

MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

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www.mitca.org

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CROSS COUNTRY CLINIC

Crown Plaza, Grand Rapids
Nov. 12-13-14 2010

TRACK & FIELD CLINIC

Lansing Causeway Bay Hotel
Feb. 10-11-12 2011

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ROSS DONLEY 2010 SWEENEY WINNER



Steve Porter mitca photo

The Sweeney Award is awarded to a recipient who provides outstanding service to the sport of Track & Field, their school, community and MITCA. The Sweeney Award winner is simultaneously inducted into the MITCA Hall Of Fame.

Ross Donley is receiving the 2010 Charles Sweeney Award. Ross is one of the most dedicated and respected coaches in West Michigan. His commitment to track and the running community have been demonstrated by his service to MITCA as a chairman for both the Track & Field and Cross Country committees. Ross is one of the founders of the "Ludington Lakestride" road race. He has also served for 20 years on the steering committee for the West Michigan "All-Star" track & field meet, as well as serving 12 years on the "Ludington Relay for Life" steering committee.

Ross began his running career during the 1960's while running track for the Marlette "Red Raiders," where he starred in anything from the 400 yard dash to the mile run.

After graduating from Marlette in 1966, he attended Central Michigan University, where he also ran track for 2 years for the Chippewa's.

Ross's teaching and coaching career began in Mayville in 1972 where taught Industrial Arts. In 1975 he was hired at Ludington to teach Middle School Industrial Arts and coach Girls Track. The last 15 years Ross has been a middle school counselor. In 1979 he took over Ludington's Cross Country program and he coached both the boys and girls teams for 28 years. As a cross country coach his teams finished in the top 10 three times at the Lower Peninsula finals and claimed 4 regional titles.

This will be Ross's 38th year coaching boys and 35 years coaching girls track. During his tenure his teams have won 16 conference and 4 regional titles and have finished in the top 5 in the Lower Peninsula Finals twice. In 1983 he was selected as both MHSAA and MITCA Coach of The Year for track & field. During his 38 years of coaching Ross has only had one 3 losing season.

In local circles, Ross is known for his running record of having run at least 2 miles everyday for 4,830 consecutive days and counting.

Ross is married to his wife of 39 years, Kim. Coach Donley has had the pleasure of being able to coach all 3 of his children; Ryan, Keely and Reed. He and his wife also enjoy their 2 grandchildren Maggie and Lindsey. Both Ross and Kim enjoy their semi-retirement surrounded by their family in Sunny Arizona during the winter months returning in the late winter on time to start track & field practice.

Your editor takes this article is taken from the presentation of Ross to the MITCA Banquet by Scott Stone.

THE PRESIDENT'S LANE:



Steve Porter mitca photo

Steve Linn/Retired, MITCA President

First of all it is difficult to believe that I am in the position to write this letter. How can I compare to my predecessors? There is no way I will ever match the likes of Raffin, Crane, Thompkins, Janke, etc., etc., etc.

As you noted in my acceptance speech, I am not long winded, but straight to the point. My wife tells me as a coach, especially when I am injured, I don't listen to what I tell my athletes. I do, however, always believe the comments/sayings that I give my athletes concerning life lessons. I always tell my athletes, before every meet, to do their best and have fun. Well folks, with the new track season rapidly approaching and a new year with MITCA, I can tell you I will always do my best, but let's have some fun as well. Best of luck in the 2010 track and field season.

2010 - MITCA HALL OF FAME INDUCTEES – TRACK & FIELD

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

To nominate a coach for The MITCA Hall Of Fame go to our web site, www.mitca.org. Visit the **MITCA Hall Of Fame** at the MHSAA Office in East Lansing.

Michael Steil/Schoolcraft

Michael Steil coached and taught at Schoolcraft High School for 35 years before retiring in 2005. His teams had a dual meet record of 264 wins and 59 losses, winning a total of 12 conference titles. They won 5 regional titles and were runner up 6 times with 5 finishes in the top 10 at the Lower Peninsula Finals. He had 3 relay teams win in the final meet with more than a dozen individual all-state individuals and many relay teams.

Michael had coached football for 30 years when open-heart surgery forced him out. Not wanting to stop coaching in the fall he switched to cross country in 2000, which he

Michael Steil(), and accepting for Dick coached for 5 years, 2001-2005.

His cross-country teams won 2 league titles and had a second place finish in the a regional during that time.

Michael was honored by the MHSCA Assistant Football Coach of the Year in 1992.

Mike graduated from Kentwood High, before East became part of the name. He was a sprinter there and graduated from Western Michigan University. He was an American History, Drama and Speech instructor for his 35 years in the classroom at Schoolcraft.

Michael Steil started the drama program at Schoolcraft and sponsored 63 drama productions at the school. These were put on during the fall and spring. He likes to point out, a fact he found out in his graduate studies, that Knute Rockne was involved in drama while at Notre Dame.

Mike likes to mention that one of his best athletes, who went on into both sports in college, introduced him to his son as his "drama instructor," first and then his coach to show the importance Mike was in his life as an instructor and not just as a coach.

MIDWEST TRACK & FIELD MEET

June 12 Ft. Wayne Northrup High
Michigan - Indiana – Ohio Seniors only.

MITCA TEAM STATE MEETS: Saturday, May 29

D1 & 2: Jenison High D3: Kent City D4:
Gobles



Michael Steil, accepting for Dick Waters Dave Bork

Steve Porter mitca photo

Dick Waters/Monroe (deceased)

Dick taught at Monroe from 1924-1963. During that time he coached track & field for 30 years, cross-country and swimming for 23 years and ended his career as athletic director, for 9 years. Dick was a graduate of Michigan Normal College, Eastern Michigan University now.

This track career spanned 30 years winning 4 state championships, 1930, 31, 36, 37 and 2 runner-ups, 1935 & 41. His teams had 13 regional and 17 league championships, with an overall record of 100-32-2 dual meet record.

His best athlete may have been Garion Campbell who set Monroe High School and Eastern Michigan University records in the sprints and hurdles and was a national record holder in the 70 yd and 60 yd hurdles.

He coached cross-country for 23 years winning 2 regional meets and having 17 top 10 finishes. Four times his teams finished 4th at the Lower Peninsula Final meet.

Dick also coached swimming for 23 years with 5 teams finishing in the top 3 at the Finals Meet. His overall all dual record in swimming was 181-66-44. Dick had experience as an athlete in cross-country and track & field but not in swimming. He went back to his college to learn how to coach swimming.

Dick was a physical education instructor at Monroe until he became the athletic director.

Dick Waters coached 40 individual or relay state champions.

His successor at track coach wanted to start a relay meet and to insure he got the blessing of the athletic director called it the Dick Waters Relays. The meet featured top track & field athletes from around Michigan. It was supported by the community in many way. There was a local grocery that would provide a free ticket to the meet for anyone that purchased \$25 worth of groceries.

Dick Watters still has a presence in the Monroe athletic scene. The High school swimming pool is named after him as is an outdoor community pool. There is a boy's and girl's athletic award and scholarship that bears his name at Monroe High School

2010 IS AN EVEN YEAR SO:

In the field events:

GIRLS ARE FIRST High Jump - Pole Vault - Shot Put

BOYS ARE FIRST in the running events.

BOYS ARE FIRST Discus - Long Jump

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

Michigan Athletes Track and Field News All-American:

Tommy Brinn, Otsego, 800m - now a freshman at the University of Nebraska Brinn owned the 800m distance, winning back-to-back state titles, setting the Midwest Meet of Champions meet-record and finishing 3rd at Nike Outdoor Nationals.

Zack Hill, Allendale, shot put - now a freshman at Michigan State Two-time state champion in shot put and discus and holds state record in shot put.

Megan Goethals, Rochester, 2 Mile - Senior, Rochester HS Ran state record 2-mile at Nike Outdoor Nationals.

Bridgette Owens Mitchell, Southfield, 100h - Senior, Southfield HS Bridgette competed internationally with podium finishes at the Caribbean Scholastic International and the World Youth Championships.

2010 – TRACK & FIELD COACH OF THE YEAR AWARD

GIRLS



left to right: David Emeott, Brett Cataldo, Daniel Brunk

- Div. 1: David Emeott/Kentwood East Kentwood**
 Nominees: Kenn Domerese/Flint Carmen-Ainsworth, Tony Magni/Novi Detroit Catholic Central
- Div. 2: Paul Nilsson/Williamston**
 Nominees: Doug Grezesek/West Branch Ogemaw Heights, David Pike/Lansing Waverly
- Div. 3: Brett Cataldo/Allendale**
 Nominees: Brian Lincoln/Vermontville Maple Valley, Julie Rosseau/Michigan Center, Jeff Wilson/Kent City
- Div. 4: Daniel Brunk/Potterville**
 Nominees: Shelly Litkovitz/Dryden, Kurt Stump/Reading, Scott Werner/Pewamo-Westphalia

BOYS



left to right: Brian Westfield, Asa Kelly, Michael Kuyers Steve Porter mitca photos

- Div. 1: Bryan Westfield/Romulus**
 Nominees: Wade Cook/Romulus, James Jackson/Flint Southwestern, Randy VanderVeen, Rockford
- Div. 2: Bob Brown/East Lansing**
 Nominees: Tamara Benjamin/Middleville-Thornapple-Keollogg, Patrick Clarke/Chelsea, Kelly Williams/DeWitt
- Div. 3: Asa Kelly/Benzonia Benzie Central**
 Nominees: Cecil R. Burch/LeRoy Pine River, Janet Hedden/Schoolcraft
- Div. 4: Scott Werner/Pewamo-Westphalia**
 Nominees: Daniel Brunk/Potterville, Tim Jagielski/Waldron, Jamie Larocca/Ottawa Lake-Whiteford

2010 MITCA TRACK & FIELD RECOGNITION AWARDS

15+ YEAR COACHING AWARDS:

MITCA presents coaches a certificate when they have coached 15 or more years.

15 Years: Rich Benham/Kent City MS, Chris Bolhuis/Hudsonville, Jason Castle/North Branch, John Crowell/Ravenna, Robin Curtis/Coleman, Shawn DuFrense/Troy Athens, Jerry Haggerty/Hamilton, Reggie Horning/Grand Traverse Academy, S. Baxter Jones/Detroit Fisher MS, Dave King/Mt. Pleasant Beal City, Tracy Lewis/Muskegon, Wade L. Perry/Adrian Lenawee Christian, Robert L. Ribby/Eaton Rapids, Melissa Richardson/Grand Haven, Gerrit Smith/Potterville, Mark M. Smith/Jackson Lumen Christi, Ted Smith/Sparta, Rich Syring/Bay City Western, David Thocher/Sparta MS, John Van Gessel/East Grand Rapids, Alex Vanderveen/Remus Chippewa Hills, Craig Vitale/Brooklyn Columbia Central, John Yorke/Clarkston. **16 Years:** Terry Anderson/Schoolcraft MS, Scott Barnhart/Farwell, Brett Cataldo/Allendale, William Ellenbruch/Negaunee, Olivia Lake-Lofiego/Byron, Tom C. McHugh/Pinckney Pathfinder MS, Jeff Payne/Sterling Heights. **17 Years:** Tom Brown/Traverse City West, David Greene/Tecumseh, Eric Haynie/Mason. **18 Years:** Robb Hurt/Comstock Park, Chris Ludka/Traverse City Central, Steve Tithof/Chesaning. **20 Years:** Todd Baker/Cadillac, Greg Glitz/Southgate Anderson, Kathleen B. McGowan/Flushing, Branden Morgan/Traverse City St. Francis, Jerry Myszkowski/retired Detroit University of Detroit Jesuit, Mike Takas/Grand Haven. **22 Years:** Andrew Place/Boyne City. **24 Years:** Jamie Kitts/Montrose.

25+ YEAR COACHING AWARDS:

MITCA presents coaches a certificate and a pin when they have coached 25 or more years.

25 Years: Larry Curtis/Coleman, Richard Lessard/Bellaire, Harold Schneider/Comstock Park, Jerry A Sessions/Vermontville Maple Valley, Michael Stallsmith/Troy Athens, Edward G. Stanbury/Grand Blanc, Scott Stone/Ludington, Ben Thomas/Jackson. **26 Years:** Daniel M. Peterson/Maton, Thomas M. Sneckenberg/Charlotte. **27 Years:** Isiah Gates/Flint Carmen-Ainsworth. **28 Years:** Jan Lehman/Jackson Northwest. **30 Years:** Mark Babcock/Farmington Hills Harrison, Tim Donahey/Traverse City Central, Ben Madero/Riverview Gabriel Richard, David J. Miller/Jackson Lumen Christi, Dave Mohre/St. Johns, Larry Neiderheide/Reed City, Greg Savicke/Kalamazoo Loy Norrix, Michael Stuart/Grand Blanc, Mike Woolsey/Jackson Lumen Christi. **31 Years:** Pat Bolda/Ubly, Stewart K. Sanders. **32 Years:** David Carey/Swartz Creek, Steve Lewis/Jackson Northwest. **33 Years:** John Wismer/Bridgman. **34 Years:** Darwin Devereaux/Jackson Northwest, Clre Girard/Riverview Gabriel Richard. **35 Years:** Jan Burch/LeRoy Pine River, Paul Christiansen/retired Maple City Glen Lake, Dave DeCou/Marcellus, Kenn Domerese/Flint Carmen-Ainsworth, Jack Nesbitt/Esssexville Garber, Charles N. Pollard/East Lansing. **40 Years:** Mark Hoyt/Jackson MNorthwest, Richard Tompkins/retired Hart. **45 Years:** Lee Kahler/Bad Axe, John Lober/Traverse City Central. **50 Years:** Douglas P. Rudolf/Mt. Whitney

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

Editor's Note: The Assistant Coach of the Year, Averill-Grant, Middle School COY and Finish Line MITCA Recognition Awards were not presented in 2010 because the Executive Board did not receive any nominations for these awards.

TRACK & FIELD CLINIC PREDICTION RUN 2010: 1-Craig Kingma-0:04, 2-Chad Milletics-0:07, 3-Ross Donley-0:08, 4-Spencer Carr-0:11, 5-Nicole Lycan-0:16, 6-Terry Shell-0:20, 7-Aaron Cox-0:31, 8—Steve Rogers-0:35, 9-Andrew Steinman-0:37, Carey Hammel-0:39, 11-Glen Maylath-0:46, 12-Chad Clevenger & Mark Smith & Emily Kloss-0:48, 16-John Carr-0:55, 17-Nick Rocheefort-1:07, 18-John Lipa-1:18, 19-Lisa Shaw & Andy Henderson-1:20, 21-Chris Eley-1:23, 22-Mike Dennisuk-1:37, 23-Jill Evers-Bowers-1:45. 24-Rebecca Costello-200, 25-Rick Cahoon-2:04, 26-Andy Ames-2:17, 27-Abigail Nelkie-3:08, 28-Chris Knoll-5:09.....

MITCA'S MR. and MS. TRACK & FIELD 2009

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

Christienne Linton/Romulus

Christienne graduated from Romulus High School holding 7 track & field records. She was a 4 time MEGA Conference Champion. At the MHSAA Division 1 Finals, Christienna won the Long Jump, 300 Hurdles and was on the winning 4x400 Relay as a senior, earning a total of 11 MHSAA Division 1 All-State awards in her career. She was a 3 time USATF Michigan State Champion. The 2009 Season saw her as the News Herald MVP.

Christienne finished 4th in the 60 Hurdles and 5th in the Long Jump at the 2009 Nike Indoor Championship. She earned All-American honors for those performances.

She concluded her high school career at the Midwest Meet of Champions, winning both the Long Jump and 100 Hurdles. Her teammates named her a captain.

Gatorade selected her as a Gatorade Player of the Year Finalist and she earned USATF All-American Honors. She was a 2008 AAU All-American and USATYF Junior National Finalist.

She played basketball for 3 years at Romulus, giving it up her senior year to concentrate on track & field.

Through her church, Christienne was active in assisting the elderly and collecting clothing for the homeless. She is continuing her education and competition at Ohio State University. Christienne is making her presence known in college as she finishes in 7th place in the 60 High Hurdles with a time of 8.73 and 5th in the 60m with a time of 7.53. She is a Pre-Law major at Ohio State.

Zack Hill/Allendale

Just as Zack dominated the throws in Michigan track & Field last year, track & field dominated Zack's high school career. He lettered all 4 years in track & field earning all-conference in the disc & shot and qualifying for the finals in the disc & shot each year. Zack won both the conference and regional meets in each throw his last 3 years. He won the disc & shot both in the MHSAA Finals as a junior and senior setting records in both each time he won. His 67' 1.5" winning regional throw in 2009 is the all time best in Michigan High School Track & Field.

Zack won the Midwest Meet of Champions in the shot and was 2nd in the Discus,

earning him Most Valuable Field Athlete in the meet and his teammates voted him Captain of Team Michigan.

He finished his high school career at the Nike Outdoor earning All-American honors with his 5th place in the shot and 10th place in the discus. This was the second year he qualified for the meet.

Zack is a 2009 graduate of Allendale High School. He was All-state in Choir for 3 years. He was a member of Lighthouse Community Church where he volunteered with church activities. He participated in mission trips including a Vacation Bible School in Haiti in July 2008 and worked in areas of Chicago. He is a Life Member of the Boy Scouts and participated in their Philmont Ranch Scout Program. He is continuing his education at Michigan State University, majoring in Agriculture and competing on the track team. He is being red shirted this year.



Christienne Linton and Zack Hill.

Steve Linton photo.

MITCA TRACK & FIELD QUESTIONNAIRE 2010

Items on the questionnaire at the Cross Country and Track & Field Business Meetings that obtain a 70%+ support from the membership are taken to the MHSAA for its consideration. This year the MITCA Administrative Board established a discussion session during the lunch break to provide more time to discuss the questions that were on the questionnaire. The Track & Field Committee was responsible its development. The membership voted on these questions at the 2010 Clinic Business Meeting. 215 votes cast

MHSAA PrepSeason rules affecting Indoor

Track and Field coaches should be allowed 8 dates during the winter sports season, where they can coach-in competition) students in grades 7-12 from their school district. Agree 87%(187) Disagree 13%

General Survey Questions.

Results from the following survey questions will be used by the MITCA Track & Field committee to guide the group as it explores various issues important to the MITCA membership and to interscholastic track and field in Michigan.

1. Do you or members of your staff regularly work with track and field athletes from your school on conditioning activities during the winter sports season?
Yes 78%(168)
2. Do any athletes from your scholastic track and field team typically participate in indoor track and field competitions-MITS or other meets) during the winter sports season?
Yes 75% (161)
3. Do you or members of your staff regularly work with athletes from your school on activities specific to track & field during the summer?
No 70% (151)
4. Do any athletes from your scholastic track and field team typically participate in track and field competitions-AAU, USATF, other) during the summer?
No 70% (151)
5. Which best describes your current situation? In addition to coaching cross-country and/or track and field,
 - A. "I am a professional educator-current, (retired) coaching in the same district where I work(ed)." 70% (151)
 - B. "I am a professional educator-current, unemployed, (retired) coaching in a district other than the one where I primarily work(ed)." 7% (15)
 - C. "I work in-retired / unemployed from) a profession other than education." 23% (49)
6. Do you currently coach a winter sport-other than indoor track)?
No 92% (198)

MITCA EXECUTIVE BOARD ELECTION RESULTS

Steve Linn/Harbor Beach was elected as MITCA President **Ben Watson/Rockford** was elected to the position of MITCA Secretary.
Dave Emeott/Kentwood East Kentwood was elected as Political Liaison **Derek Gonzales/Ypsilanti** was elected as Technology Officer

MEGAN GOETHALS' Wins the 2010 FOOTLOCKER

Megan Goethals/Rochester, in what many claim is the greatest comeback/finish edged out Chelsey Sveinsson/Dallas Greenhill at the finish line, 17:06.9 to 17:07.1. She is the first Michigan girls champ in Foot Locker's history. Goethals, third last year, shared the lead for most of the first two miles on a sloppy morning. Sveinsson's made a late move and seemed to have the race won until Megan's late race heroics. Two other Michigan runners, Shannon Osika/ Waterford Mott and Sara Kroll/Livonia Churchill, finished 30th in 18:28.3 and 35th in 18:35.2, respectively.

Four Michigan boys have claimed U.S. titles: Brian Grosso/Walled Lake Western in 1988, Abdul Alzindani/Dearborn Fordson in 1995, Dathan Ritzenhein/Rockford in 1999 and 2000, and Tim Moore/Novi in 2001. Lukas Verzbicas/Orland Hills Sandburg, II, and the first won boy to win as a sophomore the boy's race ever. Michigan's lone boy runner was Nathan Karr/Pioneer, who placed 39th in 16:34.2.

CLINIC IN A NEWSLETTER

This issues topics for "Clinic In A Newsletter" are for variety for the athletes. Either in the events they participate in or the sports that do. Your editor is looking for ideas or themes or articles for "Clinic In A Newslette." If you have an idea for a theme or would like to contribute an article please contact your editor.....

Distance Runners Are Better Served..

With Meet Variety

Jeff Wilson/Kent City

Training a distance athlete in track and field can be an interesting process for many coaches, given the sheer number of meets we run and the need to cover events for the sake of the team. At Kent City, we train our distance runners using the multiple events a track meet offers (100m-3200m), while also sticking to the master plan of peaking at the end of the season... be it, Conference, Regional, All-Star Meets and State, depending on the athlete. In other words, my state champion 3200m runner doesn't just run the 3200m run, and sometimes doesn't run it all. I like to say that training is like climbing up, and then down, a long hill with the goal of picking a point to peak. In its simplest form, we train long and slow early on and shorter and faster later on. If you run for the Kent City girls and boys team, our philosophy is not rocket science, but rather focused on these weekly workouts: the Long Run, Tempo Run (race), Interval and Repetitions (can be races), Strength Run (hills), Recovery Run and an Off Day each week. These workouts can be addressed through training days and even meet days.

Now I'm not saying that training isn't tricky when you need a distance athlete to help you win meets by covering anything from the 200m dash up to the 3200m run. Yes, we have distance kids race on our 800m- and 1600m-relay teams! This not only helps our team, but it also helps the athlete. Speed work is an integral part of our weekly training routine, so why not have it occur during a meet and let it help the "team" and the athlete? Not all distance runners can help the team at these shorter distances, but they can help themselves become faster by running these events. Our distance runners often do strides, and there isn't a significant difference in having them do a 100m or 200m in the meet. Maybe the most important thing it does is give the athlete mental variety where running the 1600m and 3200m runs every meet may not.

We have this unwritten rule on our team that there is a range we have our runners run... NOT a law. That range looks like this: 100m-800m and 400m-3200m. However, it wouldn't be taboo to have a distance runner run the 100m or 200m and maybe even high jump or long jump. I had a boy at Kent City that is now on our school record 400m relay team and was a solid 4-year cross country runner and a miler for most of his career. Additionally, Tri-County's 110HH state champion ran on TC's winning 3200m relay in a dual meet that helped beat us when I pulled our state champion 800m runner out of the relay to use in another event. Who would have thought?! Sometimes having athletes run other events helps you find new talent, in addition to giving them training variety. Sometimes it even helps you win meets!

Whatever your philosophy may be, it is important to realize that most of our athletes are out to improve and simply have fun. Distance runners can contribute to the team in a variety of ways and still keep improving. *This is what makes our sport both unique and special!*

Why Not Throw Both

Mike Stuart, Carmen-Ainsworth

It has always made sense to me to have my student-athletes throw both the Discus and Shot. In the following narrative I will try to explain the rationale behind this line of reasoning.

The shot compliments the discus and vice versa. For example the athlete that runs the 100m, in most instances, is proficient at the 200m. Another example can be seen in the high jump and long jump. If an athlete is making high bars in the high jump, that athlete can usually make it into the sand with good results. So, with this said, I will tell you what I am looking for when I am watching middle school meets or roaming the hallways of the high school to recruit potential throwers.

Besides intelligence and enthusiasm, a sturdy frame that already supports muscle mass or has the potential to stack the needed pounds necessary to throw implements is important. Also, quickness, power and athleticism may be the most paramount of all attributes.

Logically, to get the most points out of the throws, you do not want your shot-putter to win the shot and not walk over to the discus ring and repeat his achievement. You would be breaking even giving the discus points away by only winning the shot.

To illustrate the tendency for an athlete to like one throwing event over another and only participate in one of the throwing events, I will tell you about an athlete I mentored from 1980 - 1983.

In 1981, half way through the season a shot-putter was having moderate success throwing around forty-nine feet. As I was giving him a ride home from practice on day he mentioned he really liked the shot put and did not want to throw the discus anymore. He gave me many questionable reasons not to throw the discus but I knew in my heart that the real reason was he did not know how to throw the discus. Discus takes more time to learn and the shot, as we all know, comes quicker for our athletes.

First I told him how the two events compliment each other. Secondly, if you have the ability to throw far in one event, you have the ability to throw far in the other. Third, what good does it do you or the team to win one event and give the points back in the other? Last, the Head Coach needs you to contribute more to the team than just being in one event; even it is only one point. Thirteen months later, this same athlete who had been sitting next to me in my car a little over a year ago, threw the discus 175' 0" at the 1982 Class B State Championship at Grand Rapids Houseman Field. That day he broke the existing State Record by more than seven feet.

This is one of several stories I tell my student-athletes at the beginning of each new season. The result of this record breaking discus throw led to a Team State Championship using only two throwers and a hurdler in 1982. Also, in 1983, he is the only male thrower to have held the state records in both the discus and the shot at the same time...if only for two rounds of the State finals.

All these memories could have been lost if I did not have a supporting argument to, "Why Not Throw Both."

As a coach, I am sure you have similar stories or experiences you can use to instill this logic into your throwers. If not, you are welcome to use this one.

Multi-sport, Participation Ted Duckett – Kalamazoo Loy Norrix High School

In the old days many athletes were encouraged to participate in as many sports as possible. Today more and more athletes are encouraged to be one sport athletes and train year round for an individual sport. We use to try and put in the sport the best available athlete the school had to offer during that season, which was upon us. You played for your school, your community, your family and friends. Today a lot of athletes play for themselves. We use to develop the best athletes, now we concentrate on the best football player, basketball player, etc... These are not necessarily the best athlete. Sometimes they are limited, even though they have devoted their entire training to their sport. They often have great knowledge about what they should do, where they belong, and how to achieve success in their sport. More times than not the changer in competition is not the basketball player, football player but the best athlete. The person who has developed the ability, endurance, speed, knowledge, competitiveness, and the ability to take risks on their natural aggressiveness to tries something in the heat of competition, often succeeds.

It has been proven; every sport can contribute to an athlete's ability to perform. Many time, athleticism developed in other sports contribute to success in different areas of competition. Track helps develop endurance and cardio development. Football, develops toughness, contact and explosiveness. Basketball develops agility, jumping and ability to move your feet. Swimming develops cardio, fluid movement, and endurance. Baseball, develops agility, hand and eye coordination, along with reaction skills. Every sport brings a different body demand. My own sons, Played football, basketball, baseball, ran track, and swam. I contribute each of those sports and their early development through soccer, little league, tumbling, karate, swimming and normal child play for the success they enjoyed in sports. I believe in developing athletes, not just football, basketball, etc... .

Too many coaches are trying to develop professionals in a sport, than develop the young men and women physically. There is also the possibility they may be very good in another sport, but because of your insistence that they devote their entire time to the sport you think is best, they are deprived of opportunity or seeing what they can do. Some sports teach more team cooperation, other draw on your own ability. Every sport contributes to ones overall development. Return to developing athletes. Give young people a chance to be well rounded, and have other experiences that can help them as an adult. We owe it to them!

Recommendations from the Track & Field Rules & Regulations Committee to the Representative Council

Each year the Business Meeting proposals are made. Those that involve cross country or track and field MHSAA Regulations or policies that receive a 70%+ advance to the MHSAA's Rules & Regulations Committee. Those proposals that are supported by the Rules and Regulations committee are then passed on to the MHSAA May's Executive Committee Meeting. The following are the MITCA Business Meeting proposals that were voted on in 2009 and passed by the Rules & Regulations Committee meeting this past January and will not be on the May Executive Committee Agenda.

1. Set an official goal of having all regional competitions use fully automated timing by the year 2014 or earlier. (17-0)
2. Allow regional host to use fully automated timing if it is available to them. (17-0)

NOTE: The committee's discussions included this effort without any increase in management reimbursement fees.

3. MHSAA to sanction (not host or sponsor) Certified Early-Qualifying Invitational events, where athletes can automatically qualify to the Final meet by meeting or exceeding pre-established performance standards during these specific events. These specific events will be within a two week period to the regional events. These events must use FAT, wind gauges and adhere to all regulations regarding their use. Host will also be responsible to use a specified number of registered officials who will closely monitor the operator of the meet as well as the validity of any early-qualifying performances. (7-5)

GaREAT - Geneva Area Recreational, Educational, Athletic Trust

As coordinator of officials for son Guy's University of Detroit Mercy Horizon Indoor Track & Field Meet at the University of Michigan Indoor Complex a couple of weeks ago brought me in contact Ed Wilson, a USATF Official from Ohio. In a time of budget cuts, scrimping on facilities Ed had us all in awe of a donor and the facility the donor is developing in Eastern Ohio. Your editor thought you might be interested in hearing about what can be done, rather than what cannot be done. The following is a compilation of and article Ed wrote for the newsletter and information drawn from the gareat.org web site.

In May 2008, the Geneva Area Recreational, Educational, Athletic Trust was announced. This non-profit corporation was created to focus both energy and funding towards creating a world-class multipurpose facility. The GaREAT Sports Complex is now more than a vision; it is a work in progress. Construction work is in progress on the facilities that will span more than 450,000 square feet over multiple facilities that are center stage over the 175-acre campus. The GaREAT Sports Complex is located in Harpersfield Township, Ohio along the

intersection of Interstate I-90 and State Rt. 534. Phase 1, 2 and 3 are operational.

The main individual supplying the funds for this project is a man that grew up in the area and came back to help his community, he isn't interested in publicity so, his name is to be withheld, he invented something for Caterpillar that had military uses and receives royalties from it. He took that money and built a plant that makes heaters and air conditioners that work in the desert, and his is the only company in the world that does that. He said that he has the money just lying there so why not do something with it. He has also said that he is not interested in making money from the complex but that he is also not interested in losing money either.

What an idea, it is open to the public for use and has said that any school or club can come there and practice for four dollars a head per practice.

Phase 1: Indoor 215,000 square free span synthetic turf field containing a full football/ soccer field also containing a multi-sport court surface: 12 volleyball courts or 6 basketball courts or 9 tennis courts.

Phase 2: Stadium with a Seating capacity of 5,500 and a 79,000 square-foot synthetic turf field, 8-lane, 400m synthetic track, 2 full 150m straight-aways. Homestretch is 10-lanes and backstretch is 8-lanes. There are two high jump pits, four long jump pits, two pole vault pits. Two shot put circles, two discus cages, two hammer cages, two javelin throw areas. The double field event venues will allow Men's and Women's field events to be competed at the same time. There are The two full timing supported straight-aways allow for more time efficient meets, fewer preliminary heats, and allows for larger meets that will attract more prominent competition. The facility has automatic hurdles. Custom Lynx timing system that is on par with Olympic Level standards.

Phase 3: Indoor Track Building containing 240,000 square feet. The nation's first and only eight-lane, 300m, synthetic indoor track. 10 lane main straight, 8 lane backstretch. A separate field event area, including two high jump, two long jump, and two pole vault pits. Two shot put circle sand landing areas with two portable weight throw cages. Thus, allowing for more

efficient competitions, and for men's and women's events to be run at the same time. An Olympic standard timing and scoring system. The two full timing supported straight-aways allow for more time efficient meets, fewer preliminary heats, and allows for larger meets that will attract more prominent competition. Custom Lynx timing system that is on-par with Olympic Level standards. Full synthetic turf football/soccer field in the infield with multiple batting and pitching cages. Seating capacity of 3,000-5,000.

Phase 4: Pool Building containing an Olympic sized competition pool, recreation and rehab pool, along with a medical and professional facility to support the complex.

Right now there are just two buildings and the outdoor football/track stadium have been completed. The first building in the compound is for baseball and volleyball, it is big enough to hold 20 volleyball matches at the same time. Then the stadium will seat seventy five hundred with a full four hundred meter track and double field event areas for

every venue including two hammer cages meeting IAAF spec's and two more meeting NCAA specs.

They have said that it is their vision to bring an international competition to the place, we told them that IAAF says in order to hold such a competition, that they must have seating for at least thirty five thousand and a lounge area to handle three hundred media people. The donor laid out some drawings detailing an additional thirty thousand seats and three lounge areas and said "will that do"

The next hurdle that was put up was the fact that there were only six hundred and fifty beds within reasonable distance of the site, and the donor stated that he supposed that if he had to he could probably build a couple of hotels if needed.

Wow, that kind of really blew our minds, He also intends to bring an international soccer matches there and will build at least fifteen fields to support that program. Then right next to the football stadium is the indoor track with it's 300 hundred meter IAAF certified indoor eight lane track all around and ten lanes on the straight

away track, with double field event areas and two discus/weight cages, all around a full football field where they use for indoor soccer. It can seat four thousand fans. There is a back room behind that was meant for baseball but will now be used for a staging area for the track meets. There is a platform on the front corner that holds all of the electronic equipment for timing and filming the meets. It has full locker rooms available for teams both male and female.

The next building to go up will be an aquatic and health and fitness center and after that an orthopedic center and dormitories to allow athletes to come and stay and train. They have one hundred and twenty one acres now and may add more to it.

WOW, I hope that this gives you what you are looking for, and as a footnote it is roughly four to five hours from Detroit, Chicago, Indianapolis, Columbus, Pittsburgh, New York, Boston, etc, etc, I think you get the idea.

Ed has already used the facility and he coach's throwers in the area.

MITCA COMMITTEES: Executive Board Meets: March 7, April 18, June 8, Sept. 12, Oct. 3, Nov. 7, Dec. 12, Jan 16.

Meetings are held at the MHSAA headquarters in Lansing with the exception of September 12 & November 7 which will be held at Quality Suites Motel. The June 7 meeting is a dinner with the MHSAA to discuss the Final Meets. Executive Board meetings are at 10:30 AM, all committee meetings are at 10:00 AM. Additional committee meetings may be scheduled as needed. If you have questions, concerns or suggestions for MITCA address them to the appropriate committee or the Executive Board. Executive Board and Chair's email addresses are located on the front page or at www.mitca.org.

ACADEMIC ALL-STATE: David Hovarter/Leslie MS - Chair.

D1: Carl Spina/Saline, **D2:** Tony Mifsud/Divine Child, **D3:** Dean Blackledge/Hanover-Horton, **D4:** Ron Hart/Bellevue, **UP:** Gary Whitmer/Gladstone

Reading T-Shirts on Saturday HATE RUNNINGLOVE THE RESULTS

CROSS COUNTRY: Scott Banghart/Mattawan-D1/Chair
Committee Meets: March 7, April 18, Sept. 12, Oct 3
Mal Balow/Lainsburg-D3, Angelina Bauer/Saugatuck-D4, Dean Blackledge/Hanover-Horton-D3, Chris Christensen/Addison-D3, Missy Hamilton/Athens-D4, John Lipa/Ludington-D2, Kevin Rathburn/Williamston-D2

We are going to resubmit the regional-super regional-state proposal but with additional individual qualifiers coming out of the super regional to state. We will increase the number of qualifiers from 30 to 35 individuals. There are a couple of other issues that we will be researching over the course of the year.

TRACK & FIELD: Jill Evers/Kent City -D3/Chair
Committee Meets: March 7, Sept. 12, Oct 3, Dec 12
Joe Birgireno/Romulus-D1, Mitch Lutzke/Williamston-D2, Kyle McKown/Shepherd-D3, Heath Nestle/ Shepherd MS-D3, Jeff Schember/ Caro-D2, Dawn Webster/Howell-D1, Scott Werner/Pewamo-Westphalia-D4
We've been directed to look into the Hall of Fame for Michigan track & field athletes. We are going to look into a membership survey to determine which things coaches think are most important at this time.

Reading T-Shirts on Saturday BOYCOTT LOSING

MIDWEST MEET OF CHAMPIONS – TEAM MICHIGAN COACHING STAFF: Brian Salyers/Head Coach, Dduan Raffin/Head Coach Emeritus, Norb Badar/Secretary Emeritus, Kim Spalsbury/Associate Coach, Jerry Reis/Financial Secretary.

BOYS: Jumps: Pat Bolda/Ubly; Throws: Gerrit Smithy/Bellevue; Vault: Jerry Sessions/Vermontville Maple Valley; Sprints: Vranda Goeber/Jackson & LaCema Womack/Detroit Central; Hurdles: Tom Micallef/Saline; 400: Kim Wright/Essexville Garber; 800: Becky Turbin/Battle Creek Lakeview; Distance: Amy Couglin/Waterford Mott. **BOYS:** Jumps: Derek Gonzales/Ypsilanti Lincoln; Throws: Mike Stuart/Grand Blanc; Vault: Jerry Sessions/Vermontville Maple Valley; Sprints: Marc Parker/Detroit Mumford; Hurdles: Joe Burgireno/Romulus; 400: Scott Banghart/Mattawan; 800: Dan Wyco/Portage Central; Distance: Mike Jurasek/Albion.

March 12-13 NCAA DIVISION II at Albuquerque Convention Center, Albuquerque, NM (former Michigan High School runners)

Women: Grand Valley: High Jump: **Meagan Doyen**/Manistee-4th/5' 8.5; Shot: **Lauren Buresh**/Morley Stanwood-7th/47' 9.25; Weight: **Liz Murphy**/Romeo-3/61' 11; 60 HH: **Candice Wheat**/Pontiac Northern- 5/8.36; 400: **Kayla Valler**/Marshall-54:75; MILE - **Monica Kinney**/West Catholic-2nd/4:50:48; **Karie McDonald**/ Frankenmuth-9/5:02.65; 4 x 400 (Chanelle Caldwell, **Kayla Valler**/Marshall, Danielle Fonseca, **Candice Wheat**/Pontiac Northern)-6th/3:49.28; DMR: (**Monica Kinney**/West Catholic, **Kayla Valler**/Marshall, Lauren Bergstrom, Karie McDonald/ Frankenmuth)-4th/11:54.02 4x400: Hillsdale- 7th/3:51.56 (**Jazmin Williams**/ Gibraltar Carlson, **Erin Benjamin**/Chelsea, Kayla Caldwell, Marta Scheiwe); Weight: **Kristin Cameron**/Algonac-6"/58.08 Team Standings: 1-Lincoln Mo-56; 2tie-Grand Valley State University & Ashland-47; 23tie-Hillsdale-28; 39tie-Northwood University-3

Men: Pole Vault: **Greg Burns**/Litchfield-Ferris State-6/16' 3.25 **Matt Gordeneer**/Vermontville Maple Valley-Grand Valley-5/16' 3.25; Triple Jump: **Jonathon Allen**/Lansing-Lake Superior State 4/50' 8.25; Shot Put: **Matt Armstrong**/Lansing Sexton-Grand Valley-8/57' 3.75; Weight: **Jason Stomps**/Macomb Lutheran North-1/70- 8.5; 60: **Will Fulton**/Inkster-Northwood-8/7.02; 80: **Tiney Filipek**/Caro-Saginaw Valley-4/1:51.89; **Charlie Richards**/Goodrich-7/1:52.99; Team Standings: 1-Adams State University-89; 10-tie: Hillsdale College-15; 24-tie: Saginaw Valley State University-7; 38: Ferris State University-3; 4: Northwood University-1...

March 12-13 NCAA DIVISION I at Randal Tyson Track Complex -U of Arkansas Fayetteville, Ar (former Michigan High School runners)

Women: Weight: **Irene Cooper**/Bloomfield Hills Lahser-Western Michigan, 3"/67' 10.26

MEN: Distance Medley Relay: Eastern Michigan University-5/9:38:44 (**Curtis Vollmar**/Grand Blanc, Akeem Forde, **Blake Figgins**/Detroit Mumford, **David Brent**/Monroe St. Mary) Team Standings: 1-Florida-57, 40tie-Eastern Michigan University-4

Reading T-Shirts on Saturday

Perfection is not attainable, But if we chase perfection we can catch excellence.

March 12-14 NIKE INDOOR NATIONALS, Reggie Lewis Center, Boston, MA , 2010

Girls:Pole Vault: 5-Sarah Birkmeier/Rockford-12' 2.5, 7-Kristen Hixson/Remus Chippewa Hills-11' 8.5; 60 Hurdles: 2-BridgetteOwens-Mitchell/Southfield-8:40; 200: 2-Kyra Jefferson/Cass Tech-24:30; 400: 4-Dynasty McGee/Flint Southwestern-56.20; 2 Mile: 1-Megan Goethals/ Rochester-10:10.14; 5000: 2-Gabrielle Anzalone/Grand Blanc-17:04.48; 4x55 Shuttle Hurdle: 4-Ann Arbor Youth Track Club (Dominique Corley/Pioneer, Gabriella Giannetta, Madison Gregory, Katie Lindacher)-35:55; Frosh 1 Mile: 1-Hannah Meier/Gross Pointe South-4:56.91, 2-Haley Meier/Grosse Pointe South-5:00.01

Boys: Pole Vault: 8-Jacob Elbers/Reese-15' 2.25; 60: 6-Dior Mathis/Cass Tech-6.87; 200: 6-Kishon Wilcher/Cass Tech-22.14; 400: Spencer Hall/Detroit Catholic Central-48.88; 4x200: 3-Detroit Chargers (Mathias Dior/Cass Tech, Terry Richardson, Delonta Hollowell, Kishon Welcher)-1:30.33, 5-KP Athletics/East Kentwood(Jonathan Henry, Kody Dantuma, Dallas Wade, Chris James)-1:30.96 Sprint Medley: KP Athletics/East Kentwood(Dallas Wade, Jonathan Wade, Mohamed Mohamed, Isaac Cox)-3:31.13

March 12-14 NATIONAL SCHOLASTIC INDOOR CHAMPIONSHIPS, at New Balance Track and Field Center, The Armory, March 12-14, 2010

Girls: 60: 4-Jordan Clark/Southfield Lathrup-7.69; 200: 7-Kendal Baisden/Detroit Country Day-24.61; 2 Mile: Michelle Morset/Troy-10:54.51; 4x400: 8 Motor City TC 'A' 3:57.45 (Ashia Osborne/Mumford, Vorri Zanders/f, Nicole Black/s, Shariece Pinkston/Mumford) DMR: 8-Speed City-12:23.42: Dynasty Gammage, Tia Leake, Ashlee Taylor, Autumn Fowler

BOYS: High Jump: 4-Christian Jimmer/Okemos-6' 7; MILE: 2-Michael Atchoo/Troy-4:11.14

IN THE BULLPEN.....

Friends of track & field at Western Michigan University had hoped to bring men's cross country and track & field back to the intercollegiate athletic program at WMU. Despite meeting the fundraising target, \$300,000, they were told the programs would not be reinstated. More information is available at bringbacktrack.com

At Eastern Michigan University, Dan McClory, who contributed \$1,000,000 to the Eastern Michigan Track & Field and Cross Country Programs in 2008, will speak to Eastern Michigan University graduates at their Commencement in April. McClory, of Royal Oak, Michigan, was a three-time captain and four-year letterman on the men's track and field and cross-country teams (1977-79). He turned in his top performance for EMU as a junior cross country runner in 1979 when he was the top EMU runner and 45th overall at the NCAA District Championship. From EMU

Gatorade National Girls Cross Country Runner of the Year

Megan Goethals was named the Gatorade National Girls Cross Country Runner of the year for 2009. The award, recognizes not only outstanding athletic excellence, but also high standards of academic achievement and exemplary character demonstrated on and off the racecourse, distinguishes Goethals as the nation's best high school girls cross country runner. Goethals is now a finalist for the Gatorade Female High School Athlete of the Year award, to be presented at a special afternoon ceremony prior to The ESPY Awards in July.

Megan is the two-time Gatorade Michigan Girls Cross Country Runner of the Year. Goethals, who also earned Gatorade Michigan Girls Track & Field Athlete of the Year honors in the spring of her junior year, has verbally committed to an athletic scholarship at the University of Washington this fall.

RITZENHEIN WINS USA CROSS COUNTRY CHAMPIONSHIP

Dathan Ritzenhein said that one of his goals for 2010 is "to win a medal at the World Cross-Country Championships." This is his third USA Cross Country Championship win and a place on the US team for the World Championships, which will be held in Bydgoszcz, Poland, March 28, 2010.

CURRENT SURFACES SCHOLARSHIP PROGRAM.

Coaches, if your track was installed by Current Surfaces your senior athletes that have competed in track & field for 3 years may apply for a 1 year, \$1000 scholarship awarded by Current Surfaces. Go to: www.currentsurfaces.com for more information and a list of schools whose track was installed by Current surfaces. Deadline is: April 23
The 2009 scholarship winner was Adrienne Buckler of Valley High School in Lucasville, OH.

STATE GAMES OF MICHIGAN

Want a great way to build Track and Field in your community? Get involved in the Meijer State Games of Michigan. The State Games are an Olympic style, multi sport event involving everyone in Michigan. The track and field portion will have events for track athletes of all ages. Check it out at www.stategamesofmichigan.com.

Pass the word on to your middle and elementary Track and P.E. folks to get your future stars thinking about track this summer. The meet will also host competition in High School, open and masters.

SAFETY IS ALWAYS A CONCERN

Nicole Bush/Kelloggsville was running in the preliminaries of the USATF 2009 Outdoor Championship 3000 Steeple Chase when she hit the water barrier and went down. She got up and finished 6th, qualifying for the finals on Sunday. She was unable to compete because of an injury to her foot. The barriers had been set too high; they were at 33" instead of the 30" the women compete at. She finished that race, but had to withdraw before the final.

I mention this because of the worst injury I ever had while coaching was in 1971 when a flight of hurdles were misplaced and an athlete ripped his hand open as a result. I always get a little nervous, especially with the 300 hurdles.

Flotrack talks with Nicole about beginning training and her hopes for the 2010 season.

http://www.flotrack.org/videos/coverage/view_video/236033-2010-indoor-season-on-flotrack/296195-checking-in-with-steepler-nicole-bush

The Mid-West Meet of Champions returns to Fort Wayne, Indiana,

the host of the inaugural meet for the 35th annual event. On Saturday, June 12th the top senior track athletes from Ohio, Indiana, and Michigan will compete in a 'seniors only' meet at Northrup High School's Spueller Stadium, Fort Wayne, Indiana. The meet is annually the greatest interstate battle in the country, featuring many of the nation's top athletes.

Team Michigan will look to retain the boy's title and reclaim the girl's title in the 2010 season. In order for this to happen the coaches will be looking to collect the best senior track & field athletes the State of Michigan has to offer. Athletes and coaches can contact head Coach Brian Salyers; salyersb@huronvalley.k12.mi.us or the event coaches regarding meet participation. Selection Sunday will take place on June 6th. In order to be selected, athletes must have provided the Midwest staff with contact information.

The cost to house, clothe and feed 80 Michigan athletes (40 boys /40 girls) has steadily increased. A major source of income to offset this expense is the MWMC raffle. The grand prize will be a \$125 Gift Certificate donated by Mark Bauman's Running Center, 1453 Hill Road, Flint. Tickets are on sale now and sold by meet representatives. The drawing will be held in Michigan the night before the meet, Friday, June 11.

MWMC Financial Secretary, Jerry Reis is also looking for \$100 group or single sponsors. T-shirt sponsors will have their names on the backs of this year's t-shirt plus they will be listed on the sponsor page in the programs. Help support our Michigan team. Buy or sell a few raffle tickets this spring (\$1 each or 6 for \$5). Contact Jerry at: 517-750-2836 or jreis42@comcast.net

You can Visit the team website at:

www.midwestmeet-teammichigan.com for more information.

Applications for the Patsy Arpino Scholarship are available at the MITCA website: www.mitca.org

The deadline for the scholarship application is October 30. Fill out the application now so you don't forget over the summer.



Kermit Ambrose was announced before the National Anthem at the recent NCAA Division 1 University of Arkansas, Fayetteville as having attended every NCAA DI Indoor T&F Championship meet.

A couple of weeks earlier he was an official at the finish line for the Horizon Meet, hosted by the University of Detroit Mercy at the University of Michigan Track Building.

Marvin Goodwin, Oakland Press, quoted Kermit in an article on October 1990 as saying "I can't think of anything more boring than just sitting around." Kermit

runmichigan.com photo.

celebrated his 99th birthday this past January.

Speakers: Jim Ryan, Suzie Favor, Amy and Pat Manson Steve porter photo



Those that left early Saturday missed the extra hour session that Suzy Favor conducted at the conclusion of her 11:00 AM session. She was going to participate in the Student Sessions that afternoon and for those that were willing to remain Suzy conducted what may well have been the best "learn by doing/participation session" ever done at a MITCA while she was waiting to go to the Student Sessions.

It opened with Suzy asking the close to 100 clinicians that remained questions dealing with philosophy, motivating and their involvement in coaching and ended with Suzie leading everyone in a warm-up, team bonding, loosening up activity that she often refers to in her talks. She has always commented about this type of activity being important to her running and team involvement. The way she went through it, you can certainly see she enjoys track.

I wish my own athletes, classes at school, children growing up and now my grandkids would have the opportunity hear speakers like Suzy and Jim Ryan. They talked about not only their successes and what they did to achieve but also their failures and disappointments. I have always used Ryan's story of how he was cut in 7th graded track but did not know that he was also cut from basketball and baseball around the same time. Suzy's fall in the Olympics.

Too often our "heroes" are looked at as being invincible rather than talented individuals that work through adversity and failure. How many

individuals stop before they achieve? Why do some continue and others do not?

I just saw **The Blind Side**, I wait until movies come to the \$1 theater. Last week I finally saw **Invictus** as it made its appearance at the \$1 theater. I regularly give my athletes the Steve Prefontaine movies to watch. These are great inspirational stories



Sharon Couch Seagrave with Clinic Coordinator Kernie Gilliam Steve Porter photo

I mentioned flotrack.org in the article about Nicole Bush. Flotrack was at a recent Notre Dame meet where a couple of individuals had a couple of lap tops set up near the announcers table, it turns out they were doing the meet. This is where the interview Nicole Bush took place. Flotrack.org looks like it is well worth the visit.

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MITCA MEMBERSHIP FORM

You must be a member of MITCA by:

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

COACH or ASSISTANT COACH Of The YEAR honors.

Name _____
New Address _____

Home Address _____

City _____ State _____ ZIP _____

Home Phone _____

In what year did you begin coaching? _____

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

School Name _____

School Address _____

City _____ State _____ ZIP _____

School Phone _____

School Classification A B C D
CC Div. 1 2 3 4 T&F Div. 1 2 3 4

Mail with \$25 to: Jerry Lasceski, Treasurer
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Fairgrove, MI 48733-9503

Retired Lifetime Membership: \$100 see mitca.org for details

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The MHSAA and meet management for the MHSAA Final Meets would like to encourage former coaches to become volunteers at the MHSAA Final Meets. The number of knowledgeable workers and officials needed for a well run meet is high. What better source of knowledgeable officials than former coaches. What better way to spend a spring Saturday or part of Saturday than watching some of the most exciting track & field there is and at the same time providing help to ensure a great opportunity to all of the competitors.

VOLUNTEERS

VOLUNTEERS

VOLUNTEERS

Track and Field Finals

Need experienced track persons to assist in event management.

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

NAME: _____

Address: _____

City: _____ Zip _____

PHONE: _____ CELLPHONE: _____

E-MAIL: _____

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

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

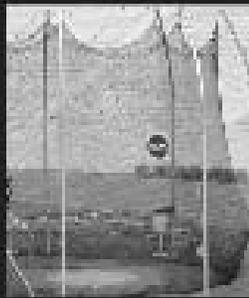
This is the official form for the **2010** season from the MITCA Newsletter

1. The Academic All-State Award is based on a student's GPA (grade point average).
2. Athlete must have a cumulative high school GPA established prior to the current season. (Freshman not eligible).
3. GPA's must be cumulative and based on a 4.000 system too to three decimal places. Schools not using a 4.000 system will have to make their conversions to three decimal places. Weighted GPS's will not be considered.
4. Non-freshman athletes must have a cumulative, non-weighted high school GPA of 3.500 or higher AND place at the Final Meet (top 8). Relay team members ARE eligible.
5. **Fax** completed form (please include Event and Place), **BETWEEN 8:00AM – 3:00 PM on Monday** following the Final Meet (**forms will not be collected at Final Meet**).

School Name	enter school name here	School Division	◇1	◇2	◇3	◇4
School Address	City, Zip					
School Phone	School Fax					
Coach Name	Home Phone					
<p>The signatures below certify that all GPA's, obtained through official school records, are computed, on a 4.000 NON-WEIGHTED scale, t three decimal places and do not include ninth graders. Forms not meeting these parameters are subject to disqualification.</p>						
Coach Signature	Coach email					
School Registrar	Registrar Phone					

Name	Circle Gender		Circle Grade				GPA (to three decimal places)				Event	Place
	M	F	9	10	11	12	.					
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												

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	D3	Dean Blackledge	Hanover-Horton	(517) 563-0155	Dan.Blackledge@hanoverhorton.org
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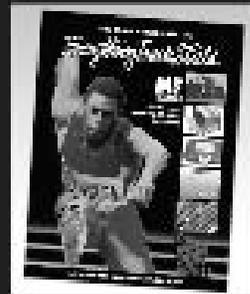
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