

MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION Vol. 52 - No. 1 March 2011

www.mitca.org

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CROSS COUNTRY CLINIC

Holiday Inn Hotel & Conf. Center
Big Rapids, Nov. 10-11-12 2011

TRACK & FIELD CLINIC

Lansing Causeway Bay Hotel
Feb. 9-10-11 2012

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GREG MILLER 2011 SWEENEY WINNER



It is my pleasure to present, on behalf of MITCA, the Charles Sweeney Award to Greg Miller - my former coach, teacher, current colleague, friend, and Dad.

Being a science person and a runner almost his entire life; through high school, college, and his career, my Dad has always been able to find joy in the numbers and the zen of track and field and cross country. He has coached track and field for 30 years from Algonac to Culver to Cranbrook. Of that, 21 years have been as Cranbrook's head coach, which is the longest such reign in Cranbrook track and field history. He has coached cross country for 30 years; 5 years at Culver and the rest at Cranbrook. Through coaching and teaching, he has impacted the lives of literally thousands of students.

My Dad's involvement with MITCA began in a member, then the Track Committee and in '97 he became the MITCA secretary, becoming

President in 2000. The MITCA board refers to this year as "the year of the stick" because of the clinic giveaway my Dad chose to distribute at the conference. If you don't know what "the stick" is, it is simply a plastic rod with handles on both ends and spindles that roll over your muscles in a massage to loosen them and reduce knots. Our team has a love-hate relationship with the stick because the end result feels great, but the massage can actually be quite painful, and our kids will be in fits of laughter and pain at the end of practice, thanks to this useful tool. In the comments from the conference that year, however, while most feedback was positive, there was one comment that said "just when I thought last year's umbrella was the most stupid gift, here comes the stick." Well, Dad, I guess you just can't win them all...

Dad created the MITCA website and he served as the Web Master until 2010. Through these years of service, his MITCA colleagues have appreciated his steadfast integrity and the fact that when he commits to something he puts his heart and soul into it. Given this work ethic and his honorable character, it should come as no surprise that I often seek the opportunity to know my Dad better as a person, and not just as a "father." If you are lucky enough to have a great role model like this one in your life, you, too, would probably stick around to see what you might be able to learn.

So what have I learned? Because of Dad's connection with his students, our family knew many of his runners very well and we would eat dinner with them in the dining hall or invite them to our home, as several lived just outside our doorway in the boys' dormitory where my Dad served as a house advisor. I remember my mom, sister, and I tagging along to meets to cheer the kids on and watch Dad in action. This was partially due to the fact that sometimes it was simply the only way to spend time with him, as you all know, track season is incredibly time consuming, but it became something we all enjoyed as these kids had also become part of our family. I began building an athlete/coach relationship with my Dad when we would go out running in the summers, logging miles and enjoying each other's company.

At school, my friends would comment how they would never be able to tolerate a parent's presence at school, I felt very lucky, except for the fact that I think this may have interfered with my dating potential. But, because my Dad is an incredible teacher and an approachable mentor, he is actually quite popular at school.

How does he connect with teenagers? I think there are a couple of reasons for this - the first is that he happens to have a great sense of humor, sometimes sophomoric, sometimes a little "geeky," but usually quite witty. More importantly, he treats his athletes with respect. He shakes his runner's hands before and after every race to show them his support. They rely on him and his handshake and they trust him. They feel they can confide in him and that he truly listens with care, not only academically and athletically, but also personally. He has been a mentor and friend to countless students through the years.

Continued next page...



THE PRESIDENT'S LANE: Ted Duckett/Kalamazoo Loy Norrix

"CHARACTER AND HARD WORK, LEADS TO A TRADITION OF EXCELLENCE IN TRACK & FIELD, CROSS COUNTRY, AND LIFE." I believe this is a cornerstone of MITCA. The men and women who represent us make a difference in the lives of young people. We want to put more of an emphasis on character and hard work, this year. The world is an ever-changing place and unpredictable. What has made our country great is our ability to over come obstacles, disappointment, losses, and stations of life that we were born.

We have for years stressed the importance of being a good person with integrity, and respect for others. We encourage athletes to step up to the challenges that await them, along the way. One of the keys to success is the ability to out work your opponent, trying to be better prepared to sustain that, quality performance. Another is dedication to hard work, that test your mind and physical attributes beyond what you thought was humanly possible. Developing will, over matter is a challenging moment in every athlete's life. It comes suddenly sometimes with out warning, because we push towards the outer limits of our ability. When your body wants to quit, ones focus must prevail.

Continued next page...

Miller cont.....

Hard work enhances character. Many people are afraid of hard work. The failure to work hard can be devastating to Now, as an assistant coach to Dad, I have had the opportunity to see first-hand the deliberate thought that goes into his coaching. The season summaries that he compiles blend over 200 pages of statistics, strategies, and beautifully written and reflective coaches' notes. Dad's ability to share his passion for this sport and the life lessons that can be derived from it is something to admire. He is, to the core, a teacher and a runner; patient, wise, and possessing endurance. He is in it for the long run. He teaches athletes to take pride in their dedication and accomplishments. That the race does not end upon crossing the immediate finish line or upon graduation. He teaches them to be runners for life. Dad, we are very proud of you and are thrilled to honor you with this award. Congratulations!

Presidents lane cont.....

Hard work enhances character. Many people are afraid of hard work. The failure to work hard can be devastating to your future. We must embrace the work ethic to reach the goal of excellence. Success is not an accident. It is planned, expected, challenged and to be appreciated. Athletes are an extension of their parents, siblings, neighbors, friends, teachers, coaches, and overall school communities. We strive for excellence in everything we attempt. Performances and record breakers attest to the tradition. I believe we are given each day to work on excellence

Being the best that we can be, and expecting nothing less. Life is too short to waste it. We want a "Tradition of Excellence" to last to your last breath. If you have not laid your foundation on this solid rock, please do. Build it strong, with conviction and examples. I challenge all of us to be better than we were the day before, looking forward to being better than we are today, with the hope of many tomorrows to exceed to greater heights

2011 - MITCA HALL OF FAME INDUCTEES - TRACK & FIELD

Wayne Falan(deceased)

Wayne Falan coached for 35 years starting at Reed City for 3 years, then a year at Plymouth High Reed City High 1945-46, Plymouth High and then finally to Paw Paw High in 1948. He remained there for the rest of his career, 31 years, retiring in 1979.

His Paw Paw teams won 66 consecutive dual meets over 11 seasons, 1953-61. His boys' teams won 191 meets, lost 48, with 2 ties. They won 12 Conference and 5 regional championships. He had 10 teams finish in the top 10 in the Lower Peninsula Finals. He also coached the girls for a few years, winning 13 meets, with *steve porter mitca photo*

11 losses and 2 ties. He had 9 Individual Finals Champions.

Wayne coaches cross country where his teams won 139 meets, lost 63 and tied 5, with 1 Individual Finals Champion.

Wayne coached football, basketball, wrestling and baseball while at Paw Paw. His football teams won were 61-48-5 with 1 #1 Class C State Ranking. His basketball teams were 100-62; wrestling was 35-17 and baseball 24-14. These teams won 5 conference championships.

Wayne is a member of the Michigan Coaches Hall of Fame, Michigan Football Coaches Hall of Fame, Western Michigan Hall of Fame and has the Paw Paw High School athletic field named for him.

Wayne graduated from Cadillac High where he participated football, basketball & track. He then went to Western Michigan, where he played football, and then went in the Army. He was a PE major, which he taught along with some history while in the classroom.

Paw Paw, at one time, was a laboratory school for Western Michigan's Education Dept. As such he has Associate Professor status with Western Michigan.



John Morrison Brighton

John is a true product of Michigan track and field. He grew up on the track, beginning his competitive career in 7th grade at Pierson Junior High in Redford Township, continuing at Redford Union High School and he finished his competitive career at Michigan State University.

He attributes his coaching knowledge and style to his 2 coaches, John McKenzie at Redford Union and Jim Bibbs at MSU. With the assistance of these two men, John was able to earn all-state honors in 1968 and all-state and all-American honors in 1969 at Union.

At Michigan State he was member of a

shuttle hurdle relay that at one time held both the indoor and outdoor American records and was fortunate enough to become a big-ten hurdle champion.

John began coaching at Detroit Redford 1973 as the boys' assistant coach. He then moved to Maltby Middle School in Brighton, coaching both the boys & girls teams for a couple of years. While at the middle school he became a "floating" coach, helping where needed. Girls track was beginning at the high school and Doreen, the girls' coach was not real familiar with all of the events in track, so he began spending most of his time with the girls' team. They dated, married and started a family. Doreen then retired from coaching and her assistant John became the head coach until he retired in 2009, ending a 23-year career with the Brighton girls' team.

At Brighton his teams won 241 meets, with 20 loses and 2 ties. The teams won 26 League Championships, 22 Kensington Valley, 2 Southeast, 1 KLAA West Division and 1 KLAA Lakes Division titles.

They were regional champion 7 times. Brighton teams regularly scored in the Finals with several top 10 finishes, 1 individual champion and several relay champions.

John earned MITCA Coach of the year 2008 and was a Nominee National Coach of the year 2008

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.

MITCA TRACK & FIELD QUESTIONNAIRE 2011

Items on the questionnaire at the Cross Country and Track & Field Business Meeting that obtain a 70%+ support from the membership are taken to the MHSAA for its consideration. The Track & Field Committee is responsible for the development of the questionnaires. There were 214 coaches voting at the clinic this year.

1. Should an indoor meet performance that is achieved during the spring, outdoor track & field season count as a regional seed mark? Yes (101) No (113) 52.8%

REMEMBER: YOU MUST BE A MITCA MEMBER BY MAY 1

TO BE ELIGIBLE FOR 2011 TRACK & FIELD COACH OF THE YEAR. If you did not attend either clinic this school year you are not a member & need to become a member. Application form is on page 10.

2011 COACH OF THE YEAR AWARDS

GIRLS



left to right: Larry Adams, Tony Mifsud, Jamie Engel, Scott Werner.

Div. 1: Larry Adams/Rochester

Nominees: Stephanie Stephenson/East Kentwood; Randy Vanderveen/Rockford; Steve Zaranek/Grosse Pte. South.

Div. 2: Tony Mifsud/Dearborn Divine Child

Nominees: Alice Ahearn/Livonia Ladywood; Pat Clark/Chelsea; David Wilson/Beverly Hills Detroit Country Day.

Div. 3: Jamie Enger/Frankenmuth;

Nominees: Asa Kelly/Benzonia Benzie Central; Morgan Ernst/Allendale; Janet Hedden/Schoolcraft.

Div. 4: Scott Werner/Pewamo-Westphalia

Nominees: Jill Feldpausch/Fowler; Mike Roberts/Hillsdale Academy; Ray Wilson/Mt. Pleasant Sacred Heart.

BOYS



left to right: Dave Emeott, Todd Baker, Brett Cataldo, Rick Swanson. steve porter mitca pic.

Div. 1: David Emeott/East Kentwood

Nominees: Rob Basydio/Holly; Don Sleeman/Ann Arbor Pioneer; Edward Stanbury/Grand Blanc.

Div. 2: Todd Baker/Cadillac;

Nominees: Chase Gibson/Big Rapids; Patrick Murray/East Lansing; Tom Zielaskowski/DeWitt.

Div. 3: Brett Cataldo/Allendale

Nominees: Jerry Drake/Allendale; Jason Kiss/Vassar; Mike Jurasek/Albion.

Div. 4: Rick Swanson/Manton

Nominees: Joyce Grimes/Concord; Jason Gubeno/Dansville; Scott Werner/Pewamo-Westphalia

2010 MITCA'S MS. & MR. TRACK & FIELD

Mr. Track & Field Cory Noeker/Pewamo-Westphalia

When Cory Noeker crossed the finish line of his 200 meter race at the 2010 MHSAA State Finals, his legacy was officially placed in elite company. Cory completed the rare feat of winning 4 individual State

Championships in a single State Finals meet--the 100 meter dash, 200 meter dash, 110 Meter Hurdles and 300 Meter Hurdles. These 4 titles brought his career State Championship total to 9 State Titles.

Throughout his career, Cory set 6 schools records, won 10 conference titles, 11 regional titles and was the key component in leading Pewamo-Westphalia to a MHSAA Team State Championship, 2 MHSAA Team Runner-ups, 3 Regional Team Championships and 3 Team Conference Championships. Cory also competed in the Midwest Meet of Champions and the Down Under Games in the hurdles and was recently named to the Lansing State Journal Track and Field Team of the Decade. *steve porter mitca photos*

Off the track, Cory also shines as he graduated as the salutatorian of his high school class. He currently holds a 4.0 GPA at his new school, Central Michigan

University, where he is currently competing on the track team while studying business.



Ms. Track and Field Megan Goethals/Rochester

The 2009 Gatorade National Girls Cross Country Runner of the Year, Michigan Gatorade Track & Field Athlete of the Year in - 2009 & 2010. She did not lose a race in cross country or on the track, winning three different national titles and earning multiple All-America honors ... captured the 2009 National Foot Locker Cross Country Championships on Dec. 12 in San Diego, clocking 17:06.9 over the 5k course

Megan won five Michigan Lower Peninsula events: the 1600 & 3200 as a junior and senior and added the 4x800 Relay title her senior year.

She was the 2010 - New Balance 2 Mile National Champion, Midwest Meet of Champions 2010 - Top Female Track Athlete and Lower Peninsula Records in the 1600, 3200 and was part of the record setting 4x800 relay

Megan is competing at University of Washington in Seattle. She qualified for the NCAA Indoor Championship in the 3000 meters, running 9:23.48.



2011 IS AN ODD YEAR SO:

In the field events: **BOYS ARE FIRST IN: High Jump – Pole Vault – Shot Put** **GIRLS ARE FIRST IN: Discus – Long Jump**

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

Reading T-Shirts on Saturday

TO BE A CONSISTENT WINNER MEANS PREPARING NOT JUST.....
1 DAY..... 1 MONTH OR EVEN 1 YEAR..... BUT FOR A
LIFETIME..... Bill Rogers

Reading T-Shirts on Saturday

WE ARE WHAT WE DO REPEATEDLY DO.
EXCELLENCE, THEREFORE, IS NOT AN ACT, BUT A HABIT

2011 MITCA TRACK & FIELD RECOGNITION AWARDS

Middle School Coach of The Year

Given to a junior high head or assistant coach who has worked at least five years; is a MITCA member; and has been nominated by his/her head/assistant coach, with the support of the athletic director, principal, an opposing coach or parent. It is possible to receive this award once every five years

Debbie Smith/Jackson Catholic MS Presented by Mike Woolsey

High School Assistant Coach of the Year

Given to the assistant coach who has worked at least five years; is a MITCA member; and has been nominated by their head coach with support of the athletic director, an opposing coach or parent. It is possible to receive this award once every five years.

David Castle/North Branch.
Presented by Jason Castle
Lawrence Perry/Detroit Country Day.
Presented by David Wilson

Averill-Grant Award

Established in 1990, this award is given to non-coaching person(s) for ongoing "behind the scenes" devotion and selfless contribution of time and effort on behalf of XC and T&F. The award is named to honor Alice Averill and Nancy Grant whose support of their husbands' (Lee Averill, Jack Grant) programs through scoring, announcing and summer camps.

Rick Callender/Harbor Beach.
Presented by Steve Linn
Sylvia Ceresa/Milford.
Presented by Brian Salyers

Finish Line Award

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

The Argus Press
Presented by Jeff Sawyer/Owosso

Reading T-Shirts on Saturday
STOP WHINING & (ONE WORD)

15+ Year Coaching Awards: MITCA presents coaches a certificate when they have coached 15 or more years. **15 Years:** Steve Bentley/Perry, Robert Browne/Vermontville Maple Valley, David Dawson/Saginaw Swan Valley, Craig Draheim/Athens M S, David Hamway/Birmingham Seaholm, Marty Hollenbeck/ Midland, Chris Knoll/Holland West Ottawa, George O'Connor/Croswell-Lexington, Kevin Paradine/Quincy, Lisa M Shaw/Croswell-Lexington, Jerry Sinkel/ Manton, **16 Years:** Karen Cook/Ypsilanti Willow Run, Todd Damon/Hudsonville, Dallas Dowling/White Cloud M S, David Potter/Monroe Jefferson, Homero Trevino/St Louis, Alex Vander Veen/Remus Chippewa Hills, **17 Years:** Christian Depierre/Paw Paw, Jon D Moyer/Swartz Creek, **19 Years:** Corey Pryor/ Jackson, **20 Years:** Julie Rogers/Marysville, Steven Wissink/Marshall, **21 Years:** Douglas Jager/Grand Rapids Christian, Michael D Smith/Muskegon Reeths-Puffer.

25+ Year Coaching Awards: MITCA presents coaches a certificate and a when they have coached 25 or more years. **25 Years:** Terry Borr/Niles Brandywine, Wade Cook/Romulus, Kyle Cooley/Monroe Jefferson, Jeff Devantier/Birmingham Seaholm, Tim McFalda/Mio Ausable, Gary C Radomski/Detroit Cristo Rey, **26 Years:** James L Merrifield/Ionia, **27 Years:** Jim Brown/Tecumseh, Kathy Kock/Saginaw Michigan Lutheran Seminary, **30 Years:** Robert Brown/East Lansing, Anthony T Hurd/Vassar, Greg Miller/Bloomfield Hills Cranbrook-Kingswood, Patrick Murray/East Lansing, Lawrence Spare/Lincoln-Alcona, Rance Teeple/South Lyon, Ronald Wiens/Swartz Creek, **31 Years:** Jess Shough/Westland John Glenn, **32 Years:** T. Leo Lauver/Adrian, Terry Peters/Hart, **33 Years:** Michael Michayluk/Holly, **34 Years:** Tom Micallef/Saline, **35 Years:** Thomas W Gass/Retired-Jackson Vandercook Lake, Gregory Hyde/Ortonville Brandon, Dan Roggenbaum/Jackson Vandercook Lake, Rick Swanson/Manton, Christopher Young/Ionia, **40 Years:** Gene Grewe/Novi-Detroit Catholic Central, **45 Years:** John Thomas/Sparta, **49 Years:** Doug Frank/Bridgeport, **51 Years:** James Bibbs/Retired-MSU, **55 Years:** Robert L Bridges/Dearborn.

TRACK & FIELD CLINIC PREDICTION RUN - 2011..... 1-Lisa Shaw-0:11, 2-Jill Evers-Bowers-0>:15, 3-Chad Milletics-0:17, 4-Craig Kingma-0:25, 5-Steve Rogers-0:35, 6-Missy Hamilton-0:37, 7-Dan Blakke-0:38, 8-Glen Maylath-0:47, 9-John Lipa-0:58, 10-Emily Kloss-1:33, 11-Terry Shell-1:47, 12-Nick Rochefort-1:55, 13-Bob Blume-2:14, 14-Val Thoasma-2:23, 15-Ross Donley-2:38, 16-Ben Watson-3:11, 17-Chris Knoll-4:16.....

MITCA EXECUTIVE BOARD ELECTION RESULTS:

Ted Duckett/Low Norrix was elected as Mitca President.
Dean Blackledge/Hanover-Horton was elected as MITCA Secretary.

Since 2010, each varsity head coach is required to complete the online rules meeting to be eligible to coach at MHSAA Regional and Final meets. Final Date for Track & Field this year is: **April 12.**

MITCA COMMITTEES 2011: Executive Boards Meets: March 8, May 1 (Comfort Inn & Suites), June 7 (Causeway Bay), Sept. 11, Oct. 2, Nov. 6, Dec. 11, Jan. 15 All meetings are held at the MHSAA Headquarters in East Lansing unless otherwise noted. Executive Board meetings are at 10:30 AM, all committee meetings are at 10:00 AM. Additional 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 & Chair's email addresses are located on the front page or at www.mitca.org.

Academic All-State: David Hovarter/Leslie Middle School- Chair
Carl Spina/Saline- D1, Tony Mifsud/ Divine child- D2, Dean Blackledge/ Hanover-Horton- D3, Ron Hart/ Bellevue- D4, Gary Whitmer/ Gladstone- UP

Cross Country Committee: Comm. Meets: March 6, Sept. 11, Oct. 2
Angelina Bauer/Saugatuck '12- Chair
Kevin Katakowski/Brighton '12, Chris Christensen/ Addison '13, Missy Hamilton/Athens '13, John Lipa/Ludington '13, Kevin Rathbun/Williamston '13, John Carr/Eau Claire '14, Mike Dennisuk/Woodhaven '14, Andrea Hoffman/Ann Arbor Pioneer '14

Track Committee: Comm. Meets: March 6, Sept. 11, Oct. 2
Jill Evers/Kent City '12- Chair
Scott Werner/Pewamo-Westphalia '12, Heath Nestle/ Shepard MS '12, Joe Burgireno/Romulus '13, Dan Roggenbaum/Vandercook Lake '13, Jeff Schember/Caro '13, Jacqueline Storey/Howard City Tri Country '14, Mel Comeau/Bath '14, Joan Ludtke/White Cloud '14

MITCA TEAM STATE MEET INFORMATION

MITCA is happy to announce that the Power Rankings will be back in 2011 and will be again used, along with the MHSAA Regional Championships, as the selection process for the MITCA Team State Meet. Power Rankings will be released weekly on Tuesdays beginning the week of April 12. Rankings are 100% statistically-based and will be completely transparent. Instructions, Rules, and Rankings will be posted and updated throughout the season at both www.michianatiming.com and www.michigantrackandfield.com.

Coaches will be responsible for submitting entries each week on athletic.net by following directions that will be available in Early March. Entries will be submitted into Weekly Power Ranking Meets by using seed

times. All seed times will be then processed through a meet simulation using the MITCA scoring procedures (listed below). Only enter the Power Rankings if you would attend the meet if extended an invitation, otherwise you are denying someone else the opportunity.

Weeks/Deadlines for the rankings are:
Week 1: April 12 – Monday 3pm
Week 2: April 19 – Monday 3pm
Week 3: April 26 – Monday 3pm
Week 4: May 3rd – Monday 3pm
Week 5: May 10th – Monday 3pm
Week 6: May 17th – Monday 3pm
Week 7: May 23rd – Sunday 5pm.

Simulated Meets will be scored like MITCA Meet. Teams may submit up to 3 athletes per event. Athletes may be entered in no more than 4 events. Point values depend on number of teams entered. Every athlete entered scores:

Saturday May 28, 2011

i.e. 12 teams entered = 36 point available in each event; 36pts = 1st place, 35pts = 2nd, 34pts = 3rd.....1pt = 36th. All Standard MHSAA Events will be competed and order of events will be same as MHSAA standard.

We will follow T&F News Conversion Rules which are different than MHSAA Regional Entries -- and no rounding should occur in the times submitted. You must indicate FAT or manual as set forth in athletic.net for meet entry/result entry.

Invites for MITCA Team State Meet will be given out in the following manner: Weeks 1-3, Top Team in each division will receive conditional invite to meet. Conditions are team must then participate in ALL remaining weeks of rankings to validate invite. If Top Team has already received an invite no new

invite will be offered. Weeks 4-6, Top Non-Invited team will be offered a conditional invite: i.e. Team Blue, Team Red, and Team Green are 1,2,3 respectively in rankings but Teams Blue and Red have already received conditional invites, Team Green will be offered invite. Conditions are team must then participate in ALL remaining weeks of rankings to validate invite. Week 7 (Final Week), Top 12 Teams will be offered unconditional invites as well as invites offered to all Regional Champions.

"Bubble Invites" will not be used like 2010 Power Rankings. Field will not be filled with teams past rankings of 12, unless a team ranked lower than 12 was extended conditional invite earlier in the season

Division I & II: Jenison High School

Meet Entries will be due by Thursday May 26 at 12pm (Noon). Entry Lists will be available by 7pm on Thursday May 26. Final Scratches will be accepted until morning of meet. No substitutions will be allowed after Entry Lists are posted unless deemed valid by Rules Committee (injury, sickness, eligibility). Full Meet Instructions and Details will be sent to coaches along with invitation that will further explain meet process. For any questions regarding Power Rankings or MITCA Team State Meet, Please contact Dave Emeott: David.Emeott@kentwoodps.org

Division III: Kent City High School

Division IV: Gobles High School

MIDWEST MEET OF CHAMPIONS

TEAM MICHIGAN COACHING STAFF

Mike Woolsey/Jackson Lumen Christi, Head Coach
Mark Scoles, Assistant Coach

MIDWEST TRACK & FIELD MEET

JUNE 12

Spuller Stadium, Ft. Wayne
Michigan – Indiana – Ohio Seniors only

MIDEAST MEET OF CHAMPIONS – TEAM MICHIGAN COACHING STAFF

Brian Salyers/Head Coach, Jerry Reis/Lumen Christi/Financial Secretary, Norb Badar/Retired & Kim Spalsbury/Retired- Financial Secretary Emeritus
Girls: Pat Bolda/Ubyl-Jumps, Gerrit Smith/Bellevue-Throws, Jerry Sessions/Maple Valley-Vault; LaCema Womack/Detroit Central-Sprints, Tom Micallef/Saline-Hurdles, Kim Wright/Garber-400, Val Thomasma/East Kentwood-800, Amy Coughlin/Waterford Mott-Distance.
Boys: Derek Gonzales/Ypsilanti Lincoln-Jumps, Mike Stuart/Grand Blanc-Throws, Jerry Sessions/Maple Valley-Vault; Marc Parker/Detroit Mumford-Sprints, Joe Burgireno/Romulus-Hurdles, Michael McDonald/Eastern-400, Mike Nesbit/Bay City Western-800, Mike Jurasek/Albion-Distance.

CLINIC IN A NEWSLETTER

This part of the newsletter usually features a collection of workouts and/or training comments from coaches around Michigan. This "clinic in a newsletter" we have a couple of articles that deal with a problem a coach may see only a couple of times in their career but we are presenting them as something to be placed in your "bag of tricks & information" so if it does show up you can have knowledge about it. Another article deals with what officials expect when the come to you meet. We welcome your suggestions for future CLINICS IN A NEWSLETTER.

Effect of Iron Deficiency on Adolescent Endurance Athletes

A COACH FINDS IT

I've been coaching since 1993...Art Kraai, of Wyoming-Godfrey Lee, took me to MITCA that Fall...and I've been learning about the fine art of coaching long-distance running ever since! I've had the pleasure of coaching All-Staters, School Record Holders, State Championship Teams, a 10-Time State Champion, and a National Champion. I've seen blisters, broken toes, "shin splints", pulled ham-strings, plantar fasciitis, broken collar bones, gut aches, cramps, oxygen debt, the effects of low blood sugar, bulimia and anorexia, and the list goes on! I would "diagnose" my first athlete with an iron deficiency during the fall of 2003.

Well...I didn't really know what was wrong with her after the Regional meet that year at Brewer Park but I could tell something was up when the last 200 yards were slower than usual and it looked as if she was "running backwards". Permit me to define my term: When you have a female athlete who seems to be training well, is faster than any previous year, you suspect is eating well, and is having normal menstruation cycles but she begins to: slow down, feel tired, finish races under duress, take longer to recover from taxing workouts and races, and the art of right foot, left foot, right foot, left foot looks like a foreign

concept...I NOW suspect that she has an IRON DEFICIENCY.

Nicole Bush (Kellloggsville, Michigan State, New Balance) was beaten twice in Class C/Division III Cross Country in four years...until the State Finals of 2003. She was strong, rarely sick, never injured, and loved to run FAST! Nicole beat one runner that day finishing 237th with a time of 29:29. She was rushed to the infield hospital at MIS and given two bags of IV fluid, was dehydrated, and had a horrible headache. Later that week, Nicole was diagnosed with an iron deficiency. The doctor placed her on liquid iron, prenatal vitamins, and told her to increase her intake of protein (iron) rich foods. I knew that the MidEast Qualifier and Championships were out of the question and I was hoping for enough recovery so she could race in Kenosha at the MidWest Regionals and qualify for the Nationals. She took a full week off from running, and then began running low mileage with low intensity. As we edged closer to that Thanksgiving weekend, I suggested she run a "tune-up" race to see if her legs were back underneath her...Laingsburg XC 5k...I think she went 17:41. She looked ready to me! After Thanksgiving, excited about the prospect of qualifying for the Foot Locker Finals, I raced around the Wisconsin-Parkside course watching her tear it up...until, just before the 2-mile mark. She looked at me and gave

Ray Antell/East Kentwood High

me the "I've got to shut it down" sign...and that was it. She had not fully recovered, yet. With the proper diagnosis and a FERRITIN TEST registering around six (while 40+ micrograms per litre is the low end of normal), more time off, a proper diet rich in foods with iron, and a slow build-up that winter, she would prove ready for track in 2004 winning her 4th consecutive 3200 and her 3rd 1600 of her career.

Fast forward to the spring of 2010...now at Kentwood, I would find myself, once again, slow to assess another iron deficient student-athlete. At the time, Alissa Williams, a 2-time cross-country All State runner, school record holder (18:14) and 4.3+ G.P.A./34 ACT student, would run practices stride for stride with Krista Parks (now running for CMU) during practices and open 800s. When it came time to run the 1600, Krista would seem to hold her pace longer while Alissa seemed to "run backwards"...looking awkward and gangly for the last 800 meters. It didn't compute. She appeared to be eating the proper diet, hydrated well, ran practices within my guidelines...was it a mental thing? What else could it be? We wouldn't suspect anything until early on during Cross Country season. A FERRITIN TEST would reveal all! After the proper diagnosis, iron supplements, and chicken livers added to her diet, she was ready for the long road to complete recovery.

Her father consulted with numerous doctors and college coaches to supply me with an arsenal of information; although, I was given mixed messages regarding "training" during her new iron regimen. One coach said to rest her until Regionals...and another said to allow her to continue to run with reduced mileage and intensity. We split the difference. She took a week off and then slowly worked her way back. Eventually, I could see the color come back in her cheeks and her legs, once again, seemed to be "underneath her". Alissa became the 2nd fastest girl I ever had the pleasure of coaching, finishing All State last fall with a time of 17:59.

Lesson Learned! Although I did have one male runner suffer from an iron deficiency, I've found that my genetically gifted, hard-working, push-the-folds-of-the-envelope female runners seem to be more prone to this setback. If I'm persistent, and parents are persistent, and family doctors are willing, the FERRITIN TEST saved these super athletes and enabled them to run to the best of their abilities, once again!

Reading T-Shirts on Saturday
Slow Down Speed Racer, You're not ready for me yet.

THE DOCTOR EXPLAINS IT.....

Richard Axtell, M.D., Pediatric Hematologist at the Helen Devos Children's Hospital in Grand Rapids, MI. The author currently coaches girls' lacrosse and used to be a pretty decent runner.

Highly trained athletes and their coaches have noted for many years that certain athletes at certain times of their careers (usually toward the end of a season) will inexplicably lose ground in their conditioning, with competition times steadily increasing despite continued conditioning efforts. This deterioration in performance is generally refractory to changes in

training (rest periods, elimination of speed work, etc.) and usually does not resolve until the athlete had a lengthy period of rest or low intensity training. This "overtraining" phenomenon has multiple contributing factors but "non-anemic iron deficiency" is likely a significant cause for many endurance athletes, especially females. Adequate iron is required for the proper functioning of all of the cells in the body.

Obviously, it is needed to manufacture red blood cells (iron is required for the production of hemoglobin which carries oxygen to the tissues), but iron is also required for neurological function, immune function, and most pertinent to athletes—the enzymes of oxidative phosphorylation (i.e. the generation of ATP/energy from glucose in the presence of oxygen to power muscle cells). A small percentage of athletes (3-5% of females and less than 1% of

males) will become so iron deficient that they become anemic (i.e. a low hemoglobin/hematocrit). These athletes are clearly unable to perform well in endurance activities and also suffer fatigue, emotional lability and impairment of academic performance. A much larger percentage of athletes, however, become iron deficient without developing anemia.....cont next page

In this case, there is enough iron to maintain adequate red cell production, but not enough iron for other cellular activities. Studies have shown that this "non-anemic iron deficiency" effects 10-15% of male athletes and 25-60% of female athletes. Studies have also shown that many athletes are iron deficient at baseline and many more become iron deficient as they progress through their training periods (seasons). This in-season drop in available iron is attributable to increased hemolysis (premature destruction of red blood cells), increased iron losses in the stool and urine and perhaps increased hepcidin levels caused by the stress of training.

Whatever the cause, the effected athletes are impaired in their ability to learn, to fight infections and in their exercise tolerance. The magnitude of the effect will vary with the individual but it can be significant. A study by Hinton, et al (Journal of Applied Physiology, 88(3):1103-11, 2000 Mar.) found that prevention of iron depletion in young female athletes during a 6 week training period

resulted in improved aerobic capacity. These non-anemic, iron deficient athletes were timed in a 15 kilometer cycle ergometer time trial at baseline and after 6 weeks of additional conditioning. The iron supplemented athletes had an average 3.4 minute improvement in their 15 km time (from a 30 minute baseline) while the non-supplemented athletes had only a 1.6 minute average improvement in their times.

Hinton and others have documented that the effect of iron repletion is due to increases in V02max (aerobic capacity) rather than anaerobic capacity, which would be the expected finding since it is the cytochromes of the oxidative phosphorylation pathways that are iron dependent.

So how does one determine if an athlete is iron deficient? Simply checking a hemoglobin or hematocrit is not adequate. These tests will determine if an athlete is anemic, which is important, but only the most severely iron deficient individuals will become anemic. The majority of individuals who are iron deficient will not be anemic. The most commonly used test to look

for iron deficiency is the ferritin level. This is a relatively inexpensive test (about \$30) that is reasonably sensitive. Ferritin levels less than 12 ug/L are indicative of severe iron deficiency with essentially no iron stores in the bone marrow (thus if not anemic now, they will likely soon become so with training). Individuals with ferritin levels less than 20 ug/L have some iron stores but are clearly iron deficient. Ferritin levels less than 40 ug/L but greater than 20 ug/L are technically normal but indicate marginal iron stores that are inadequate for an endurance athlete. Ferritin levels are not infallible at detecting iron deficiency because ferritin is an acute phase reactant and can be artificially elevated by infection, inflammation and by strenuous exercise. In such cases checking a soluble transferrin receptor level (which becomes elevated in iron deficiency) may be helpful.

Screening for anemia and iron deficiency must be done by the athlete's physician. Reasonable screening guidelines for adolescent athletes would include a baseline hemoglobin, iron, iron binding capacity and ferritin.

The hemoglobin is to look for overt anemia, while the iron and total iron binding capacity are to make sure

the athlete does not have hemochromatosis or iron overload (which would be contra-indications to iron supplementation). The ferritin is to screen for iron deficiency and should be done when the athlete is healthy and not training strenuously. After baseline screening has been obtained, I would recommend yearly hemoglobin and ferritin measurements during the "off-season" (early summer for most athletes). Treatment and follow-up testing would be at the discretion of the athlete's physician.

Early diagnosis and treatment/prevention of iron deficiency is important due to the global impact that iron deficiency has on the body. Athletes are at increased risk for being or becoming iron deficient and therefore at increased risk for impairment of cognitive, immunologic and emotional functioning in addition to poorer athletic performance.

'Making Your Track and Field Meets Run Smoother,

What the Coach Can Do to Help the Meet Official. Rudy Godefroid, ATOM past President

In compiling information for this article I polled various members of the ATOM Executive Board for their thoughts and suggestions. To report this back, it seems that the best method might be to list what an official would like to see at all meets. Also, what really makes the meets run smooth and most of all what's best for the athletes at the meets that we are officials for.

When we arrive, we would like to be greeted by the meet director, be it the coach, athletic director or event supervisor. It is always nice to know who we go to for support, to answer questions and help with in the areas that come to our attention.

It is a tremendous advantage if the athletes understand the rules of our sports and have been briefed in meet management and expectations. Coaches should not hesitate to contact a local official and have them talk to their athletes in an early season meeting or practice session about various rules and regulations. Sometimes having an official in uniform present to the athletes makes an impression that will last with the athletes.

At the meet it is always helpful to have the workers report ahead of time so that if they have questions for the meet official they can be addressed prior to the first running event. The timing crew needs to be set up and prepared. Setting the timing mechanism up two minutes prior to the first race and not having it tested can cause delays and nervousness from all concerned. It is also recommended to have the timers lined up prior to the day of the event. Rounding up timers from parents/fans in attendance at the last minute can also cause delays. If you are fortunate to have pickers as well as timers the same applies to them. Have personnel designated to record results at the finish line and an efficient way to have those results taken to the scorer and announcer.

Field event workers need to have their clipboards (with rules of the event attached), a measuring device, pencils and score sheets in plenty of time so that they can review them and be prepared for competition.

Athletes are always anxious to get to their event and it is a definite advantage when the event worker can open the event up for warm up. A meet official needs to be present at an event before the venue can be used. Coaches should be available to do this in cases where the event workers are delayed or tardy. There should be enough workers prepared to help the head field event worker at each event (measuring, raking, replacing bars, retrieving the implements and so on and so on). These workers need to be prepared to stay for the entire duration of both genders of their specific field event. While on the topic of field events, for dual/tri meets it's recommended to have the athletes have four attempts in the shot put, discus and long jump. If the meet has both varsity and junior varsity competitions, it's recommended to have the varsity competition prior to the junior varsity competition in each event.

At the meet it needs to be determined if there is someone available to clerk the running events or if the starter is also filling that role. Either way it can be efficient but the meet will run much smoother when a knowledgeable clerk is designated. The clerk needs to have heat sheets so that they can line up the competitors efficiently.

For the hurdle events, there should be a hurdle crew ready to go. Most of the time this will be the host schools athletes and coaches but either way if they are prepared and ready to for the hurdle races it helps move the meet along. It is also good to have someone designated of being in charge of the hurdle crew so that the starter can check with them for appropriate heights of the hurdles and if all flights are set (i.e. - 300 hurdles).

In the same vein, meets run more smoothly if there is someone designated to move the starting blocks. Having the meet official do this can cause delays, injury to the official and undue stress. There are numerous ways to move the blocks around the facility but having one person designated to do this will help tremendously.

For the relay events, it is great to have umpires prepared and ready to go. Once the starter sends the athletes to their respective zones, an umpire should be there that is knowledgeable of the exchange zones and procedure. The starter will check with all the zones so the umpires need to be prepared to raise the appropriate color flag to show readiness. If and when a violation occurs the yellow flags need to be raised so that the starter/referee is alerted and can react accordingly.

Some form of communication device can also be very helpful. Radio communication between the field events and the announcer/scorer as well as the finish line to the announcer/scorer. Speaking of that, the announcer should be a track knowledgeable person that can make the necessary calls and keep the meet moving along with their announcements at appropriate times.

The starter at the meet is responsible to keep the meet moving along but any and all help they can receive with the above mentioned areas would be greatly appreciated by one and all at the meet. In case of injury and/or accidents it is also an advantage to have a school trainer available. With all of the attention and concern with concussions no official, coach and/or school can be too cautious.

Meet preparation, preventative officiating and cooperation among all parties involved will make for a more pleasant experience for the athletes. The real reason that I hope all of us is there.

MHSAA RULES & REGULATIONS COMMITTEE

David Emeott/East Kentwood- Political Action

Items voted on at the Business Meetings at the MITCA Cross Country and Track & Field Clinics that obtain a 70% approval are then forwarded to the MHSAA Rules & Regulations committee. Those that are approved by the Rules & Regulations committee are advanced to the MHSAA Executive Board Meeting in May for implementation.

Topics that MITCA presented to the Rules & Regulations committee this past January.

1. Using FAT at Regionals. Remember, if you use FAT you will be allowed to subtract .4 from your time and then round up to the nearest tenth. This could have an impact on State meet seeds. Please encourage your Regional Director to get FAT. This may require putting him in touch with a knowledgeable timer.
2. Wearing watches during races. A topic, which came from the Cross Country clinic, was the ability to have athletes wear a watch during a race. The Rules and Regulations Committee also passed this.
3. Having the ability to coach our teams for 8 dates during the indoor season.

The Rules & Regulations Committee supported all 3 of MITCA's proposals. Using FAT was passed by Rules & Regulations and will be instituted in the upcoming season as long as there is not additional cost. The wearing of watches and coaching 8 indoor dates will be presented to the MHSAA Executive Board in May for possible implementation next year.

WHERE CAN YOU HELP?

Here is where this rule change needs your help. Many states already have a fully sanctioned Indoor Track

Coaching tip:

Use your football pylons to mark the ends of the relay exchange zones.

Track and Field Information From The MHSAA

Nate Hampton, MHSAA

We wish you, your teams and your communities well in this 2011 Track and Field outdoor season. Given the number of phone calls received in our office on several different topics, there is a need for clarification.

1. Watches worn in competition: The no watch rule for Michigan track athletes will still be in effect for this 2011 Track and Field season. Should the Representative Council adopt the Regulations Committee's recommendation to remove the watch prohibition in May, the rule may then change for the 2012 Track and Field outdoor season. Michigan athletes may not wear watches in competition in-state or out-of-state for this 2011 season.
2. Sydex Track and Field computer program: All Regional sites are required to use the Sydex program whether or not regional sites will use fully automatic timing systems (at no additional charge to regional expenses) or handheld timing.
3. The Track and Field season: There is no change to the currently defined season for Track and Field practice and competition. The first practice date is March 14. First contest date is March 23. The Representative Council will review the Regulations Committees recommendation at its May meeting.
4. The Jewelry Rule: The rules for wearing jewelry in competition are not changed. Jewelry shall not be worn in any Track and Field competition.
 - What is not considered jewelry:
 - Medical alert necklace/bracelet, if metal must be taped to the body. If bracelet is made of a pliable material, it does not have to be covered. Necklace must be taped to the body.
 - Hair control devices:
 - Unadorned bobby pins, barrettes and hair clips, no longer than two inches, are not considered jewelry.

NOTE: The penalty for wearing jewelry during the regular season: No exceptions; when the first offense is discovered, the referee will issue a warning. The second offense will require disqualification.

The penalty for wearing jewelry during the MHSAA Regional and Finals: No change in previous application. First offense requires disqualification.

March 11-12 NCAA INDOOR TRACK & FIELD CHAMPIONSHIPS (former Michigan High School runners – Michigan college runners)

NCAA Division I Indoor Track and Field Championships, College Station, TX, Texas A & M

Women: Weight: **Beth Rohl**-so/New Buffalo-MSU/8th-64' 11.5; 800: **Jillian Smith**-so/NJ-Michigan-2nd/2:04.78; 3000: **Megan Goethals**-f/Rochester-Washington-9:23.48. Team Standings: 1-Oregon-67, 18tie-Michigan-12, 57tie-Michigan State-1

NCAA Division II Indoor Track and Field Championships, Albuquerque, NM, Albuquerque Convention Center

Women: Grand Valley: Vault: **Jocelyn Kuksa**-j/II-3rd-12' 10.75; Shot: **Lauren Buresh**-j/Morrley-Stanwood-1st/52' 10.25; **Sam Lockhart**-so/Sexton-GVSU-2nd/51.06.5; Weight: **Liz Murphy**-so/Romeo-3rd/63' 1.25; 800: **Chanelle Caldwell**-j/Oh-2nd/2:11.3; Mile: **Monica Kinney**-j/West Catholic-1st/4:44.41; 5000: **Monica Kinney**-j/West Catholic-1st/16:16.77; DMR: **Monica Kinney**-j/West Catholic, Julia Nowak-so/Wi, **Madie Rodts**-f/Niles, **Kayla Vallar**-s/Marshall-3rd/11:47.4. High Jump: Bailey Franklin-j/Wi-NMU-5' 5; Triple Jump: Bailey Franklin-j/Wi-NMU-7th-38' 10 Pole Vault: **Jamie Roberts**-f/Ironwood-NMU-nh Weight: Catherine Nass-s/Mn-Hillsdale-17.0 Mile: **Amanda Putt**-j/Tecumseh-Hillsdale-5th/4:59.93. Team Standings: 1-Grand Valley State-87, 34tie-Hillsdale-4, 43tie-Northern Michigan-2

NCAA Division III Indoor Track and Field Championships, Capital Center Fieldhouse, Columbus, Ohio

Women Shot: Sarah Reasoner-j/Mn-Calvin/2nd-48' 4 1/2400: Rachel Boerner-j/NJ-Calvin/1st-55.75 Team Standings: 1-Wisconsin Oshkosh-46.5, 8-Calvin-18. Men Mile: Greg Whittle-so/Il-Calvin/2nd-4:15.06 5000: Nick Kramer-j/Il-Calvin/4th-14:29.59 Team Standings: 1-North Central-45, 12t-Calvin-13

U.S. Track & Field and Cross Country Coaches Association (USTFCCA) AWARDS

USTFCCA All-Academic Cross Country Team: The team must have had a cumulative team GPA of 3.00 or better and have started at least five regional at their respective NCAA regional championship.

Girls: Central Michigan-3.62, Detroit Mercy-3.39, Michigan State-3.25, Oakland University-3.38, **Boys:** Central Michigan-3.28, Eastern Michigan-3.40, Detroit Mercy-3.41, Michigan-3.15

Indoor Track & Field All-American: 1-8 first team, 9-16 second team.

Michigan: **Rebecca Addison**-so/Grand Blanc-800 & DRM, **Alisha Cole**-s/Cadillac-DRM, **Jillian Smith**-so/NJ-800 & DRM, **Danielle Tauro**-s/NJ-Mile & DRM. MSU: Zach Hill-f/MSU-shot, Lonnie Pugh-so/Grosse Ile-weight, Beth Rohl-so/New Buffalo-weight

March 11-13 NEW BALANCE INDOOR NATIONALS at New Balance Center/The Armory, New York

Girls: 60: 1-Tianna Murray/Pontiac-7.68, Dynasty McGee/Flint-7.88p, Shayla France/Detroit-7.94, 200: 2-Dynasty McGee/Flint-24.34, Shayla France/Detroit-25.67p, Anna Barnett-Jeffe/Detroit-26.01p, Paige Patterson/Divine Child-26.04p, Blossom Metevier/Eisenhower-26.24p 400: 3-Anna Barnett-Jeffe/Detroit-57.91, Paige Patterson/Divine Child-59.47, Ashley Dauphine/Troy-59.47, Joyce Powell/Detroit-1:00.49, Charlita Taylor/Southfield-1:00.96 800: 2-Ersula Farrow-8/Farmington Hills-2:16.81, Sara Stassen/Dearborn-2:19.38, Sarah Dailey/Pontiac-2:21.34 60 Hurdles: Allison Goff/Pontiac-nm-9.11p 5000: 6-Gabrielle Anzalone/Grand Blanc-17:11.25 Pole Vault: 5-Kristine Wieber-11/Pewamo-Westphalia-11' 2.5 Shot: 3-Angela Burse/Pontiac-39' 5.75

Boys: 60: 2-Derron Lumpkin/Pontiac-6.52, 200: 1-Andrew Hunt/Ypsilanti-21.82, Brian Witherspoon/Ypsilanti-23.98 Vault: 5-Scott Watson/Stockbridge-14' 2.

REMEMBER: YOU MUST BE A MITCA MEMBER BY MAY 1

TO BE ELIGIBLE FOR 2011 TRACK & FIELD COACH OF THE YEAR. If you did not attend either clinic this school year you are not a member & need to become a member. Application form is on page 10.

HAPPY 100TH KERMIT.....From his actual birthday party at the San Marino Banquet Center, Troy, to the MITCA Track & Field Clinic in February with several other celebrations in between, Kermit had a birthday celebration that matched his life, long, fruitful and joyous life.

Brian Wilson's Remarks at Mr. Ambrose 100 Birthday Event



I want to clear up a misconception. We are not here tonight to celebrate Mr. Ambrose living 100 years. That's really not that big of a deal. Parrots live to 100. Tortoises live to 100. Oak trees live to 100. No, we are not here to celebrate Mr. Ambrose for living 100 years, but rather how he has lived those 100 years. That is what we celebrate tonight.

During those 100 years Mr. Ambrose has literally touched the lives of thousands. Those of us here tonight are a mere presentation of all he's touched; a mere grain of sand from the vast seashores of those he's impacted. If we were to gather all the people impacted by Mr. Ambrose we would have had to have leased the Silver Dome.

If we did manage to bring everyone together who had been impacted by Mr. Ambrose he would have walked up to a young man or young lady and asked, "Have we met? I don't think I know you. Why are you here? How

have I impacted your life?" The young man or woman would reply, "Mr. Ambrose, we have never met. But, you impacted someone who impacted someone who impacted me."

Mr. Ambrose impacted so many lives, most of whom he may have never met. His influence will continue for generations. This is the way it goes when one work with people. You are always touching lives and making an impact. So to you teachers and coaches in the audience, whether you know it or not, you are impacting lives, be in a positive way or a negative one.

Another remarkable lesson we learn from Mr. Ambrose is that he never stopped touching lives. Many might think that upon retirement, or at age 75 or even 80 one's worth diminishes. Many who are these ages maybe wonder themselves what value they bring, what impact they can have. Mr. Ambrose never questioned it.

When I first met Mr. Ambrose he was 90 years old. He was starting a cross country meet at Kensington Park. A youngster got to the starting area about 15 minutes before his race. Mr. Ambrose advised the young man that he had quite a bit of time yet until the start, so he should probably put his sweats back on. The young man snapped back, "My coach said I don't have to wear my sweats". Without missing a beat, Mr. Ambrose replied, "If I were your coach, I'd rip your arm off and beat you over the head with it!" The young man returned shortly thereafter with his sweats on.

The point is that Mr. Ambrose didn't stop caring and contributing even at age 90. I'm so glad of this. I can't begin to tell you the impact he has had on my life and likely many of yours just in the past 10 years. If he had given up on himself at 90 I never would have met him and he never would have impacted me. Furthermore, those who I am impacting because of him never would have been reached. Better yet, because Mr. Ambrose no doubt doesn't consider 100 to be an age to stop impacting lives, many who are yet to meet him will someday be saying, "I first met Mr. Ambrose when he was 100, and what a difference it made in my life.

Thank you for indulging with these brief comments. Please join me in prayer as we thank God for this extraordinary man.

We thank you, Lord, for loaning us Mr. Ambrose for these 100 years. We would like an extension on that loan. You see, there are so many more people that need to meet Mr. Ambrose, so many more people that need to be influenced by him. We thank you Lord for the lives he's touched and those he's yet to touch.

We also thank you Lord for giving us Mr. Ambrose to show us a living example of unselfishness, constantly giving to others, being true to oneself, having passion, and humility.

We also thank you Lord for the coaches and teachers who are here tonight. May we mimic the principles of Mr. Ambrose in our own way with those we meet and influence.

For all this we thank you and praise you. In Jesus' name, Amen.

An Athlete's Remembrance.....

A coach in our conference, John Wismer, Bridgman, related to me a story of his meeting Kermit in 1965, the summer between his junior and senior years in high school.

One of Kermit's former runners married the older sister of one of John's friends. His friend told him about Kermit and his Thunderbird Sports Camp, giving John an address where he could contact Kermit. John wrote Kermit, who was at Wake Forest attending a NSF program that summer and Kermit responded with a 3 page typed letter. John said he was overwhelmed that a person he had never met would care so much about him to send such a detailed, personal letter. John stated, "I never had a coach who knew much about distance running and I needed guidance and inspiration. Kermit gave me both."

In summary, Kermit's response was he would help any way he could, telling John to remember; "The only place where success comes before work is in the dictionary. And that "you must have that desire (better to say a burning desire) to excel. You just can't wish yourself into being good."

Kermit states "the more difficult problems in the process of getting into condition are more mental than physical. Feeling tired is not necessarily being tired and one of the essentials of correct training is the development of callousness toward the feeling of fatigue.

He further tells John that he does not know anything about John's physical stature and that "this" (physical stature) has nothing to do with success but how good does John want to be & how determined is he. Telling John "If I see you at the State Championship, I'll know that you worked & have the determination to succeed. And, the most wonderful part of all of this is the fact that it has a tremendous carry-over value for life later.

Kermit tells John that he needs to work twice a day. If he has a job, then get up early and run before. The first practice should be distance oriented, spelling, out the type of work he should do and where if possible do it on a soft surface. The second workout should be of the speed variety, discussing the types of things John could do. He then says to John, "Maybe this seems like an awful lot of work to do and you might wonder, is it worth it. Well how good do you want to be?"

The letter concluded with the following P.S.:

You are the fellow who has to decide
Whether you'll lead or linger behind
You are the fellow who makes up your mind
Whether to do it or toss it aside
Whether you'll try for the goal that's afar
Or be contented to stay where you are.
Take it or leave it, there's something to do
Just think it over; it's all up to you.

John went on that fall to set the school record, was 2nd in the region and 16 in the finals.

SWEENEY WINNERS WITH KERMIT AMBROSE



back: Mike Unger, Greg Miller, Lee Kahler, Marty Crane, Wayne McDonald
front: Tony Mifsud, Kermit Ambrose, Ross Donley, Jerry Myszkowski, Chuck Janke..... *steve porter picture:*

ON THE LINE: Your editor feels extremely fortunate in his cross country and track & field careers because of the people he has spent time with and who help form his career.

As a sophomore at Lansing Resurrection I started running track. We were without a facility and Lansing Eastern allowed us to use theirs. The following year we started cross country. Eastern's coach at that time was Chuck Sweeney, who MITCA's Sweeney Award is named. Chuck allowed us to practice with their team on the track. When we started cross country the following fall, Chuck saw our coach had no cross country experience so he kind of took us under his wing and helped. We had beginners luck & finished 4th in the Finals. The year we started cross was his second consecutive Class A Lower Peninsula Championship team at Eastern. Chuck Sweeney, after he retired to Florida, would return each January for the track clinic, the only MITCA Clinic for years. He was MITCA's long time treasurer.

Fall of 1967 I helped open Pontiac Catholic and in following fall we started cross country. That year we participated in our first Oakland County Meet. There was, at the meet, some "old guy", actually younger than I am now, in charge of the awards program. He carefully marked off a semi-circle for the crowd to stand behind and called the runners up, by name, to get their awards, telling them "If you can run 2 miles you can jog 10 yards to get your medal." That was the first time I had seen an awards program in cross or track, other than maybe at a State Finals. That was my introduction to Kermit Ambrose.

I moved to Niles Brandywine in the fall of 1970 and I don't know who or how but next thing I knew I was involved in clerking at the Huron Relays, Kermit was the meet director, and shortly after that officiating at the Indoor NCAA Meets, Kermit was a timer. It was at these meets I really got to know Kermit and many of the other "old guard" of MITCA, which as an organization was now really coming into its own.

The Huron Relays, at that time, had a several hour break between the 2 sessions each day. These were some of the best clinics I ever attended as the officials, mostly high school coaches, would have lunch together. The same was true of after the events on Friday at the NCAA. Many of NCAA officials, again high school coaches, would gather. Sometime around then I joined a group of coaches that would go out to get "ice cream" after hospitality on Friday night at the MITCA Clinics. Kermit was and is still one of that group. Again, these were some of the best clinic sessions I have ever attended.

Today, we would probably call that mentoring. In those days we were just coaches getting together, socializing and talking track.

PAST PRESIDENTS OF MITCA WITH KERMIT AMBROSE



back row: Steve Linn, Greg Miller, Tom Gass, Don Sleeman, Mike Woolsey, Kim Spalsbury, Kerner Gilliam, Lee Kahler, Kevin Behmer front row: Marty Crane, Tony Magni, Rich Tompkins, Kermit Ambrose, Lee Averill, Lou Miramonti, Lowie van Staveren, Jerry Myszkowski, Chuck Janke.

AMBROSE WINNERS WITH KERMIT AMBROSE



back row: Don Sleeman, Jerry Lasceski, Jim Murray, Mike Woolsey, Gary Meehan, Kim Spalsbury, Kerner Gilliam front row: Tony Magni, Bill Grebe, Rich Tompkins, Kermit Ambrose, Lee Averill, Lou Miramonti, Lowie van Staveren.

Kermit had remained in the classroom after his coaching days, for several years, taking up officiating. He was one of the founders of ATOM, probably one of the only officials associations for cross country/track & field in the country.

Kermit developed the procedure for setting up the curved starting line. He was an official at several of the major cross country meets around the Detroit area. Not only did he have cones and flags to mark off an awards area but also he brought poles and rope to set up the chute. As a matter of fact coaches in the area purchased "Kermit's Cart," a trailer so he could better transport his "cross country course."

As a timer, before the printing timers or 100 memory stop watches, he would use a tape recorder. Someone read the seconds on a stopwatch into the recorder and then another would say "mark" or the number of runners crossing the finish line. Kermit would then replay the tape, with a stopwatch running to record times to "tenths" for the official results.

At meets coaches have their watches to time their athletes, Kermit has his to "time" the starters. The rulebook states that there should be "1 to 2 seconds between set and the gun." Kermit is checking the official to see if they are giving the runners a "fair" start.

Shortly after the Patsy Arpino scholarship was established by a donation Patsy had left for that purpose Kermit stood up at the MITCA Track & Field Clinic and offered to make a 50 cent donation for every member at the clinic that year if MITCA would match the donation.

When Kermit had his 90th birthday one of his students thanked him for his support while she was in school. She is currently in the entertainment field as a producer for TV. Among her productions had been the Jerry Lewis Telethon. She called Kermit one of the original "women's libbers." That is one thing no one had ever heard Kermit called before. She related, that when she was in high school and wanted to get into the radio club girls were not really encouraged and were given little to do. Kermit encouraged her and supported her, leading to her eventual career.

The first time my son Guy hosted the Horizon Indoor Meet at the University of Michigan he got Kermit for his starter. He reasoning was the fact most of his kids had run in a meet Kermit started and they would be used to his "bark." A *home gun advantage*. Lou Miramonti related he liked to work with Kermit because he was referred to as the "young official."

We decided to send our youngest to South Bend St. Joseph for high school. I didn't know a lot about their program or coach so I felt it was important to get him off on the correct foot for his high school career. To do that we sent him to the Wolverine Cross Country Camp that Kermit ran. I knew more than the miles, he would get the foundation he needed to be a runner and would be around athletes and counselors that were "into" running.

I officiated at the Summit Conference meet last May at U of Toledo. One of the officials made some comment about me being an old official. I claimed I was young in Michigan as we had a 90-year-old starter at the Horizon Meet 10 years ago. At that same official was working meets with the flag at the finish line and setting awards, Kermit.

As a parent, as a coach I cannot thank Kermit enough for all he has done and still continues to do..... *Inspire!* jgm


**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					
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.						
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												

Proudly Sponsored by	Div	Contact Name	School	Fax Number	Questions?
	D1	Carl Spina	Saline	(734) 429-8052	spinac@saline.k12.mi.us
	D2	Tony Misfud	Divine Child	(313) 562-9361	tonymisfud50@aol.com
	D3	Dean Blackledge	Hanover-Horton	(517) 563-0155	Dan.Blackledge@hanoverhorton.org
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