

MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

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Michelle McKinnon/Davison M.S.

President/Track Clinic
mmelton@mail.davison.k12.mi.us

Kevin Behmer/AA Huron

1st V. President
behmer@aaps.k12.mi.us

Don Sleeman/Pioneer

2nd V. President/CC Clinic
sleeman@aaps.k12.mi.us

Larry Steeb/Whitmore Lake

Secretary
larry.steeb@wlps.net

Jerry Lasceski/Akron-Fairgrove

Treasurer
Jlascesk@avci.net

Lowie van Staveren/Gobles

Political Action
abcrunningcamp@yahoo.com

Jim Murray/Brandywine

Newsletter-Vendor Liaison
jmurray1@nd.edu
FAX (269) 687-8316

Ray Antel/East Kentwood

Cross Country Chair
coachantel@i2k.com

Mike Dennisuk/Woodhaven

Track & Field Comm. Chair
mdennisuk@comcast.net

Jim Katakowski/Malby M.S.

jkatakow@bas.k12.mi.us

Tom McHugh/Pathfinder School

mchugh@pcs.k12.mi.us
Middle School Com. Co-Chair

Mike Woolsey/Lumen Christi

CC Mideast Meet Chair
mwoolsey@hotmail.com

Kim Spalsbury/Grand Ledge

Midwest T & F Meet Chair
spalskrun@yahoo.com

Paul Nilsson/Williamston

Academic All/State Chair
coach@thenilssonfamily.com

CROSS COUNTRY CLINIC

Raddison, Kalamazoo
Nov. 10-11-12 2005

TRACK & FIELD CLINIC

Lansing Holiday Inn South
Feb. 9-10-11 2006

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CC CLINIC INFORMATION

Woolsey completes prestigious sweep

Third national cross country coach of the year award this year for Christi leader

By Mike Pryson Jackson Citizen-Patriot



Ellen Woolsey had an inkling that something magical would happen to her husband in Orlando, Fla., between stops at Disneyworld, and it had nothing to do with women's intuition. "I had a little inside information," she said. "I had an inside scoop from (Lumen Christi Athletic Director) Jerry Sykes. I didn't tell Mike, though. We wanted him to be surprised."

The inside scoop was right on target as Lumen Christi High School coach Mike Woolsey was named national girls cross country coach of the year by the National High School Athletic Coaches Association. Woolsey was honored at the NHSACA's national convention in Orlando on June 28-30. He is the first girls cross country coach from Michigan to win the award, and the award was the third national coach of the year honor for Woolsey this year.

Previously, Woolsey was awarded the top coaching honor by the National High School Coaches Association and the National Federation of High Schools. Woolsey is the first coach in any sport to sweep all three national coach-of-the-year awards in one year.

"I didn't expect this," Mike Woolsey said. "All the other coaches that were nominated were so deserving."

Woolsey said that the convention in Orlando featured

clinics and plenty of time to exchange coaching philosophies.

"I brought a few things back," he said. "The people where were there were from all different aspects. There was a coach from Wyoming who had to drive his kids 200 miles to meets, and I met another coach from Washington D.C. who has his own set of problems coaching in the inner city. "But the one thing everyone had in common was they love the sport. There was a lot of passion there."

Woolsey has coached the girls team at Lumen Christi since 1979. He has taken 24 teams to the state finals, where his team has brought home championships in 1982, 1983, 1984, 1986, 1990, and 1991. The Titans finished runner-up in 2004.

The Woolseys have three children. Emily, a sophomore at Grand Valley State, and Adam, a senior at Lumen Christi, both run cross country. The youngest Woolsey, Caitlin, 11, is another up-and-coming runner who is a sixth grader at St. Johns. "Running has always been a family thing," wife Ellen Woolsey said. "And now all these awards. Mike is so humbled by this."

THE PRESIDENT'S LANE: Michelle McKinnon, president

"I'm in heaven here.....and my runners are my angels." Joe Vigil on why he coached 30 years at Adams State in Alamaso, Colorado.

How many years will it take you to feel this way? Maybe you are already there. Ok. I'm not sure all our runners are angels but I hope as you start out another year of coaching cross country, you reflect on how awesome it is to have the privilege of coaching such young athletes. You are all important to our sport and play a vital role in modeling these angels.

I hope and pray the best for you this season. May you continue to laugh and enjoy the love of running. Plan on attending the conference in November to share some of your most memorable moments of the season. Heaven....what is it for you and your athletes?

CLINIC IN A NEWSLETTER

The feature of this issue is a collection of workouts from coaches around Michigan. Often times at a clinic we listen to the speakers and hear about their workouts. Time constraints of the presentation often limit the speakers to simply saying what the workout is. We have attempted here to have the coaches also discuss a little about the philosophy behind the workout and how it fits in to their total season.

The interesting thread through many of the workouts is it was "stolen" or "pilfered" from another coach and then modified to fit the program. Another point discussed is how it is adopted for the entire team, not just the "front runners." We hope you will enjoy the contributions.

FAVORITE PRACTICE.....Bob Stark Br. Rice High School

We do this practice 3-4 times in a year. I find it to be very challenging to the well conditioned runners and it also really helps the back kids improve and get a sense that they can do it eventually. We run this over the first 1000 meters of the Marshbank Park course.

We do our usual warm up and then we do 10 repeats of the first 1000 meters of the course. The first time we do this maybe 2 or 3 of the athletes can do the whole practice. Some can do maybe 5 or 6 total repeats — some do none. When you are not running the entire distance you join the runners at a spot 600 meters into their run. In essence the athletes who have not run much or are not as talented are running 10x400 meter runs. The mid range runners are running perhaps 3-4 1000's and 6-7 400's.

I try and do this in late August and then again over Labor Day weekend. We will also do it once in late September and perhaps early October. Every time we do it more and more athletes can handle the practice. With the toughness of the terrain this practice really builds strength and stamina.

This forces the new runners to run fast. The terrain is hilly and pretty tough.

FAVORITE WORKOUT.....Jamie Dudash, Dexter High School

The "Michigan." I call it the Michigan Oregon Workout---Introduced to me in college by Bill Lundberg, Head Coach Hillsdale College. He got it from Ron Warhurst while a Graduate Assistant in 1982 at the University Michigan. Philosophy—Sustained effort of nearly 5-6 miles at race pace for 2.5 miles, replicating or creating the necessity to "surge" in practice and to mimic what happens in a race, but still being able to run fast at the end of a race, for 400m!!

We warm up for 15 minutes minimum. Then stretch. Then strides, then 1600m on cross country course at or better than race pace (in the 2002,2003,2004 this meant 4:40-4:55 for our top 5-6 guys). Then one mile in between back to the start. The in between mile is at 6:00-7:00 minute/mile pace for top guys. Then 1200m again this is at 3:25-3:45 speed for top guys . . . same recovery . . . then at the 800m distance we try to run 2:25-2:35 and finally a 400m at sub 70 pace.

Again, the goal is to have kids do this workout at *their* race pace. If a runner's goal is to run 18:30, then he should be using sub six minutes, 4minutes at 1200m and sub 3:00minute for 800m and sub 90 on the 400m and that would be terrific

WILLIAMSTON CROSS COUNTRY.....Paul Nilsson, Williamston High School

EARLY SEASON...

Base mileage: It depends on who you are and what you have done in the past and what you come in with and how healthy you are at the beginning of the season...but...on DISTANCE DAY we have a set number of minutes to run on an out and back course. Each week we build 2 more minutes into the run. On the way back we try to run a negative split. The farthest anyone ends up going is 13 miles. The beginners start at 24 minutes out. We build for 6 weeks hold for 1 week and start declining rapidly as the end of the season approaches. Athletes learn a sense of pace as they see where they end up each week. Athletes that are feeling strong occasionally bust out some great negatives on the way home. Elite athletes invariably have post season races and maintain their long run later into the season. We are definitely backed way off 2 weeks prior to the State Finals.

MID SEASON...

Partner 800s. This has actually become a race which our athletes look forward to. we run it at the local cemetery which has a steep hill on it. When the runners are coming over the top you can't see them until they crest the hill. The fastest runner paired with the slowest runner. I make the teams to be sure they are even. Sometimes the slowest runner is so slow that he should not be paired with the fastest kid because they are so slow that the team is not competitive. In this case I will pair another slower runner with him and the 2 will start at the same time (a hand tag from their team mate). We run 6X800. Athletes are trying to team up for a good 6 mile time and get a little appreciation for what a tough 10K is. I made this goofy trophy that goes to the winning team for a year. You wouldn't think that the kids would take it so seriously but they do. I am convinced that it sharpens their competitive spirit. It is a grueling work out which is still fun. The kids actually look forward to it. The kids call it "The Cemetery Games."

LATE SEASON... The Downhill Mile....

This is an amazing work out for us because it has been a very accurate predictor of what an athlete can run in the spring for 1600 meters. To begin with we have a hill that we can run on which has about a half mile drop. Some of it is fairly steep. The last 400 is flat with a slight uphill at the end. We jog out to the starting point (2 mile route). Stretch/plys, run outs, and then we go for it. The athletes take it very seriously because they all want to see what they can run in the spring. Amazingly this course is accurate year in and year out within 2 seconds!!!. Kids then jog back to the start and do it again. This time at 85% effort. They are always amazed at how fast this turns out to be. It teaches them to relax in the 5K. They jog back to the start and do it again. The last one is throw down what ever is left. Kids can add their 3 miles together and add 33 seconds for a 5K conversion. With a mile cool down at the end its an 8 mile day. Because it is so broken up it really doesn't seem like it. Some of the younger guys only do 2X1 mile. We always make a big deal about PRs that happen during this work out.

Reading T-Shirts on Saturday

**FACT you could have ran harder...
The truth HURTS**

Three of a Kind is Catholic Central's Favorite Hand Tony Magni, Detroit Catholic Central

There has been a lot of change at Detroit Catholic Central lately. We have a new building, a new track, (our first all-weather track in our history), a new region, and a new class of freshmen. Amongst all this change, however, a few things remain the same. This year's squad will begin the season with the same workout and end the season with the same workout as have countless teams before, the 3-3-3 and the 5-5-5.

Let's start at the very beginning, since, in the words of Sister Maria in *The Sound of Music*, "that's a very good place to start." After a summer of logging miles capped off by a two week running camp at Ontario, Canada's Piney Provincial Park, the boys should be physically ready for the transition from the base-building phase to the strength and endurance phase. Strength training can come from hill workouts and endurance training can come from exaggerated tempo runs. Since the season moves quickly and the boys need both, I've decided to combine the two in our first workout, the 3-3-3.

The 3-3-3 is simply 3 times a cross country course. (I've heard it should be 3.1-3.1-3.1, but I'm a history teacher, I've never been good with numbers.) The first time through, the boys are to run at 7 minute per mile pace, the second time through at 6:20 pace and the third time through at 7 minute pace again. We select a hilly course like Cass Benton Park or Kensington Metro Park for the work out. There is a method to this madness which I'll touch on shortly.

The team breaks into groups of like conditioning and off they go. The challenge on the first interval is to run at 7 minute pace. This is the first workout of the season and many of the boys have fresh legs. They have to fight the desire to break free and show what they've got. This is to simulate the feeling they may have in the first mile of a cross country race. The gun goes off, they're excited and feeling great. However, unlike NASCAR, the MHSAA doesn't give lap points. The place at the finish is the only place that counts. The selection of a hilly course assures that they are putting forth an effort, but I want them no faster than 7 minute pace so they can learn control (and learn from a miserable third interval if they didn't run smart in the first).

The second interval is where I want the boys to pick up the tempo, but remain relaxed. I set a target time on this so that it won't become a race or an all-out effort. The purpose of this interval is work together as a team and build mental strength. I make the faster interval the middle one to simulate the second mile in a race. The second mile is the mental mile. The boys may no longer have that "fresh leg" feeling they had in the first mile and they still have two miles to go. The second mile is also where the pack needs to come together and stay together. It is in the second mile that any boys who maybe don't get out that well need to work up to form the pack and those who got out hard need to settle in while maintaining momentum.

The third interval is a return to 7 minute pace. Oddly enough, this is probably the toughest leg of the three. By this time, the boys have accumulated fatigue. Although I do provide full recovery between intervals, the full recovery is a cardio-vascular recovery. Lactic acid is beginning to form, muscle stiffness and soreness is developing. The third leg is the "finish what you've started" leg. It simulates the third mile in a race. At this point, the boys know they've almost conquered the work out. It's a mental relief to back down to 7 minutes per mile but by now the hills and previous two intervals are beginning to take their toll. I want the boys to have the mind set, "I've come this far, I'm not going to let go of the pack. I'm going to see this through." to too many races, I've seen boys mentally give in before they did physically,

By the end of the workout there is a sense of satisfaction (and probably relief.) But more importantly, the boys have begun the transition from summer base-foundation to strength and endurance. As an added bonus, hopefully they learned a little about how to run a cross country race. In my brief 40 year stint as a cross country coach, I've seen many a fast runner lose to a smart runner and many a smart runner lose to a fast runner. At the beginning of the season I haven't figured out yet what kind of runners I have, fast or smart. This work out covers all the bases for me. The only thing I haven't figured out yet is how to train a slow runner who isn't that smart. I'm open for suggestions!

We finish the season with another three of a kind, the 5-5-5. The "5" refers to 5 minutes. Unlike the 3-3-3, the 5-5-5 is based on distance covered during a given time, rather than the time it takes to cover a given distance. Also unlike the 3-3-3, the 5-5-5 is run on a flat course. By now we're deep into our taper and less than a week from the state meet. The previous two-and-a-half months of races and work outs would have developed all the strength and conditioning they need. The past few weeks of decreasing miles, shortened intervals, and heightened intensity would have given the boys an injection of speed for the kick and the ability to shift gears mid race. This work out is intended to bring it all together.

The top 8 start each interval together with the whole team on hand for support. They are to run each of the three intervals at race pace. They are to mentally mark the spot -where I yell out "2:30" and continue until they hear me yell out "5 minutes." At 5 minutes they are to note their stopping point and recovery-jog back to the starting point to repeat twice more. This is the closest simulation to the state meet I can give them without taxing their legs with an actual 5K.

During this workout I'm looking for crisp leg turnover, controlled breathing, and a relaxed posture. The boys should feel fluid and smooth, yet strong and fast. With full recovery, each of the intervals should feel effortless. They should finish the workout feeling "ready."

Additionally, I look for two more things in this workout. First, I look for tight pack running. The reason for pack running is obvious. At the state meet 20 points can occupy 5 seconds at the finish line. As in a race, the responsibility to establish and maintain a pack is with the seven-man to link to the six-man and the six-man to the five-man and so on. Sometimes this is a tall order in a 5K race. The mission isn't so daunting when the 5K is broken down into 3 nearly equal segments with full recovery. In this workout, the lower half of the line up realizes that they *can* run with the upper half. The upper half gains confidence in knowing they have a team backing them up.

Second, I look for a close proximity in the stopping points for all three intervals. Remember, they are running for a set duration of time. If done correctly, however, the distance covered for each of the three 5 minute sets should be nearly the same. I even want them to monitor where they are at the 2:30 point, (over or under the previous 2:30 point.) The most efficient way to run is to run with consistency. If a runner can smooth over the emotions of being at the state meet and not get wrapped up in someone else's race, he'll find that running in the 15:40's is a lot easier when running 5 minutes per mile than 4:45, 5:15, 5:00, which many seem to want to do. Running fast, yet in control is the lesson to be learned in this workout.

Now you know all the secrets. Truth is I stole them from other coaches like Lou Maramoti and Kermit Ambrose who in turn probably stole them from others. So if you adopt these workouts and have a disappointing season, don't blame me, save it for Coach Maramoti and Mr. Ambrose. I'll even introduce you at the next MITCA clinic.

Bear Lake/Onkama Cross Country Main Workouts.....Dal Townsend, Bear Lake High

TELEPHONE POLES DOWN LAKESIDE ROAD

First, we warm up for 1-1/2 miles and go through all our stretches. The main

workout is 1-1/2 miles of telephones by jogging between the first and second pole

then striding between the second and third and then sprinting between the third and fourth. We do this for the whole 1-1/2 miles. Then we jog 1/2 mile and do the telephone poles on the way back. We jog back the last 1-1/2 mile for a cool down.

Total Miles 6-1/2

When & Why Used: Early in the season so that the athletes can get out of the mold of jogging they were in all summer long. Also, used during the middle of the season to give the athletes speed and to teach them to change pace during a race.

SUNSET HILL

First, we warm up for 1 1/2 miles and go through all our stretches. The main workout is 3 sets of 4 hills with 5 minutes of rest between sets. The hill is only 30 yards long but very steep. We end the workout with a 1-1/2 mile cool down.

Total Miles: About 4 miles

When & Why Used: During the middle of the season to build up leg strength and mental toughness.

Reading T-Shirts on Saturday

In this life there are LEADERS and FOLLOWERS.

Take note: You are reading the back of my shirt.

WHISTLE DRILLS AT THE BALL FIELDS

-Adapted From Ionia Cross Country

First, we warm up for 1-1/2 miles down to our ball fields and go through all our stretches. The main work-out is 2 sets of 10 sprints around the softball field. The runners take off jogging and when 30 seconds are up I blow my whistle and everybody sprints. At the end of 30 seconds I blow my whistle again and everybody goes back to a jog. I keep blowing the whistle until they get in the 10 sprints. I give them 5 minutes between sets. We then jog 1-1/2 miles for a cool down.

Total Miles: About 5-1/2 miles

When & Why Used: Near the end of the season to work on speed and the ability to change pace during a race.

Jim Murray, Brandywine High School STATE LINE/GUMWOOD RUNS

This is the first workout of the season, and will be repeated a couple of times during the first weeks. State line is the road that separates Michigan from Indiana a little over two miles from our school. Gumwood is the name of the road that forms the eastern boundary for part of our school district. One loop is 8.2 the other is 8.3 miles.

Eight miles for the first practice may sound like a lot, but in reality only a couple of runners may do that actual distance. The veteran runners look forward the "Stateline." What we do is start out together, the first mile or so an easy warm-up. If we have "rookies" that have not done any running or are unprepared for "Stateline" I will run our course on the school grounds for 15 to 20 minutes with them. Then I will head out on the loop in my van.

Those runners that have dropped off the pace I pick them up & "leapfrog ahead," dropping them off ahead of the lead runners. I keep doing this for the majority of the loop. Most of the time it will be a runner's junior or senior year before he/she actually complete the entire loop.

I stress to those runners that are being leapfrogged to run easy until the other runners catch up to them and then stay with them as long as they can. When they drop off the pace again they will be "leapfrogged" again. During the loop there may be times when there are two or three groups of runners ahead of the top runners.

There are two real benefits, other than just the miles, for the runners. First runners will attempt to go with faster runners knowing that when they drop off the pace they will not be left behind. They push themselves to run faster for a little while. Because the way we leapfrog the fastest runners are not always in front. Secondly, all runners will have someone in front of them for a major part of the run. This gives them someone to "catch."

It is amazing to see how the kids react to finishing the workout. They talk about "I ran Stateline." They may have ran only three, four or five miles, but they say the loop is over 8 miles. Returning runners will ask during the summer if we are going to run 'Stateline again.'" Upperclassmen look forward to being the "leaders" for these runs. There are times I have wanted to leap from some of the girls and they will not do it, they want to complete the loop. Eight miles shrinks the 5k.

GUN DRILL

This concept for this workout is from John Osler who was coaching at Pontiac Northern when I was at Pontiac Catholic.

The workout is to do repeats at race pace. It is also to try to have individuals increase their pace and run together. Runners all start together and run either part of the course or a made up path. When they have ran 3 minutes I shoot the starting gun and they reverse their path and should arrive back at the starting point in 3 minutes.

Our course is marked in 1/2 miles so I don't like to use it too often because the kids can figure their pace and know how far they are going. I try to vary the path so they have to learn "pace" or even running. Secondly all runners other than the leader(s) are to **cut corners** whenever they can to catch-up and run as long as they can with the leader(s). When they reverse they follow their "cuts" so they run the same distance back as they ran out.

Runners start to get a feel for pace as the first time runs we will have runners not making it back or getting back 20 to 30 seconds sooner. If they return early they continue running until I say stop. If they don't make it back they stop when I say stop.

I try to make-up paths where there as many chances as possible to "cut." I tell the runners maybe you can only keep up for 50 yards this time, but next time is could be 75 yards.

I use a gun because there are loops we use that a whistle or yell is not heard. And its fun to shoot the gun & watch the football players jump. As a variation I may do 2 minutes out & back or even make a ladder going 3-2-1 out & back.

COACHES at the end of the year:::~::~:

IF YOUR TEAM IS RANKED IN THE CCIR TOP 10 FOR ANY DIVISION.....

GO TO mitca.org AND FILL OUT THE INFORMATION SO YOU CAN BE CONSIDERED FOR NOMINATION FOR COACH OF THE YEAR.

You must be a member of MITCA by Oct. 1 to be considered for: **COACH OF THE YEAR** in Cross Country 2005.

WORKOUTS.....Mike Woolsey, Jackson Lumen Christi

Bike & Run

I have only used this workout a couple of times, but works when you have a wide range of fitness level on the team.

Early in the season we concentrate on building a base, Some of the girls have been running all summer and others have just Joined the team. One of our final runs during this base building period is an eight mile timed run. I partner up the girls who come in without much of a base (the fastest with the slowest, second fastest with second slowest, etc.) These girls team up to ride a bike and run the same course the girls in shape are doing. A girl will ride for 4 miles then drop off the bike at the turnaround point and run 4 miles back. Meanwhile her partner will run the first 4 miles then jump on the bike and ride the 4 miles back, I wait at the 4 mile mark so I am able to record 4 mile times on both girls. This might be the first time all of the girls are completing the same course. It helps to bond the team together. The faster, more conditioned girls are motivated to run fast enough to finish with the others. It also motivates the girls who are not quite as conditioned to give their teammates a chance to finish with the others.

Start Race Kick

This workout is great in the middle of the season when we don't have a tough meet coming up. I have the girls run a 2 x 600 at faster then race pace. They get a one minute rest between each run. 1 x 2mile at race pace 1 minute rest, followed by 6x 200 all out. This teaches them to run pace in the middle of the race and to mentally be tough for the finish.

MHSAA APPOINTS NEW ASSISTANT DIRECTOR



MARK UYL

mhsaa photo

Mark Uyl joined the staff of the Michigan High School Athletic Association as an Assistant Director in January of 2004.

Uyl has responsibilities for the administration of several post-season tournaments, including baseball, wrestling, and **cross country**, and oversight of programming and services to the over 12,000 registered game officials at the high school level in Michigan.

Uyl is a 1996 graduate of Calvin College (NCAA Division III), where he was a four-year starter in baseball, serving as a team captain and earning all-conference honors on two occasions. His Bachelor's Degree was earned in History and Physical Education. He received a Master's Degree in Educational Leadership from Grand Valley State University in 2001.

Most of Uyl's educational career has been at Thornapple Kellogg Schools in Middleville. He started there as a high school history and physical education teacher after graduating from Calvin, and he also was an assistant varsity football coach. He spent the 2000-01 school year as athletic director at Caledonia High School and Middle School, and then returned to Thornapple Kellogg to assume the athletic director's and assistant principal's post there up until his appointment to the MHSAA staff.

While at Thornapple-Kellogg, Uyl had been instrumental in upgrades to the district's athletic facilities, including the installation of an artificial playing surface at the high school football stadium, construction of a new 3,500 seat indoor arena, new baseball stadium, and development of a community fitness center.

As an official, Uyl has been registered in at least three sports with the MHSAA every year since 1992, and worked the MHSAA Baseball Finals in 1999. He has also served as a NCAA Division I baseball umpire, and currently works conference games in the Big East, Big Ten, and Mid American Conferences. Uyl has worked the 2004 Big East Conference baseball tournament in Bridgewater, NJ and the 2005 MAC Conference tournament in Oxford, OH. In addition, he works independent minor league baseball in the Frontier League. In addition, he officiates small college football in the MIAA (NCAA Division III).

Uyl's wife, Marcy, is an accomplished educator and coach, having served as a high school head varsity basketball coach since 1997. They have two young children, Jackson and Grant.

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 your senior runners to consider the **MID-East 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-East** meet will have a tremendous opportunity and a wonderful experience competing in the meet.

QUALIFYING

Sunday, November 13, 2005
Sharp Park, Jackson

Girls- 2:00 PM

Boys- 2:30 PM.

CHAMPIONSHIP MEET.

Saturday November 19, 2004
Kettering Recreation Park, Kettering Oh.

MITCA Coaching Staff: Mike Woolsey, Lumen Christi (517) 768-0930 Kevin Hanson, Sterling Hgts. Stevenson ((586) 268-6964

“EMERGING ELITE TRACK & FIELD COACHES”
USATF/USOC Emerging Elite Coaches Men’s & Women’s Learn by Doing Track & Field Training Camps
U.S. Olympic Training Center, Chula Vista, California



Throwing cages at USOC Training Center, Chula Vista, Ca.

Emerging Elite Coaches will:

- attend and observe all classroom and field sessions in the respective event
- will participate in Coaches Rap Sessions
- receive all camp handouts; and
- participate in informal discussions before/between/after sessions with the athletes, staff, and other coaches..

CRITERIA FOR NOMINATION & SELECTION:

These coaches will be nominated and selected based on their proven abilities to develop high school athletes in their respective event(s) to at least State and National levels, and their projected potential to develop future Olympic medalists. This IS to inspire and aid the education of current elite HS, CLUB, AND COLLEGE coaches toward being among the nation’s finest developers of individuals to Olympic Games and World Championship medalist levels in respective events.

In July Kerner Gilliam sent an email over the “michigan.t&f@umich.edu” network about an “elite coaching clinic” sponsored by the USATF and the USOC. I had attended a “Learn By Doing Clinic” sponsored by the USOC at the University of Tennessee in the early ‘70s and found it to be a great experience. I went to the indicated web site, downloaded the information and then decided “what the heck” and applied.

There were two separate sessions. The field event session was held the final week in July. You were accepted for a particular event. The first week in August was the track events. You were accepted for either sprints & hurdles or endurance, 800 and up. I then had to make a decision as I was accepted and could attend either of the clinics. I attended the endurance clinic.

Scott Christensen, Stillwater, Mn. and Gordie Thomson, DePaul University, were responsible for the endurance sessions. Scott was a speaker at MITCA Clinic a couple of years ago. Tony Veney and Charles Clinton, UCLA, conducted the sprint/hurdle sessions. Tony has made presentations at several MITCA Clinics. There was one joint session between the two groups each day.

At the Training Center there is a resident sport physiologist and psychologist in addition to a resident track & field coach, race walking coach, weight training and sport’s medicine staffs. Daily sessions were conducted by the physiologist and psychologist. There was one session in race walking. Most race walkers come from the ranks of distance runners and this was to introduce race walking to the group and hopefully encourage distance runners to consider race walking. A single session in weight training completed the program.

The entire program was directed by Mike Holman from Lawrence North High School, near Indianapolis In. The staff readily mixed with the clinicians, with some of the most profitable time being at meals and after the formal sessions.

Clinicians ranged from junior high, high school, through all levels in college and elite clubs. The age ranged from relatively new coaches to several of us that have been coaching for a long time. One of the coaches is from a high school in San Francisco and also works with the Nike Farm Team at Stanford. There were 25 coaches in attendance, from all areas of the country.

The U.S. Olympic Training Center in Chula Vista is a remarkable facility. The track has a main straight with 12 lanes. The long jump area contains 4 runways with pits at either end. There is a double runway for the pole vault, with other runways possible. The shot has about a dozen circles with about the same number of throwing cages. There is an area for multiple javelin approaches. One cage and one long jump runway set up where a force plate can be installed. The force plate has the ability to measure vertical, forward and sideways forces.

Unfortunately the running trails are asphalt. There “red signs” all around telling runners to stay on the trails as “this is a rattlesnake area.” I did not see any rattlesnakes, but I did stay on the trails. There is an off site trail that is stone composition.

The soccer complex has about a half dozen fields, one an artificial turf. The softball complex has a main diamond with another diamond, separate “skin”, batting cages and other practice facilities. The archery range is bigger than most high school practice fields. Rowing is in the lake. Swimmers use a pool off site.

A new type of software for use in track & field called **DARTFISH** was demonstrated at the clinic. It has the ability to not only do the standard things with video but do much more with the use of a computer. The computer allows for break down and analysis unlike anything else. Enhanced tools allow the drawing of vertical lines, circles, measuring angles and magnification. It is much easier to compare techniques, body mechanics and timing with this system. You can collect time-dependent data. You can estimate and display distances, average speeds, interval speeds and angle variations over time. The results can be exported to a spread sheet. You can create and add comments to what is being viewed. CDs or DVDs can be created including comments, lines and angles that were added.



There were a couple of coaches who had purchased the original “Dartfish” at the Olympic Trials. That version was only a couple of hundred dollars. The new version approaches \$1000, with an upgrade from the original version at a reasonable price. Wish I had known about the “original”, it really looks like a great program. Clinicians running form was analyzed, which I won’t discuss.

We were treated for a unique film analysis of Ryan Shay’s running. The sports medicine program at the Baylor Medical School received a grant that enabled them to do a special analysis of Ryan and a female athlete’s running. Both were wired at each joint. They ran several times down a short track. The wiring allowed the production of complete skeletal figure running. The skeletal figure could be viewed running from front, side, behind or above. It really provided for analysis of running.

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

Rejected the MITCA Proposal that was accepted by the Cross Country/Track & Field Committee to allow athletes who place in 16 through 20 as individuals at the Cross Country Regional to advance to Finals.

Rejected the Cross Country/Track & Field Committee recommendation to establish a separate rules meeting for cross country coaches and officials. The MHSAA will survey schools to determine the percentage of cross country coaches who are also track & field coaches before taking further action.

Minimum Practice Requirements. The Representative Assembly at its May 2004 meeting requested the Cross Country/Track & Field Committee, along with several other sports, to discuss if there was a need to establish a **minimum period between the first practice and the first contest** and to present a recommendation for the Council's review. Each of the sport committees involved recommended no change in current rules, and the 2004 Update Meeting survey indicated that almost 60% of respondents opposed a policy change. The Council took no action.

Travel Forms for Out-Of-State Practice. If you take your team out-of-state for a "camp" you need to have filled out the proper form.

Limited Team Membership Regulation The MHSAA now considers the following as different sports for Regulation 1 Section 13:

Triathlon & **Swimming, Cross Country or Track.**

Awards/Amateur Status Regulations: The MHSAA now considers the following as different sports for Regulation 1 Section 11:

Triathlon & **Swimming, Cross Country or Track.**

The MHSAA now considers the following as the same sports for Regulation 1 Section 11:

Indoor Track & Field & **Outdoor Track & Field.**

3-Player Rule: There was an extensive discussion about this rule. The MHSAA will be doing an extensive study into this rule and its implications.

Coaches ask your athletic director to borrow the August 2005 MHSAA Bulletin and read it, especially the discussion of the **3-Player Rule**. This is the most important MHSAA Bulletin for cross country/track & field coaches until their "sports" bulletin.

IN THE BULLPEN

Jim Murray, Newsletter Editor

No we did not get a new president over the summer. Michelle Melton, President, was married over the summer and is now Michelle McKinnon. Her husband is Mark "Mac" McKinnon. Michelle really knows how to start the school year as they were married just before it started. Congratulations Michelle.

Applications for the **PATSY ARPINO SCHOLARSHIP** and **ACADEMIC ALL-STATE** have been included in this newsletter. They are also available online at mitca.org. All forms for **MITCA** honors, awards and volunteering are available at our site. **COACH OF THE YEAR** applications can be filled out and submitted at mitca.org. We have enclosed the **Arpino** and **Academic All-State** form in the newsletter for your convenience. We hope that over time the membership will turn the web site for all of these forms.

MITCA has committed to hosting the **MID-WEST MEET** at Jackson High School for the next four years. Not only do we need the membership to encourage their athletes that are selected to compete so we can have the strongest possible team, we need the membership to support this meet. Your help is needed to create spectator interest in the meet. Many people will be needed leading up to and during the meet. If you have time and interest please watch for ways you can help make the **MID-WEST MEET** the experience it is.

ATOM is heavily involved providing officials.

Gordie Aldrich, Akron-Fairgrove, Carson City-Crystal and Corunna has moved to Yuma, Az. When I went to the website Gordie had given me to get results from the Corunna EB & Corunna Invitationals I would up at Yuma Catholic High's site. I finally found out that there is a new coach at Corunna and Gordie moved to Yuma, Az. If you want to see how he is doing, the Corunna CC and T&F link at runmichigan.com takes you to the Yuma Catholic site.

John Osler, one of the first coaches I competed against when I started, I was at New Lothrop St. Michael and he was at Reese, is now in Georgia. John would return from his retirement home in Florida the past several seasons to coach at Ishpeming. He lived in his camper while coaching there. He is now coaching at Middle Georgia College, a junior college.

VENDORS AT MITCA CLINICS: If you know of any business or group that would be interested being a vendor at any of our clinics or the **MID-WEST MEET** next June please have them contact me.

You can contact **MITCA** by going to mitca.org and selecting the appropriate individual. Selected email address are on the front page of this newsletter. All vendors are listed on our website.

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Patsy Arpino Memorial Scholarship

Currently MITCA provides two \$500.00 Scholarships

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.
3. The recipient is eligible to win only once.
4. Applications must be postmarked by **OCTOBER 30** 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				School
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: OCTOBER 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																																																								
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<table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 35%;">Student Name</th> <th style="width: 10%;">Sex</th> <th style="width: 10%;">Grade</th> <th style="width: 15%;">G.P.A.</th> <th style="width: 10%;">Race</th> <th style="width: 10%;">Place</th> </tr> </thead> <tbody> <tr> <td>1. _____</td> <td>_____</td> <td>_____</td> <td>____.____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>2. _____</td> <td>_____</td> <td>_____</td> <td>____.____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>3. _____</td> <td>_____</td> <td>_____</td> <td>____.____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>4. _____</td> <td>_____</td> <td>_____</td> <td>____.____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>5. _____</td> <td>_____</td> <td>_____</td> <td>____.____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>6. _____</td> <td>_____</td> <td>_____</td> <td>____.____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td>7. _____</td> <td>_____</td> <td>_____</td> <td>____.____</td> <td>_____</td> <td>_____</td> </tr> <tr> <td colspan="3" style="text-align: right;">*Team Average</td> <td>____.____</td> <td>_____</td> <td>_____</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 2005 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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MITCA CROSS COUNTRY CLINIC

Nov. 10-11-12

Radisson Hotel, Kalamazo (269) 343-3333

Rate: \$105 for up to 4 people cutoff date for this rate is October 20.

Clinicians

Mike Kloss, Harbor Springs High

The Harbor Springs Program

Pete Moss, Benzie Central High

Building a Championship Team
Training-Benzie Central

Bob & Katie Jazwinski, Dexter Middle School

How to develop a J. H. Program
Junior High Training Programs
Junior High Training + Q and A

Ryan Shay

Central Lake High School – State Champion University of Notre Dame – All American
Cross Country Training to Win!
Distance Running in the U.S
Keynote Speaker at the Banquet Friday Evening

Mike Smith, Saline High

Recruiting & Getting the Numbers & how to organize once you get the #'s
Getting a successful program at state and national levels!

Becky Turbin, Battle Creek Lakeview High

Creating a Program for Success

Clint Verran, Lake Orion High School – State Champion 1992

Quest Physical therapy Specialist – Lower Extremity Foot Mechanics Consultant.
Injury Prevention
Training for Cross Country
Rehabilitation of Injury

Panel of Past State Championship Coaches

Will share their views on training, peaking, and motivation!

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)
2:00 - Business Meeting

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

Saturday, 8:00 Registration

9:00 – 12:00 Sessions

CLINIC REGISTRATION FORM - Detach &

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

November 10-12, 2005

You must be a member of MITCA by Oct. 1 to be considered for: **COACH Of The Year in Cross Country**

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 October 30: \$75

After October 30 and at door: \$85

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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