, put the shot at 50 feet, high jump over 6' 8, run the 400 in 48.7, hurdle in the high 14's and low 15's, sling the disc some 160 feet, vault over 16-6 with Terek an 18-footer, sail the javelin over 180 feet, and run sub 4:45 miles. True Olympian decathletes.

Two former Michigan high school graduates placed in the unwanted fourth place and both in the same event: the discus. Edwardsburg's Becky Briesch, who now competes for Nebraska, placed fourth with an opening toss of 194' 6. Her second effort was beyond 200 feet, but was a sector foul. In the men's discus, Albion High grad Carl Brown also placed fourth with a 203' 4 effort after leading all competitors in the qualifying with a 209' 5 spin. Both Briesch and Brown have thrown farther this year, and hopefully both will be strong candidates for an Olympic berth in 2008.

Two first place winners have or had Michigan connections. Tim Broe, who graduated from a Chicago suburban high school and the University of Alabama and now lives and trains in Ann Arbor with U of M coach Ron Warhurst, won the 5000 meters in 13:26.36 with a blazing 800 finish of 1:57.9. Recently in London Broe did get the "A" Olympic standard with a lifetime best time of 13:18.59. Also, Californian high jumper Jamie Nieto won and celebrated wildly with a PR of 7' 7. Nieto competed at Eastern Michigan University his last two years of college.

And Rockford's sensational Dathan Ritzenhein competed in the 10,000 with a stress fracture which probably turned into a real break as the NCAA cross country champ hobbled to a 22nd place in 31:13.41. However, Ritzenhein, because of earlier achieving the "A" standard, was listed as an entrant in Athens for this event. How Ritzenhein could compete a month later is a mystery to me?

Lake Orion's Jordan Desilets ran a lifetime best of 8:24.62 good for sixth place with an all-out sprinting last lap in the steeplechase.

And many other former Michigan prep athletes vied for Olympic status. Former Ogemaw Heights and present M.S.U. shot putter Steve Mannz qualified for the finals with a 62' 8 toss, but ended up 11th with a 60' 8 in the finals. Midland long jumper Okoineme Giwi-Agbomeirele ("Okie"), who now competes out of the Maryland area while working in the Washington, D.C., was a non-qualifier at 24' 10. And former Ypsilanti Lincoln and Tennessee decathlete Chad Smith completed only four events before an injury forced his withdrawal.

Also, Thumb-area and C.M.U grad Richie Brinker finished 15th in the 10,000 in 31:13.91. Another former Chippewa Jeff DeLong advanced to the semis in the 800 after a nice 1:47.06 in the prelims. **next column**

Paul McMullen, Phil's older brother and a former Olympian, finished second in a 1500 heat, but could only manage a 3:44.66 in the semi-finals. In addition to Broe in the 5000, Hanson runner Mark Menefree ran a strong middle race for fifth place in a career-best 13:37.68.

Thirty-three year old former state champ, Mid-West meet recorder holder, and Olympic gold medalist Darnell Hall of Detroit finished sixth in a prelim 400 in 46.48. Hall, now Detroit's Police Athletic League commissioner, called this year's Trial effort, "An uplifting experience." And watching Baylor's Jeremy Wariner's 400 races of 45.39 in the heats, 44.81 in the semis, and a world-leading 44.37 in the finals was equally uplifting, especially Wariner's 21.46 and 22.91 splits.

Otisville-Lakeville and Saginaw Valley grad and coach Mindy Lincoln competed in the shot put (48' 7) and discus (178' 1) without making the finals. Grand Blanc's Gwen Wentland cleared 5' 10, but not 5' 11 in the high jump six weeks after giving birth. Wentland had only one practice on the high jump approach area before the meet. A year ago Wentland cleared 6' 4.

Saginaw- native Bethany Brewster and U of M Lindsey Gallo both reached lifetime bests in the 1500 prelims, Gallo in 4:09.94 and Brewster in 4:11.18, but could not match those efforts in the semi-finals.

In the women's 10,000, U of M's Katie McGregor finished fourth in 32:33.14, but needed an "A" standard when 10,000 champion Deena Kastor decided to concentrate on the marathon in Athens. Corunna's Jamie Krzyminski finished 8th in 33:09.80 and Grand Blanc's Sharon Dickie was 11th in 33:26.48 in the 10 K.

The Trials produced many surprises. Marion Jones ran sluggishly with times of 11.14 in the 100 semi and final, her slowest times since 1994. Detroit born, NCAA champion, Miami- schooled Lauryn Williams finished third in the 100. Other collegians Sanya Richards and Dee Dee Trotter emerged as strong world class 400 runners. Shalane Flanagan's strong front running in the 5000 gave the race some oomph as she sped laps of 72 and 73 and a final three in 70-66-66. Bryan Clay improved his throwing and became a strong gold medal favorite in the decathlon.

The constant drug references seemed to dominate the results, but the Athens Olympics will have the United States's cleanest athletes as most of the positive-testers missed the top three or face two year banishments.

Track and Field News predicts the U.S. Olympic Track Team will take home 25 medals from Athens : 10 Gold, 8 Silver, and 7 Bronze. This is a young U.S. team, and the rest of the world is getting better Olympic year by Olympic year. So on the 15th of August, I predict 21 medals: 6 Gold, 7 Silver, and 8 Bronze.

One last note: The Sac-Three (Crane, Janke, Raffin) discovered the Sacramento Police Department do not approve of spectators putting their names and a predicted time on one dollar bills. MITCA-typed raffles were stopped after the fourth day of competition. (Editors note: Your author failed to mention that local Olympic Trial fans came the next day with special made \$3 so the MITCA entertainment could continue.

(I apologize if I missed any Olympic Trial performance of any ex-Michigan high school track and field athlete.)

Your editor's remembrances of the 2004 Olympics start with Kenenisa Bekele's final 400 of the 10,000M. And what a great race to watch. How many coaches would love to have a 53 second quarter miler on their team and his was after running 6 miles! Ham El Guerrouj's double in the 1500 & 5000 with the spectacular finishes. The finish of the women's 1500. And finally the unfortunate incident in the men's marathon. I realize that there were many, many outstanding performances, races and competitions in the Olympics but I am kind of partial to the longer ones.

The Boulder Experience Camp @ University of Colorado

By: John Shaw Coach, Goodrich High School

The University of Colorado, coached by Mark Wetmore has developed a different approach to training and a new vocabulary to go along with it. The most important is the AT runs which are defined as *aerobic threshold* or the pace just under anaerobic metabolism.

A sample weekly micro cycle would be as follows:

Sundays consist of a long run that is 20% of weekly volume (mileage); run at 85% or VO₂ max. This is the most important run of the week. Mondays are basic proficiency maintenance runs, which are aerobic runs with strides to insure that ones neuromuscular system stays active. To prevent conversion in muscle fiber type from white fast twitch to slow-twitch red fibers. Tuesdays are workout days and the biggest difference in their program is that the "rest" or off portion is kept steady, both in early season fartlek workouts as well as repeat mile workouts. Wednesdays are medium distance runs at 15% of weekly volume and run at Sunday's pace. Thursdays are also BPM like Monday. Fridays are workout days and are usually longer than Tuesdays but not as fast or shake-out on race weekends. A.T. runs are usually in the morning. Saturdays are race days or BPM. Sunday runs are the next day in the morning.

The microcycles are weeks & typical mesocycles are multi weeks, which increase in difficulty each cycle. From June 15 to August 15 runners build to full volume. From August 15 to September 6, aerobic short intervals are included as well as fartleks and A.T. runs. From September 6 to September 20 fartleks have longer on periods on Tuesday runs. Fridays are A.T. runs and long tempo runs. From September 20 to October 20 Anaerobic, long, specifically Tuesday intervals are faster than race pace (fartleks). Fridays are repeat miles; 5-10 seconds faster than race pace. From October 20 to November 6 anaerobic speed workouts are included. Everything is faster with heavy neuromuscular stimulus. Sunday and Wednesday are shortened by 20 to 50%.

All of the above work is done at minimum of 5,300 feet. The long runs are done at 9000 feet and can vary over 1000ft during the run. Our clinic was put on by Jay Johnson, Assistant coach for recruiting & 400/800 runners. I will have copies of the handouts at the cross country clinic if anyone is interested.

The following is a summary written by one of my runners to give the reader a different perspective:

Fresh Boulder breezes swept through the open windows & along the girl's sun burnt cheeks as they slept soundly in the vintage rooms of Cheyenne Arapahoe dormitory. Their first day of camp ahead of them, the girls slept in for the first morning in months, previous mornings dedicated to training in preparation for this camp and the up coming season. Taking advantage of the early arrival perk provided by Jay Johnson and the staff coordinating the High Altitude Running Camp, the seven runners emerged from their rooms, sleepy eyed but wide awake, ready for a quick run before check-in at noon for the local campers.

For the next five days these young athletes would experience the beauty of running among the mountains as well as the thin air that comes along with the mile high elevation. Nothing can prepare for training at such a height but every minute, so many miles away from home, was worth it. Testing their rookie lungs, the girls battled the elevation stride by stride, run by run, ultimately reaching their full potential while pushing through their final miles on Magnolia Road at 9000 feet. Paired with countless hills, generously accenting the mountains, the elevation proved to be a road block for the inexperienced team. But they refused to surrender to excuses, contending with the toughest hills and finishing into the waiting arms of their teammates. Fear surrendered to these brave hearted runners who would take a piece of Boulder into their hearts where it will stay forever more.

Change is difficult if you have a program that works but being open to change will make your program more efficient. Patterning parts of the Buffaloes training, like AT runs or distance, and incorporating new workouts into our training schedule has proved that change can be good. Believe in your program but believe that improvement is never ending and there will always be new techniques, or old ones, that are worth giving a try. The most important thing that we will take away from Boulder is the fact that no matter whom you are or where you are from, you are a runner and no one can take that away from you. Samantha Minkler, Class of 2006

Editors Note: We hear all about altitude training, and many take their teams to a summer camp, here is an opportunity to do both.

MID-EAST CROSS COUNTRY CHAMPIONSHIPS

Open to senior runners only. Two teams of 10 runners each, male and female will be selected to represent Michigan in the MID-EAST CROSS COUNTRY CHAMPIONSHIP. There is no entry fee and registration is the day of the race.

Coaches put these dates on your calendar. Encourage you senior runners to consider the MID-West Meet. The qualification is one last race and a great way to end their high school cross country career. Those athletes that qualify for the MID-West meet will have a tremendous opportunity and a wonderful experience competing in the meet.

QUALIFYING

Sunday, November 14, 2004

Sharp Park, Jackson

Girls- 2:00 PM

Boys- 2:30 PM.

CHAMPIONSHIP MEET.

Saturday November 20, 2004

Kettering Recreation Park, Kettering Oh.

MITCA Coaching Staff: Mike Woolsey, Lumen Christi (517) 768-0930

Kevin Hanson, Sterling Hgts. Stevenson ((586) 268-6964

CROSS COUNTRY MEET PRESENTATION GUIDELINES

by Skip Stolley, Director, 44F/CIF Coaching Program (Note: This is a paper that was distributed at a MITCA Clinic in the late 90's)

In the United States, cross country is not usually considered a spectator sport, but one where competitors race away into hill and dale, not to be seen again until they return to the finish. Often, only spectators who are as fit as the competitors can get out around the course to see the excitement of the competition.

In Europe, however, cross country is a popular spectator sport. In fact, only soccer and track & field draw bigger crowds. At the 1991 World Cross Country Championships in Belgium, pedestrian bridges were built so that people could move freely from the exterior to the interior portions of the multi-loop course. These bridges were used by more than 65,000 people who viewed the race from the sidelines. In contrast, at the 1992 World Championships in Boston fewer than 4,000 spectators were on hand to see the best cross country runners in the world compete.

One of the reasons European cross country is such a popular spectator sport is the way the competition is presented. Courses are laid-out with several loops which pass a common viewing area. A PA. system is in place with speakers around the course so spectators can hear the announcer's call of the race. Most courses also have grandstands erected at the best view-points and information scoreboards placed around the course, which flash the names of the leaders and their times at intermediate points of the race.

This type of presentation is similar to what the sport of MOTOCROSS has done recently to make itself more attractive and accessible to spectator viewing and television coverage in the United States. Promoters brought Motocross Racing out of the remote desert foothills into large stadiums such as the Los Angeles Coliseum and Rose Bowl which provide spectators with comfortable seating and a total view of the race on temporary dirt courses in the stadium infield. As a result, Motocross has become one of America's fastest-growing spectator sports.

Our cross country competitions need a similar restructuring to give cross country a chance to be a spectator sport, increase its popularity, and make it more attractive to potential sponsors

SPECIFIC RECOMMENDATIONS:

1. Don't hide your race site. A remote park might provide an aesthetic cross country course for competitors, but it can assure that your meet will have few, if any, spectators. Look for sites with easy freeway access, and adequate parking near the start/finish area.

2. Make spectator viewing of the race a priority in laying-out your course. This can be done by designing a course with multiple loops or cloverleaf configurations which bring the course back to a central viewing area several times. Ideally, a cross country course should offer a variety of terrain that challenges the skills of each runner. It should not, however, be an "obstacle course" or "mountain run". In an area without hills, you can include multiple turns, switch-hacks, S-curves, chicanes and surface changes (e.g. from grass to dirt to pavement) to build pace-breaks into the race. Every course should have long, wide starting areas and finishing straights. Have posted spectator viewing areas and course map blow-up at numerous locations.

3. Design a cross country course which is interesting and challenging, but safe for competitors. Avoid laying out a course where water fountains, bathrooms and public telephones are not available, or where emergency vehicle access would be difficult. Do not use trails or paths that are narrow, rutted, littered with rocks or holes, or adjacent to hazardous obstacles such as low-hanging overhead tree branches or barbed-wire fences. Avoid narrow bridges and fence openings, steep down hills, and crossing roads or streets that are open to vehicle traffic.

4. Create a "look" for your race venue by using colored line flags to mark turns and your finish chute, and a white line on the ground to follow when and wherever possible. Have an elevated scoreboard to post results, signage for team packet and race number pick-up, balloon columns at either end of your starting line and a banner or balloon arch across your finish line.

5. Have a concession stand. Spectators expect this amenity at other sports events. A cold drink on a hot day, or a hot coffee and pastry on a frigid morning will bring spectators back to your next meet, and provide another source of meet revenue.

6. Have a guest starter. This can attract publicity & media coverage of your race. This could be your town mayor, local celebrity, past Olympian, or Sports Editor.

7. Promote your meet with pre-race articles in your newspaper.

If a beat writer won't come to cover your meet, write the articles yourself (or recruit a sports journalism student from your local college to do it) and submit them to the sports editor with a note that if he uses them, after the meet you will deliver a race write-up with the results and some action photos before the copy deadline for his next day's edition. (This never fails to work.)

8. Have a meet program. This can be a photo-copied, one-page, folded program with participating teams and the schedule of races on the front cover, a preview of the meet with team rosters, season records, profiles of outstanding individuals, and key match-ups in each race on the two inside pages, and a course map with the all-time top 10 performances on the course on the back page.

9. Have a lead vehicle to guide the race leaders and provide a focal point for spectators. This could be a brightly-colored motorcycle, ATV, or mountain bike fitted with a tall, bright-colored flag.

10. Have a P.A. system and announcer to call each race. Introduce participating teams and top individual competitors, and play the national anthem prior to the start of the first race. If you don't have access to a portable P.A. system, most communities have all-terrain Civil Defense vehicles with powerful roof-mounted public address speakers which are ideal for such purposes.

11. Announce the race leaders, their times, and team quick-scores at intermediate points during the race. (For example, the 1-mile and 2-mile points. This is done by having spotters and quick-scorers at those points in communication with the announcer by walkie-talkie or cell-phone.

12. Identify competitors and their teams as they finish. If they are wearing race numbers and you have logged race entries and their number assignments into a cross country computer program, it is easy to call up competitors' names and team affiliations with a laptop unit by simply punching-in their race numbers.

13. Announce the top individual place-winners and "unofficial" team scores as soon as possible after each race. At a cross country meet, there is nothing worse than waiting 20-minutes or more after the race while results are being tabulated to find out which team won. Unofficial quick-scores can be tabulated as runners cross the finish line by having one person assigned to each team who counts and totals that team's top-5 individual finishes on a score sheet as they enter the finish chute....and passing the score sheets to the announcer. Announcing these "unofficial" scores will give spectators, runners and coaches immediate feedback on the outcome of the team competition and fill the gap until official scores have been tabulated

A new cross country course in the Grand Rapids Area. Orchard Hill Reformed Church in Walker wanted to provide a service to its community. Riley Swinehart, a church member who is a cross country official suggested a cross country course and meet on the church's 46 acre property. The **Kenowa Hills/Orchard Hill Early Bird Classic**..

MHSAA REPRESENTATIVE COUNCIL - Actions Affecting Cross Country and Track & Field

Established the policy that a head coach in track & field that does not attend the annual rules meeting or does not return the coaches exam with a passing grade (70 percent) will not be allowed to coach in the MHSAA tournament that season. Further, the regular season coach - who for any reason missed this basic test requirement - will not be allowed to be present at the tournament site when his or her team is participating. The **team** can participate unless the school has had no representation at rules meetings for two years. Note: A coach is required to submit the test **only if they do not attend** the rules meeting. Note: MITCA has scheduled a rules meeting for the 2005 Track & Field Clinic.

Reestablished the Cross Country Site Selection Committee for the spring of 2004 and 2005 only.

Approved the recommendation to allow schools to host Cross a Country Regional on Friday, but with the provisions that a 4:00 P.M. starting time would be required on Friday.

Supported the MHSAA Executive Committee in rejecting requests from schools to change their assigned track & field regional site because the site they were assigned to had a Friday meet and that conflicted with the school's graduation.

Rejected the MITCA PROPOSAL TO ADDRESS NO-SHOW TEAMS AT MHSAA REGIONAL CROSS COUNTRY MEETS. This proposal would have adjusted regional cross country assignments, taking into account teams that enter but do not show up for the actual meet.

Rejected the proposal to establish a yearly required rules meeting in cross country coaches, separate from track & field.

IN THE BULLPEN

Jim Murray, Newsletter Editor

The Two Day State Track & Field Finals: The proposal put forth in this issue of the **MITCA Newsletter** is just that a proposal. At the last MITCA Track & Field Clinic Business Meeting the membership voted overwhelmingly to support the resolution presented to "explore" a Two Day State Final. This proposal is a result of your vote. The reason the proposal is being presented at this time is to give you, the membership, an opportunity to view it, discuss it and have real input into the decision process. I refer you to the MITCA Newsletter of last March. Lowie van Staveren, MITCA President, in **The President's Lane** talked about the procedure for making changes in Michigan Track & Field. That is the procedure that will be followed.

Is a Two Day State Final a done deal? NO! Will it definitely happen? That is a good question. This is not the first time a single site State Final Two Day Track & Field Final has been talked about. There was discussion in the 80's to hold all the Track & Field Finals at Eastern. I don't recall ever seeing or hearing about as detailed a proposal as this one. There are a lot of questions that need to be answered and a lot of discussion that will take place before a decision is made. If you want to have input, even if nothing more than a vote, make sure you attend the MITCA business

meetings. For many, this proposal for the State Finals would require a two night stay for the State Finals. What impact will this have on athletic budgets. This and other question can in some way be answered by talking to wrestling coaches. They went to a two day format several years ago. Their experiences, reactions and views could be very insightful.

The times schedule is well thought out and completely workable. It is long. Each Final session will be over five hours. The current format takes that long or longer, but as it is now, it is what I came to watch, my child's meet. Now I have to watch someone else! Additionally as a parent I may now have to attend 2 days of track & field. The Final I now attend may be more exciting because it will be all finals, with competitive, scoring races, but that will not be true if I attend Friday. We need to remember that the overwhelming part of our stands will be filled with parents, relatives or friends of the competitors. They are there to watch particular individuals. We should talk to wrestling parents and get their view of the 2 day final.

The crowd will definitely be larger with a two division Final Meet, in a larger arena adding to the excitement and the atmosphere.

There should be two surveys, one the MITCA's membership, but also one of the schools. Larger schools generally have more coaches, more MITCA members, therefore the voting would tend to favor their views. We really need to know everyone's view.

We need to remember when we discuss this proposal we need to respect both those that are making the proposal and those that do not favor the two day concept. We are all the same, track & field coaches, working to better our athletes.....jgm

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Patsy Arpino Memorial Scholarship

Currently MITCA provides two \$500.00 Scholarships- One each - Male & Female

The 2004 PATSY ARPINO SCHOLORSHIP is worth \$500.

Guidelines:

1. Recipient must be a legal dependent of a parent or legal guardian who is a member of MITCA for at least five consecutive years prior to the application.
2. At the time of application the recipient must provide evidence of full time enrollment with a minimum of twelve credit hours in a college, university, or trade school. Proof of enrollment must be submitted with the application.
3. The recipient is eligible to win only once.
4. Applications must be postmarked by **November** of the application year.

Procedure:

1. The MITCA President (or designee) will be charge of:
 - a) Verification of the scholarship guidelines.
 - b) Selection and notification of the recipients.
2. All eligible candidate names are placed in a box. The recipient(s) will be drawn at the MITCA Executive Board meeting after the deadline date and announced to the membership at the MITCA Track and Field Clinic. Alternate recipient(s) are drawn and kept secret with the MITCA Executive Board and will receive the award should any recipient fail to meet any of the guidelines.
3. All applications are destroyed after a selection is made, therefore it is necessary to re-submit applications each year.
4. Recipient is eligible to win only one time.
5. The scholarship is made in the form of a tuition reimbursement. The check will be written to the MITCA parent/guardian or college. The recipient will notify MITCA as to how the check will be made.

Complete and mail the form below:

MITCA Member Information

Name			
Address			
City			
State		Zip	
Home Phone	()	Work Phone	()

School Information

School Name			
Address			
City			
State		Zip	
Phone	()		

Mike Woolsey	Lumen Christi High School	3483 Spring Arbor Road	Jackson, MI 49203
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APPLICATION DEADLINE: NOVEMBER 30

Donations can be made to the Patsy Arpino Memorial Scholarship Fund

Send to: Jerry Lasceski, MITCA Treasurer 1691 N. Hinson Road Fairgrove, MI 48733-9503

Michigan Interscholastic Track Coaches Cross Country Academic All State Award Eligibility:

Team / Race

1. We rank all teams who submit an application AT THE STATE FINALS.
2. Athletes must have accumulative GPA established prior to the current season to be eligible. No 9th graders.
3. The G.P.A. must be validated by the principal and be based on a 4.0 system. Schools not using this configuration will have to make their conversions. No weighted grade points. G.P.A. must be carried out 3 places.
4. Any five of your top seven runners who participated in the State Finals may be averaged.

Individual / Race at least

1. You must have accumulative G.P.A. of 3.500 or higher by the beginning of the year and finish in the top half of the field at the state meet.
2. Academic All State honors shall be given to the top 25 qualifiers on Class A & B, the top 20 in Class C, and the top 15 in class D.
3. If your athlete has a 3.8 G.P.A. and finishes in the top half of the field they automatically qualify.

<input type="checkbox"/> Team <input type="checkbox"/> Individual																																																											
School Name _____				Circle Class: I II III IV																																																							
School Address _____			Coaches Name _____																																																								
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<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Student Name</th> <th style="text-align: center;">Sex</th> <th style="text-align: center;">Grade</th> <th style="text-align: center;">G.P.A.</th> <th style="text-align: center;">Race</th> <th style="text-align: center;">Place</th> </tr> </thead> <tbody> <tr> <td>1. _____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">____.____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">_____</td> </tr> <tr> <td>2. _____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">____.____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">_____</td> </tr> <tr> <td>3. _____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">____.____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">_____</td> </tr> <tr> <td>4. _____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">____.____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">_____</td> </tr> <tr> <td>5. _____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">____.____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">_____</td> </tr> <tr> <td>6. _____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">____.____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">_____</td> </tr> <tr> <td>7. _____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">____.____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">_____</td> </tr> <tr> <td colspan="3" style="text-align: right;">*Team Average</td> <td style="text-align: center;">____.____</td> <td style="text-align: center;">_____</td> <td style="text-align: center;">_____</td> </tr> </tbody> </table>						Student Name	Sex	Grade	G.P.A.	Race	Place	1. _____	_____	_____	____.____	_____	_____	2. _____	_____	_____	____.____	_____	_____	3. _____	_____	_____	____.____	_____	_____	4. _____	_____	_____	____.____	_____	_____	5. _____	_____	_____	____.____	_____	_____	6. _____	_____	_____	____.____	_____	_____	7. _____	_____	_____	____.____	_____	_____	*Team Average			____.____	_____	_____
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*Team Average			____.____	_____	_____																																																						

1. All teams who submit an application at the state finals will be ranked.
2. The coach is responsible for turning in this form to the meet management **AT THE STATE FINALS** when reporting to pick up packet or you may fax to class representatives by noon on MONDAY.
3. The coach is responsible for having this form signed by the school principal or athletic director **PRIOR** to the State Finals.
4. Awards will be presented to coaches present at the MITCA Cross Country Clinic. Schools not represented will have their awards mailed.
5. Individuals will be awarded two certificates. Teams with a grade point over 3.000 but less than 3.499 will be awarded 2 certificates. Teams with a 3.500 or higher will be awarded 7 certificates.

Fax 2004 form to:

Division 1	John Quiring	Okemos High School	(517) 351-0552
Division 2	Inga Longpre	Stevensville Lakeshore High School	(269) 429-1093
Division 3	Anita Lister	Stockbridge High School	(517) 851-7816
Division 4	Ron Hart	Bellevue High School	(269) 763-3955

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SPECIAL VALUES \$112.50 / \$84.50



MJS Mega
High Jump Standard
List price \$795.00/pr.

**SPECIAL VALUE
\$575.00/pr.**



PVS-HSX
Pole Vault Standard
List price \$1,595.00 / pr.

**SPECIAL VALUE
\$995.00/pr.**



SPV-30XL Pole Vault Landing Pad
List price \$14,395.00

SPECIAL VALUE \$9,250.00



Mach-1 Starting Block
List price \$275.00

SPECIAL VALUE \$160.00



IAP-26 High Jump Landing Pad
List price \$4,995.00

SPECIAL VALUE \$2,950.00



3AC Outdoor Track Curbing
List price \$7.50 / linear foot

SPECIAL VALUE \$5.50/linear foot



CDC Discus Cage (College) / HSDC Discus Cage (HS)
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SPECIAL VALUES \$2,750.00/\$1,750.00



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John Bruder, Shepherd Shepherd JH Recruiting & Training*

Matt Holappa, Tortoise & Hare Run & Fitness

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How to Avoid Injury

Kernie Gilliam, Gladwin High School Easy Training Setup

Pete Kitto, Michigan Sports Orthopedic Center

Orthopedic & Physical Therapists for the University of Michigan Cross Country Team
Laymen's Diagnostic Terms ***** Avoiding Injury
Developing Core Strength

Tom Micallef, Ypsilanti How to Develop a Program

MITCA Presents Fun & Games for CC Runners* ***** Junior High Development-
Discussion on what needs to change, improve etc. for JH and how can MITCA help*

Pete Moss, Benzie Central High Training- Benzie Central

Homero Trevino, St Louis Recruiting and Motivation*

Todd Williams, Monroe High Univ. North Florida & Push the Pace Running Services

Cross Country Training ***** Experiences in Running
What Needs to Change in Us Distance Running
Student Talk- Coaches may attend for a motivational talk.- no charge, autograph cards
and posters will be available.

Banquet Keynote Speaker – Importance of a Coach

Rich Woods, St. Francis How to Develop a State Championship Team

Dan Wytko, Portage Central How to Run An Invitational

*sessions designed for the junior high coach

Check online for actual speaking schedule!

<http://www.mitca.org>

Thursday - 6:00PM Registration

7:30 - Roundtable Sessions- Join us for an evening of sharing

Friday, 8:00AM Registration

9:00 - 1:00 - Sessions

1:00 - Lunch (furnished)/Business Meeting

3:45-6:30 Sessions – 7:00-Banquet - Hospitality

Saturday, 8:00 Registration

9:00 – 12:30 Sessions

CLINIC REGISTRATION FORM - Detach & Mail to:

Jerry Lasceski, Treasurer
1691 N. Hinson Road
Fairgrove, MI 48733-9503

November 11-13, 2004

You must be a member of MITCA by Oct. 1 to be considered for: **COACH Of The Year in Cross Country** (Membership is included with registration if you are not a member.)

Name _____

New Address _____

Home Address _____

City _____ State _____ ZIP _____

Home Phone _____

In what year did you begin coaching? _____

How many years have you coached Cross Country? _____

Coaching assignment? Mid. S. H. S. Univ.

School Name _____

School Address _____

City _____ State _____ ZIP _____

School Phone _____

School Classification A B C D

Cross Country Division 1 2 3 4

Registration deadlines and cost:

On or before Nov. 5: \$75.00

After Nov. 5 and at door: \$85.00

CROSS COUNTRY CLINIC ISSUE

Jerry Lasceski
Membership
1691 North Hinson Road
Fairgrove Mi 48733

or

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

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