

MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

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www.mitca.org

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CROSS COUNTRY CLINIC

Doubletree Hotel, Bay City
Nov. 11-12-13-14 2010

TRACK & FIELD CLINIC

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

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The WHY... Chris Owens/Tawas, 2nd Vice President



Cross country & cancer have had a connection for me for 12 years now. My Mom lost her battle with cancer the morning of the State Finals meet on Nov 7th 1998. Since then I have been very involved with TEAM in Training & the Leukemia & Lymphoma society. I have done 3 events with them & have had a Turkey Trot in East Tawas for the past 3 years to raise funds for the LLS. When Ray announced at the Track clinic that Duane Raffin was unable to be with us because of his battle with cancer, it really made me think.

Cross country has a lot to do with "battles". Teams battling, runners battling one another, themselves, the clock, the hills, the weather, etc. But I realize that as much as we are loving these "battles" & this sport, most of us have also had an outside battle with cancer going on at the same time. Whether it is the Coach fighting this battle or someone close to them. So, we wanted to take an opportunity to acknowledge all of those around us who have fought this toughest of battles.

We will be doing many things throughout the clinic to honor those who have passed, those who have conquered and those who are currently in battle. To make sure your loved one is part of the memories please send pictures, stories, etc. to Chris at cowens@tawas.net. There will be slide shows, pictures, posters, and other ceremonies to commemorate all who have been touched by this disease. Help us, help those who need it, be a Cancer Awareness soldier.

The 2010 CC Clinic will have a focus on cancer awareness. We feel this is a topic near & dear to all of our hearts with one of the founding members of MITCA, Duane Raffin, recently losing his battle with cancer.

We will be taking some time at this clinic to recognizing the "heroes" in all of our lives, who have battled cancer. For some of our special projects for this clinic we need pictures & or brief stories of anyone in your life who has battled cancer. We are planning to raise funds through different activities at the clinic to donate to 2 organizations that are fighting to help find a cure for cancer (Lance Armstrong Foundation & the Leukemia & Lymphoma Society).

We also are looking for speakers who have had some connection to cancer in their lives, (having battled it themselves or had a loved one, student, athlete etc. who has fought this battle). The sessions will be on normal clinic topics; however we want to highlight the ways that this disease has affected all of our lives. If you are willing to speak, we will get back to you with information on the topics that will be covered this year to keep up with our education series.

Our hope is that we have hundreds of pictures/stories and many volunteers to speak about CC issues who have a cancer connection. Please email Chris Owens with any honoree information & speaker volunteers. In your e-mail please include the following:

1. Please put "MITCA clinic" in the subject line
2. Name of the Honoree (picture if possible)
3. When they began their battle with cancer
4. How many years they have been cancer free or the date (or year) that they lost their battle
5. Any additional information
6. If you are willing to speak at a session

Thank you in joining us to honor those who have battle this disease & for helping in the fight to find a cure! Our give-a-ways, our programs, our clinic notes will be designed to promote this cause.

THE PRESIDENT'S LANE: Steve Linn, MITCA President



I hope you don't find this too dumb,
Or think of me as a bum.
Advice was a new approach,
Hopefully with no reproach.
To all a good season we wish,
While some just hunt and fish.
Do best by those around,
And may success always abound.

When I became president, Jim Murray asked for my first president's message, and Greg Miller was standing by me. Greg suggested I do a parody or spoof. Well, when I first started coaching, I used to write silly poems for the announcements to recruit kids to sign up for track. I hope the poem above wasn't too bad. Anyway, at this point, you are into the fall season. I hope all is going well. Remember, after the cross country season, comes the cross country clinic, November 11-13 in Bay City. Also, remember to remind your kids to do their best and have fun, as well as spend quality time with your family. Have a great year.

CLINIC IN A NEWSLETTER

This part of the newsletter, beginning on the next page usually features a collection of workouts and/or training comments from coaches around Michigan. This "clinic in a newsletter" has comments about working with the young elite runner and group running. If you have suggestions for topics to include or would like to submit an article contact me, Jim Murray/Newsletter Editor.

THE FRESHMAN SENSATION.....

Steve Zaranek, Grosse Pte. South

With a little luck, we may be blessed at some point in our coaching career with a freshman runner who makes an enormous impact at the local, region, state, and even the national level.

This past school year, I was blessed with three. How does a coach keep 14 year old girls hungry for greater achievement and with that, more intense training? How do these young girls handle the “pressure” of higher expectations? How do these girls continue to develop a love for the sport?

On one hand, their lack of experience creates part of the potential problem. On the other hand, their young age helps in learning how to handle the possible solutions.

Hannah and Haley Meier both finished in the top 8 at the D1 state cross country meet last fall as freshmen. The track season was even better as they combined with freshman Christina Firl and sophomore Kelly Langton to run 9:09 3200 relay – second place to Rochester’s 9:05.

Hannah returned later to run a state meet record 2:08 800 while Haley finished second to Megan Goethals in the 1600. Hannah also set the state indoor record in the 1600 and both did very well in both the indoor and outdoor national championship meets. All three freshmen had 1600 times ranging from 4:45 to 4:55, 800 times ranging from 2:07 to 2:12 and 3200 times well under 11:00. Hannah also had open 400 times in the 56 second range.

These girls came into the sport with a true love of competition. More importantly, they developed a love of their teammates. The Meier’s and Firl soon developed a very close friendship. They continue to have a unique ability to push and support each other and this has been a key to improvement. A 14 year old freshman needs the daily interaction of teammates and coaches. Developing friendships is paramount.

Isolation of the “star”, as a way toward more intense training, is not a good solution. For decades, our Grosse Pointe South cross country and track programs have attracted well over 100 girls to our teams. The huge family atmosphere keeps the girls, including the star freshmen, grounded. Team meetings always focus on team support – from our slowest to our fastest girls. Perhaps 10% of meeting time focuses on sport specific topics. The rest centers on what we can do both individually and as a team in the areas of commitment and support.

This keeps the “stars” hungry for more and looking forward to the next big meet. It’s not about what they will accomplish as an individual, but rather what they can possibly contribute to their team. After a competition, we rarely talk about specific performances but rather how the “stars” were able to contribute to their family of teammates. That 14 year old freshman now feels the pride of contribution. She remains eager for more of that same feeling.

Our three freshmen “stars” were involved in setting 7 new school records and close to 40 conference and meet records last spring.

Those accomplishments rarely surfaced until the end of the season. What did surface during the season was how they helped raise the levels of excellence and contribution for all on the team.

Unfortunately, high expectations are placed on the young “star” runner.

Classmates and adults tend to think that each and every race should establish a new record or something must be wrong. We know it does not work that way. Our goals as a coach of a young “superstar” is to keep her grounded and allow her to enjoy the moments and continue to develop a love for the sport. It is not about squeezing every ounce of performance into every single race. We want her to grow with the sport and love her team. We want her be genuine and humble. We want her to smile and laugh with her friends and coaches at practice. We want her to excel at the big meets because she wants to excel.

When our kids leave our program, we want this great experience of track and cross country to last a lifetime. This will happen if we are strong teachers.

WHAT APPEARS TO BE WAS NOT PLANNED (PACK RUNNING)

Mike and Emily Kloss, Harbor Springs Cross Country

We, Mike and Emily Kloss from Harbor Springs, were asked the question, “How do you get your runners to run in a pack?”, or “How do you train to get a nice pack of runners?” The simple and direct answer to those questions is that we never planned our training to achieve those results. It is nice that it happens that way. Or that people think that of our program. The only way we can answer, to the results of our teams, is to tell you what we do and what we believe.

Three things are the underlying beliefs of our program: Work Hard, Play Hard, and Race Hard. Working hard is just that, when we train, we train at a high intensity. We don’t spend a lot of time at practice. Practices last between 1-1 1/2 hours, a speed work out may take a little longer. We don’t count mileage, and by no means are we a high mileage program. Our kids might see a 7 mile run a couple of times in a season, most distance runs are between 5 and 6 miles. If limited, we could choose a distance work out over a speed work out, and we never have a speed work out in the first 3 weeks of practice or do we never pace run our distance runs. When we run a distance work out, we run the distance, as hard as we can. We don’t give our high school runners college work outs. We have never had a huge number of kids in our program, so we don’t want to lose even one.

Play hard refers to playing around or fun time. Both of us were former distance runners in high school and college. Being from that background, we know that running your guts out in a race, or training, really isn’t that much fun. Everybody needs to enjoy what they do. We have cider and donuts runs, which is no more than buying donuts at the day old store and have apple cider with them after a distance run. We have girls’ and boys’ night at our house, which is a movie and snacks that everybody brings. We may have black sock day, or cut off sleeve T-Shirt day (which has a different name), or we may have the kids dress up for practice during home coming week. We have our stops after some meets, Friskie Orchard or Dairy Queen are two of them. We have a family picnic after the Sault Saint Marie Invitational. Don’t forget that kids want to belong to something, and they want to have fun doing it. I have been known to start the acorn fight after a run in the woods and get in trouble by my wife.

Race hard is what it is. We want to race to the best of our abilities. We rest the day before the meets, and we may rest two days out for a big meet. We take a calendar and figure out the works based on the schedule of the meets. We were lucky enough to start the cross country program at Harbor Springs 11 years ago, so we put the schedule together. We don’t race too much, and we don’t race a lot early. We don’t train through races, looking to perform better at a bigger race. You have to have gas in the tank to make the motor run, over racing or over training, will leave the tank half full.

The only direct coaching, which may relate to pack running, is that we ask our runners to train with the person in front of them. We want them to attempt to train at a higher level, and not to run back with a friend, or ask a team member to train back with them. If we see someone not doing this, we would address it.

I don’t think there is a plan in training that will make your team a pack running team. I think as coaches you do the best with what you have been given. Sometimes the best you are given is a group of hard working, hard nose country kids, that will give you their best. They may not be the greatest runners, or the super stars of the sports, but they have a little Northern pride in themselves, the school, and the tradition of the program. You can make almost anyone into a distance runner if they just give it a try.

Reading T-Shirts on Saturday A coach is someone who makes you do what you don’t want to do in order to become who you’ve always wanted to be

VIKING HONOR By Mary Drier, Staff Writer



FAIRGROVE — It wasn't just the championships and trophies that Jerry Lasceski pushed for that earned him recognition. It was the way he touched the lives of students.

The Akron-Fairgrove School District dedicated its track and field Friday to Lasceski by naming it in which "Lasceski Track and Field."

"Jerry Lasceski – Mr. L – you have touched the lives of hundreds, maybe even a thousand or two during your 40-plus years of coaching and teaching," said board of education President Diane Foster.

"Your reputation is not best described in words, but by the many athletes, fellow coaches, teachers, family and friends who stand in tribute to you."

Lasceski has been a coach and teacher for 44 years. Under his coaching, athletes won 12 conference championships, six regionals, as well as state championships in 1978 and 1993. They were runners-up in 1968 and 1983.

"He taught our students the value of hard work and setting goals," said Superintendent Joe Candela. "He worked with these students both in the classroom as well as on the field."

Lasceski coached track and cross country, and taught businesses classes.

Also recognized during the dedication was the hard work of athletic boosters like Karen Adams, who was president of the group for six years.

"Under her leadership many of the athletic outside buildings, scoreboards and equipment were upgraded," noted Foster. "Karen's hard work has been very much appreciated."

Foster also acknowledged current athletic boosters Shelly Aldrich, Kim Butcher-Wright and Caren Englehart for their hard work. "It is because of a generous donation from the boosters the sign appearing on the west side of the press box proudly declares the newly named facilities," said Foster. "These ladies work quietly behind the scenes, but their thumbprints are all over the athletic program."

Others who were recognized for their efforts were Bob Swan and Vicki Ruppal, who worked alongside Lasceski for many years. Friday's celebration was also a milestone with five decades of education for the district.

The celebration of "Golden Year – Golden Opportunities" comes to a culmination this month at 7 p.m., Thursday, May 27, with the Class of 2010's commencement. A special feature of the program will include the first graduating class of 1960. They have been invited to participate during the evening's festivities.

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MITCA CROSS-COUNTRY CLINIC QUESTIONNAIRE 2010

1. Are you in favor of the Regional, Semi-Stats, State Finals, proposal with the number of individuals advancing to the Lower Peninsula Finals increasing from 30 to 35? **Yes No**

Editors note: This is the proposal that was made at the 2009 Clinic with the increase in the number of qualifying individuals to the Lower Peninsula Finals. The proposal has been reprinted for your information.

For cross-country, are you in favor of the nine regional, three super regional, and one final meet championship format?

Question details

Regional Meet: held two weeks before the Final Meet. Stay with the exact same Region placement system, MHSAA Places teams in regions. Qualifying to the next round (super-regional) are:

-top 6 is teams

-any individual finishing in the top 30

Super Regional Meet: held one week before the Final Meet. Three regions advance to one super-regional. Qualifying to the next round (final meet) are:

-top 9 teams

-any individual finishing in the top 35.

Final Meet: First Saturday in November

2. Are you in favor of athletes having the option to wear watches during cross country competitions? (We are now the only state that does not allow them.) **Yes No**
3. Are you in favor of starting the season starting on Monday of the first week of practice? Currently the start is Wednesday. **Yes No**

VENDORS AT MITCA CLINICS: If you know of any business or group that would be interested being a vendor at any of our clinics please have them contact me. You can also give them my email or refer them to mitca.org and they can contact me through there.

Reading T-Shirts on Saturday

If I stop running, how am i going to get home?

A CELEBRATION TO HONOR

KERMIT AMBROSE

As he turns 100 year old.

Will be held on Thursday, Jan. 6, 2011

1685 E. Big Beaver Rd, Troy
Dinner, Open Bar & Gift \$60 per person.

If you would like to send your favorite **Kermit Memory**, please mail it to:

Lou Miramonti
5511 Bordman Rd.
Dryden, Mi 48248

We will put it inn a memory book for Kermit.

RSVP by Dec 1 to: Bob Stark 1020 Chesterfield Birmingham Mi 48009

MID-EAST CROSS-COUNTRY CHAMPIONSHIPS

Open to senior runners only. Two teams of 12 runners each, male and female will be selected to represent Michigan in the **MID-EAST CROSS-COUNTRY CHAMPIONSHIP**. There is no entry fee and registration is the day of the race.

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

QUALIFYING

Sunday, November 14, 2009

Sharp Park, Jackson

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

CHAMPIONSHIP MEET.

Saturday November 20, 2009

Kettering Recreation Park, Kettering Oh.

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

2010 MITCA COACH OF THE YEAR for the MHSCA

The MITCA Executive Board selects a "Coach Of The Year" for the MHSCA in both cross-country and track & field. The MHSCA then forwards those nominees to the NHSCA for consideration for regional and coach of the year honors.

CROSS COUNTRY:

Boys Christopher Young – Ionia
Girls Dean Blackledge – Hanover-Horton

TRACK AND FIELD:

Boys Brett Cataldo - Allendale
Girls Patrick Clarke - Chelsea

NATIONAL FEDERATION RULES CHANGES

There are 15 new rules changes approved by the National Federation of State High School Associations (NFHS) Track and Field and Cross Country Rules Committee that take effect with the 2010-11 school year. This is the year the MHSAA distributes the track & field rules book, but the rule book will not be released by the national federation until January. For the benefit of cross country coaches we have included material from the MHSAA and the NFHS for you information.

The following is from the MHSAA website – Officials – 2010 Rules Changes/Interps. There is also a discussion of the concussion issue that should be read.

1. While jewelry is still prohibited in all track and field events under NF Rule 4-3-3, the first violation witnessed by an official will now result in a team warning. The observing official shall report to the meet referee, who will then notify the coach of the offending school. All subsequent violations will result in a disqualification of the athlete(s) from the event. Please know that the penalty for illegal uniforms remains unchanged from past years.
6. NF Rules 4-3-3 and 9-6-7 were amended to allow additional means of hair control. Unadorned devices, such as bobby pins, barrettes and hair clips, no longer than two inches, may be worn to control a competitor's hair. This rule was updated to reflect common practice in some states and achieve consistency throughout the rule's application. These items for hair control are not considered dangerous for the contestant and are not considered jewelry or adornment.

The following is the information from the National Federation website. The big change is legalizing most of the hair restraints

4-3-3 new d: Allows bobby pins, barrettes and hair clips no longer than 2 inches to be worn to control a competitor's hair

Rationale: Allows certain types of devices, when securely affixed, to be worn to control the hair. They do not pose an injury risk and are not considered jewelry.

Jewelry is still prohibited in all track and field events under Rule 4-3-3, the first violation witnessed by an official will now result in a team warning. The observing official shall report to the meet referee, who will then notify the coach of the offending school. All subsequent violations will result in a disqualification of the athlete(s)/relay team from the event.

4-3-3 new PENALTY: Modifies the penalty for the wearing of jewelry. A first violation will no longer result in immediate disqualification, instead a team warning will be issued and any subsequent violation by any team member will result in disqualification from the event.

Regarding braces, casts and padding and the concussion management those are not a commonly involved in cross country but we as coaches need to be aware of the changes.

4-new 4-1: Clarifies the rules regarding braces, casts and padding.

4-new 4-3: Clarifies the rules regarding concussion management

NCAA CROSS-COUNTRY FINALS

The **NCAA Final Meet** will again be held at Terra Haute, In. This meet is held on Monday, November 22.

The meet is held at the LaVern Gibson Championship Cross-country Course at the Wabash Family Sports Center. The cross-country course is just that, a cross-country course! It is compact enough that spectators can see most of the meet.

This may be you last chance for a while to see the NCAA Division 1 Cross Country Championship close by until 2013. The 2011 site is TBD and the 2012 site is Louisville, Ky.

A COACHING OPPORTUNITY.....

DeLaSalle Cross Country and Track and Field Coach, Bob Blunk, is looking for coaches to assist for the Down Under Games in Brisbane, Australia. The three day Track & Field tournament will include Australia, New Zealand, and Fiji along with most states from the U.S. The trip begins the last Monday of June and returns the second Friday of July. Coaches have the opportunity for a free trip which includes a full day of sightseeing in Sydney and three days in Hawaii after the competition or pay a reduced fee, if preferred.

Interested coaches can email Coach Blunk at coachbb13@aol.com for more information.

Coach Blunk has attended the games for three years and has just been promoted to Conference Head Coach. He is now Head Coach of Michigan, Illinois, West Virginia, and New York. Assistant coaches would be part of the entire group, but concentrate on the Michigan athletes.

Coaching Tip: Take "ice bags" from the training room to meets and wear them over the socks to keep feet dry during warm-up on wet days.

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ON THE LINE.....

There was a recent article that made the rounds, of a study in the *Journal of Applied Physiology* that was co-authored by Tuomo Rankinen, a scientist in the human genomics laboratory at the Pennington Biomedical Research Center in Baton Rouge.

The crux of the study was that about 1 in 5 people can train all they want, but because of their genetic makeup are not likely to see much improvement in their endurance levels. The authors cautioned that this shouldn't be a reason to stop running. Rankinen states "There is a whole host of other physiological responses" to exercise, such as heart rate, cholesterol levels, blood pressure and insulin metabolism, that are related to genes other than those implicated in the aerobic response.

A 2009 AROM Newsletter had an article from the *Science Daily* that 2 econometrics from Tilburg University in the Netherlands that felt that the ultimate 100 meter can be run in 9.51 seconds. This was arrived at by using extreme-value theory, a sub-sector of statistics.

I regularly used an article in *Scientific American*, from the late '60s or early '70s, in my Algebra classes to show applications of "curve fitting." The article took the progression of track records up until then and arrived at an equation that "fit the graph" on a time vs. year graph. They used those equations to predict what future records would be.

I picked up a book, **Mathematics and Sports**, at the Mathematical Association of America's Math Fest this summer. Chapter 24, "May The Best Team Win: Determining The Winner Of A Cross Country Race" was interesting. Mathematically it tried to show how to figure the "best", to make sure it was the winner. The dual meet was trivial but the invitational was interesting. The addition of "other" teams can have a significant influence on who the winner will be and leaves open the question of "did the best team" win!.

In 2008 we read about Oscar Pistorius, the South African double

amputee who wanted to run the 400 in the Olympics. He was denied because studies indicated he may have a 10-second advantage in a 400.

Locally the *South Bend Tribune* had an article about a freshman at Mishawaka Marian High School, Gena Keszel. She wears Tinker Bell on her prosthetic leg during her soccer games. She has 12 inches of leg below her left kneecap and has been running around on the prosthetic leg since she started walking. A couple of years ago a girl went to kick a ball & kicked Gina's leg off. Everyone stopped, and looked while Keszel put the leg back on and scored a goal. She goes to practice and games with 2 legs, one better suited for running and one with cleats.

She was upset with a 2 mile time she ran early in soccer but does not worry about it for track as she is a 1-2-400 runner.

What does all of this mean..... We have all had those athletes that never seem to get anywhere and those that we are continually amazed at their accomplishments. We have all had athletes that we feel were the best we will ever have and yet, as long as we remain coaching, we often get another that is better. We always wonder what the ultimate is and are always pleasantly surprised when we see something that betters what we thought possible. And in the spirit of Oscar and Gena, when we read about them, or more significantly we get to watch them, we realize why we are out there day after day, year after year.

I scout opponents for cross country and track & field and try to figure win/loss. But once the event starts or the gun goes off, the competitors take over and "previous" doesn't matter.

As I have said several times. If we knew who was going to win, not should win, we could just meet in August or March. Pick up the medals, pass out the trophies, collect our pay and spend the fall golfing, hunting and/or fishing. *But then* we would miss out on all of the fun, watching the great practices, the intense races and the smiles of accomplishment..... jgm

I DIDN'T KNOW ABOUT THAT.....

HOW DO YOU GET THAT.....

WHY WASN'T SO & SO NOMINATED?

.....are comments often heard at the MITCA Clinic Banquet as awards are presented. MITCA has done a fantastic job in recognizing its members and supporters for their work in cross country and track & field. We always mention these awards at the clinics and here in the newsletter and how to apply for them but we still hear the comments "I didn't know about that..... How do you get that.... Why wasn't so & so nominated?"

Many think the Executive Board makes the decision on who gets the award or who is nominated. Well yes we do, but **you actually make the decision by either applying or nominating individuals for the awards**. Many times the Executive Board has asked individuals to apply by filling out the form only to never get the required form or information. The 2009-2010 school year saw some of the MITCA Recognition Awards not presented. Not because there weren't deserving individuals but because your Executive Board did not know about them. There were awards where there were no nominations! On the other hand there are deadlines to apply for the awards.

There are many individuals that the Executive Board would like to consider for the Hall Of Fame, especially coaches that have retired but it does not have sufficient information to be able to consider them. You know many of these coaches, you may have replaced one of them.

The Averil/Grant Award is especially hard for the Executive Board to make a decision on because it is a "behind the scenes award." I went to several West Bloomfield and Sturgis Invitationals and came away impressed with the quality of the meets and how well things were done. Alice Averill & Nancy Grant, namesakes of the award, did so many things that made those meets the experiences for the athletes and coaches that they were. There are countless other Alice & Nancy around help MITCA recognize them.

The Arpino Scholarship is awarded by simply drawing the winner's names from the nominations submitted. There are many more children of our members attending college than names in the drawing.

All of the MITCA award applications are at: **mitca.org**. Unfortunately too many of the members do not think about the awards and as a result do not go to the website and we do not get the nominations. For this reason applications for all of the MITCA recognition awards are included in this issue of the newsletter. This is being done to make you aware of the awards, with hopefully the result that nominations will be made. Hopefully this will create enough knowledge of the awards so we can do all of the nominating online in the future.

All applications will be kept on file so a nomination is not necessary each year. The Hall Of Fame application should be updated regularly for coaches that are still active.

Give somebody a gift of a lifetime, nominate them for a MITCA Recognition Award.

MITCA Hall of Fame

WHY: It has always been assumed that Sweeney and Ambrose Award recipients constituted the MITCA Hall of Fame. Whereas the Sweeney and Ambrose Awards, recognize coaching qualities that do not necessarily include coaching longevity or team performance, the MITCA Hall of Fame will do just that.

WHEN: Starting with the 2005 MITCA XC Clinic, up to four people each year will be inducted into the Hall of Fame.

HOW: Eligibility for the Hall of Fame in either Cross Country OR Track & Field requires a minimum coaching career of twenty-five years in the sport for which the coach is being considered. For induction consideration, the coach must have accumulated *at least* sixty points, all points pertaining only to the sport for which they are being considered. It is anticipated that applicants with the highest point totals will become the inductees for that year. If not successful upon first application, coaches are encouraged to reapply for Hall of Fame honors.

Points are awarded as follows:

1. One point for each year as head coach
2. One to five points each year awarded as follows:
 - a. Final Meet Performance
 - i. Five points each 1st place
 - ii. Four points each 2nd-5th place
 - iii. Three points each 6th-10th place
 - b. Regional Meet Performance
 - i. Two points each 1st place
 - ii. One point each 2nd or 3rd place
 - c. Conference
 - i. One point each championship

Coaches are allowed to use only one team (boys OR girls) and only score their highest finish for the year.

Example: Bob coach's boys and girls at Wonder High School. His boys win the conference and regional, his girls are regional runner-ups and third at the final meet. From the boy's performance, Bob scores 3 pts; from the girls, Bob scores 5 pts. In this particular year, Bob would use his girl's team performance towards his Hall of Fame point total. Remember, if a coach is being nominated as a cross country coach, track and field data cannot be used for any year being tabulated, and vice versa.

Assistant and Junior High/Middle School coaches with twenty-five years experience may be nominated and the MITCA Executive Board will make a decision regarding their induction.

All inductees and their schools will be notified as to the honor and the opportunity given to purchase a Hall of Fame ring. MITCA will present an award to all inductees. Coaches may select to receive their award at the MITCA Cross Country Clinic or the MITCA Track & Field Clinic.

The nomination form (see next page) must be filled out completely and all information submitted must be verifiable. Each form requires three signatures, the nominating coach/administrator, athletic director, and principal.

Applications must be received by a member of the MITCA Executive Board by September 1st, prior to the Track and Field Clinic.

Patsy Arpino Memorial Scholarship

Currently MITCA provides two \$500 Scholarships

Guidelines:

1. Recipient must be a legal dependent of a parent or legal guardian who is a member of MITCA for at least five consecutive years prior to the application.
2. At the time of application the recipient must provide evidence of full time enrollment with a minimum of twelve credit hours in a college, university, or trade school.
3. The recipient is eligible to win only once.
4. Applications must be postmarked by **OCTOBER 30** of the application year.

Procedure:

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

Complete and mail the form below:

MITCA Member Information

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

School Information

School Name			
Address			
City			
State		Zip	
Phone	()		

Jerry Lasceski, Treasurer

1691 N. Hinson Road

Fairgrove, MI 48733-9503

APPLICATION DEADLINE: OCTOBER 30

Donations can be made to the Patsy Arpino Memorial Scholarship Fund

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



MITCA

Academic All-State Award Cross-country

Sponsored by Blue*Star Sportswear

This is the official form for the **2010** season. This is the only acceptable form for **2010**

The Academic All-State Award is based on a student's GPA (grade point average).

1. Athletes must have a cumulative high school GPA established prior to the current season. (Freshman not eligible).
2. GPA's must be based on a 4.0 system to three decimal places. Schools not using a 4.0 system will have to make their conversions to three decimal places. Weighted GPA's will not be considered.
3. **Fax** completed form (please include Overall Race Place), **BEFORE** two-thirty on the Monday following the Final Meet
4. OR, submit form at Final Meet check-in.

Team Academic All-State

1. Calculate team average GPA using any five non-frosh runners from your team who completed the final meet race.
2. Two certificates to teams with a GPA 3.0 -< 3.499, seven certificates to teams with a GPA >= 3.5.

Individual Academic All-State

1. Awards shall be given to the top 30 GPA-qualifiers in each division. Individuals receive two certificates.
2. A GPA-qualifier is a non-freshman with a minimum cumulative non-weighted GPA of 3.5 who finishes in the top half of the final meet field.

(NOTE: an athlete with a GPA of 3.8 and finishing in the top half of the field will receive an award)

School Name	enter school name here	School Division	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
School Address	City, Zip					
School Phone	School Fax					
Coach Name	Home Phone					
The signatures below certify that all GPA's, having been obtained through official school records, are computed, on a 4.0 non-weighted scale, to three decimal places and do not include ninth graders						
Coach Signature						
Admin. Signature						

Name	Gender (M/F)	Grade	GPA (to three decimal places)				Overall Race pl
1 _____	_____	_____		.			_____
2 _____	_____	_____		.			_____
3 _____	_____	_____		.			_____
4 _____	_____	_____		.			_____
5 _____	_____	_____		.			_____
6 _____	_____	_____		.			_____
7 _____	_____	_____		.			_____
*TOP FIVE TEAM AVERAGE	➔	➔					_____

Division Contacts	Div	Contact Name	School	Fax Number	Questions?
Proudly Sponsored by 8-694-8415	D1	Carl Spina	Saline	734-429-8052	spinac@saline.k12.mi.us
	D2	Tony Mifsud	Divine Child	(313) 562-9361	Tonymifsud150@aol.com
	D3	Dean Blackledge	Hanover-Horton	(517) 563-0155	Dean.Blackledge@hanoverhorton.org
	D4	Ron Hart	Bellevue	(269) 763-3955	bmsgr5ss@cs.com
	UP	Gary Whitmer	Gladstone	(906) 789-8319	gwhitmer@chartermi.net

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Visit Us On The Web
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CROSS-COUNTRY CLINIC ISSUE

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