How MITCA got its start is recounted in Bob Park's words:

I (Bob Parks) was never Pres. of MITCA, but the organization was my idea. The wrestling coaches had an organization and always met at Thurston HS, where I taught and coached. I thought it would be a good idea to have one too. The MEA had their meetings at Livonia Bentley HS and Lofton Greene, the chairman, asked me to have a panel for track coaches, which I organized. I announced at the meeting that anyone who would like to organize a track coaches assn. should stay around after the meeting. A number did and we had our first organizational meeting at Thurston a few weeks later. I can't remember who all were there, but Jack Boughton as for sure, probably Kermit, maybe Norb Badar, probably Don Sazima. We elected Don as the first Pres. and the first clinic was held at Seaholm, for both coaches and athletes. I spoke on the hurdles. It took off from there.

The story below is a record of MITCA’s history from 1959 to 1976 as written by Kermit Ambrose.

HISTORY OF M.I.T.C.A.

1959

Clinic date: January 1959, weeknight

Clinic site: Birmingham Seaholm High School

Officers

- President-Don Sazima (Lincoln Park)
- Vice-President-Bruce Waha (Det. Redford)
- Secretary-Norb Badar (Flint Northern)
- Treasurer-Al Pingel (Wyandotte Roosevelt)

Clinic Program

Starting (Dick Ernst), Weight Training (Bruce Waha), The High Jump (Dean Wilson and Ray Lowry), The Broad Jump (Lorenzo Wright), Shot Put (Bruce Waha), Pole Vault (Kermit Ambrose and Mike Bowermen), Sprints and Exchange (Nannard Gay), The Mile Run (Don Sazima).

Historical Notes

The first year, our organization was called the Southeastern Michigan Track Coaches Association and had 47 members. A few of the people most responsible for its origin were Kermit Ambrose, Bob Parks, Don Sazima, and Gene Freed.
1960

Clinic date: January 1960, weeknight
Clinic site: Birmingham Seaholm High School

Officers

- President-Don Sazima (Lincoln Park)
- Vice-President-Bruce Waha (Detroit Redford)
- Secretary-Norb Badar (Flint Northern)
- Treasurer-Al Pingel (Wyandotte Roosevelt)

Clinic Program

Rules (Dean Wilson), Composition Track (John McDonald), Sprinting and the 440 (Norb ' Badar), Hurdles (Bob Parks), Coaching Broad Jump (Mike Bowerman).

Historical Notes

The original officers were retained for another year and the organization name was changed to M.I.T.C.A. and lists 41 members.
1961

Clinic date: January 1961, Saturday

Clinic site: Birmingham Seaholm High School

Officers

- President-Don Sazima moved to Cortland State Teachers College in New York state.
- Vice-President-Bruce Waha (Detroit Redford)
- Secretary-Norb Badar (Flint Northern)
- Treasurer-Al Pingel (Wyandotte)

Clinic Program

Shot Put (Fred Evans), Broad Jump (Khamalaw White and Doug Stringer), Distance Running (Jack Boughton, Bob Lake, and Dick Miller), the 440 (Bob Bridges, Kerry Keating, and Gene Lucarelli) Psychology (Tony Malinowski, Buck Weaver, Bob Bloomer, and Bob Epskamp).

Historical Notes

The officers are the same and the organization seems to be moving with more than 100 members. Bruce Waha's first time listings appear in the clinic notes (five deep). The 880 times range from 1:57.8 to 1:58.9 and the mile from 4:17.7 to 4:28.0 - 6'2" made it in the High Jump and 50.6 in the 440 - things do change. Henry Carr ran 20.6 and Pritchett heaved the shot 61'8 1/2".
1962

Clinic date: January 1962, Saturday

Clinic site: Flint Southwestern High School

Officers

- President-Bruce Waha (Det. Redford)
- Vice-President-Kermit Ambrose (Birmingham Seaholm)
- Secretary-Norb Badar (Flint Northern)
- Treasurer-Al Pingel (Wyandotte)

Clinic Program

The Mile Relay (Carl Krieger, Jim Meulendyke, and Mike Yedinak), the Pole Vault (Tom McShannock, Kermit Ambrose, Jim Robinson, and Fred Crawford), Personnel Placement in Meets (Harry Brunet, Brother Malachy, and Web Morrison), Physiological Effects of Training (Frank McBride).

Historical Notes

The organization continues to grow. A new officer is brought into action and the clinic notes and all time listing continue to improve.
Clinic date: Saturday, January 26, 1963

Clinic site: Jennison Field House, M.S.U.

Officers

- President-Kermit Ambrose (Birmingham Seaholm)
- Vice-President-Don Distiller
- Secretary-Jack Boughton (Hazel Park)
- Treasurer-Al Pingel (Wyandotte)

Clinic Program

Athletic Training Hints (Duke LaRue), the Role of the High School in the National Track and Field Federation (Charles Forsythe), Remarks on Track and Field (Karl Schlademan), Hurdles, the 440 Yard Dash and the Mile Relay (Rolla Chambers), Methods and Techniques of Coaching Cross Country (Dick Lee and Bruce Waha).

Historical Notes

President Kermit took us away to a college site for the first time and published a very classy set of notes. Our total income from a growing membership for the first four years was $319.00 and our cost for that period was $284.52. We appear to be on our way and the interest is growing with leaps and bounds.
1964

Clinic date: Saturday, January 25, 1964


Officers

- President-Norb Badar (Flint Northern)
- Vice-President-Elf Pedler (Kazoo Central)
- Secretary-Varnard Gay (Flint Central)
- Treasurer-Charles Sweeney (Lansing Eastern)

Clinic Program

High School High Jump (Gordon Spencer), Developing a Good Shot Putter (Don Lukens), The Sprints and the 440 (Elf Pedler), Broad Jumping (Rudy Theis), Coaching the 880 and the 440 (Del Brenner), Coaching the Beginning Pole Vaulter (Roger Shepler), Relays (Dick McCarthy), Track Axioms (Norb Badar).

Historical Notes

We stuck with the college setting again this year and traveled to Western Michigan for the first time. The membership grew still more as over 600 Michigan Schools sponsored track and 260 had Cross Country programs. Waha's listings have grown to 15+ deep. The first 10 in the 880 went from 1:53.3 to 1:57.0 - that's progress! Five 440 men were under 50.0--Lou Scott ran 4:13.2.
1965

Clinic date: January 23, 1965

Clinic site: Bowen Field House, EM, Ypsilanti, Mich.

Officers

- President-Carl Krieger (Flint Central)
- Vice-President-Rudy Theis (Muskegon Ht.)
- Secretary-Gordon Spencer (Flint SW H. S.)
- Treasurer-Charles Sweeney (Lansing Eastern)

Clinic Program

Selection of Fiber Glass Poles (Tom Olsen), Observations on Hurdling (Hayes Jones), Cross Country and Distance Running (George Dales), Olympic Film--Profiles on Champs.

Historical Notes

M.I.T.C.A. now has 300 members. A coach of the year has been initiated and the 1964 nominees were Ron Barr (Lansing Everett), Lamar Miller (Willow Run), and Earl Roberts (11@D). Our clinic day was blessed with a blinding snow storm which hindered only a few. Bruce Waha's listings show four men under 4:20 -- five at 14.5 or better and you now must be under 3:26 to make the top 10 in the mile relay.
Clinic date: January 15, 1966

Clinic site: University of Detroit H. S.

Officers

- President-John Tenbusch (University of Detroit H. S.)
- Vice-President-John Osler (Pont. N. H. S.)
- Secretary-Chuck Janke (Milford H. S.)
- Treasurer-Charles Sweeney (Lansing Eastern)

Clinic Program

Nutrition, Conditioning, and Injuries (Donald W. Graham), Building a Successful Distance Running Program (Joe Newton), The Sprints (Norb Badar), The Hurdles and Indoor Facilities (Carl Krieger), The Long Sprints (Dave Schultz). How to Coach the Beginning Pole Vaulter (Roger Shepler), Relays and Track Gimmicks (Max Berry), The High Jump (Jim Oliphant), The Long Jump (Dennis Holland), Shotput and Weight Training During the Late Fall and Early Spring (Gordon Harvey).

Historical Notes

A M.I.T.C.A. newsletter has come into being and All State Certificates for competitors are now awarded by MITCA. We now include a Cross Country Coach of the Year award as well as Track. We are still struggling for the discus and 2 mile.
1967

Clinic date: January 21, 1967

Clinic site: C.M.U., Mt. Pleasant

Officers

- President-Chuck Janke (Jackson H. S.)
- Vice-President-John Osler (Pont. N. H. S.)
- Secretary-Kermit Ambrose (Birmingham Seaholm)
- Treasurer-Charles Sweeney (Lansing Eastern)
- Past President-John Tenbusch (U. of D. H. S.)

Clinic Program

Sprinting (Elf Pedler), Common Track and Field Injuries (Gordon Stoddard), The Movie-Camera and the Hurdles (Dean Wilson), Distance Running (Jack Boughton), Distance Running Motivation (Dave Fultz), Clerk of Course (Dick Pearson), Starting (Dave Beauvais), Timing (Harold Silverston), Let's Speed Up Field Events (Al Thomas), Pole Vaulting (Doug Race and Ron Short).

Historical Notes

Cross Country Coach of the Year in Cross Country for 1965 was Dick Zulch of Royal Oak Kimball and in Track for 1966, Elf Pedler of Kalamazoo Central. The organization continued to grow and show Progress in all areas.
1968

Clinic date: Friday and Saturday, January 19-20, 1968

Clinic site: Jackson Parkside High School

Officers

- President-John Osler (Pontiac Northern)
- Vice President-Dave Fultz (Jackson Parkside)
- Secretary-Dean Wilson (Pontiac Central)
- Treasurer-Charles Sweeney (Lansing Eastern)

- Newsletter Editor: Kermit Ambrose (Birmingham Seaholm)

Clinic Program

The College Bound Athlete (Don Sazima), Maintaining Interest in Track with a Limited Number of Athletes (Jim Murray), the Long Sprints (Bruce Waha), Workout Schedules for a Year Round Distance Training Program (Joe Newton).

Historical Notes

Our first two day clinic was a huge success and has set the pattern for the future.
1969

Clinic date: Friday and Saturday, January 17-18, 1969

Clinic site: Michigan State University

Officers

- President-Dave Fultz (Jackson Parkside)
- Vice-President-Gordon Spencer (Flint S.W.)
- Secretary-Lee Averill (West Bloomfield)
- Treasurer-Charles Sweeney (Lansing Eastern)
- Newsletter Editor-Kermit Ambrose (Birmingham Seaholm)

Clinic Program

The Middle-Distances (Jim Gibbard), The Sprints (Jim Bibbs), Body Mechanics (Tom Ecker), The High Jump (Chuck Zody), Distance Running (Ron Horning), The Triple Jump (Tom Rosandich), Junior High Track (Bob Kent).

Historical Notes

Cross Country Coach of the Year nominees were Bill Fiche, Lou Miranonti, Ron Waldvogel, Larry Wiltse, and Malcolm Gobel. The organization is really growing now. Displays and hospitality hours are becoming more elaborate--more members.
Clinic date: Friday send Saturday, January 16-17, 1970
Clinic site: Flint Junior College

Officers

- President-Lee Averill
- Vice-President-Bob Stallcup
- Secretary-Bob Bloomer
- Treasurer-Charles Sweeney
- Jr. Hi. Rep.-Bob Kent
- Newsletter Editor-Kermit Ambrose

Clinic Program: Pole Vault (Roger Shepler), Shot Put (Jack Harvey), Meet Organization (Kermit Ambrose), Physiology of Warmup and Practical Warmup (Dr. John T. Powell,), Fundamental Movements of Running, A rational Basis for the Training of Runners, Hurdling and Fundamentals of Throwing (Fred Wilt).

Historical Notes

President Lee had an outstanding year and left the treasury with a balance of $1,800.00 after all expenses to work with -- afar cry from the meager $34.00 that we had in 1963-64--that's progress! We had over 350 paid members for the year.
1971

Clinic date: Friday and Saturday, January 15-16, 1971
Clinic site: Grand Valley State College, Allendale, Mich.

Officers

- President-Bob Stallcup
- 1st Vice-President-Bob Bloomer
- 2nd Vice-President-Bill Fitch
- Secretary-Don Lukens
- Treasurer-Charles Sweeney
- Jr. High Rep.-Bob Kent
- Newsletter Editor-Kermit Ambrose

Clinic Program

Sprinting (Norbert Badar), Hurdling (Robert Bridges), Cross Country Training (Larry Wiltse), Motivation In Distance Running and Training Jumpers (Fred Lyons), Organization of Practice and Training for Field Events (Bob Parks).

Historical Notes

This was our first venture to the Grand Rapids area and a fun time was had by all with headquarters at the Ramada Inn. Our membership rose to well over 400 and the treasury swelled to more than $2000. Special awards went to Varnard Gat, Lyle Bennett, Kermit Ambrose, and George Dales for their contributions to Michigan Track and Field.
1972

Clinic date: Friday and Saturday, February 4-5, 1972

Clinic site: Genesee Community College, Flint, Michigan

Officers

- President-Robert Bloomer (Flint NW)
- 1st Vice-President-Bill Fitch (Jackson)
- 2nd Vice-President-Jim Long (Kalamazoo)
- Secretary-Don Marsh (Flint Kearsley)
- Treasurer-Charles Sweeney (Lansing Eastern)
- Jr. High Rep.-Bob Kent (Pontiac Lincoln)
- Newsletter Editor-Kermit Ambrose (Birmingham Seaholm)

Clinic Program:

Coaching in the Junior H.S. (Bob Kent), Throwing Events-Discus (Doug Raymond), The High Jump (Das Campbell, Don Rolston), What Every Track and Field Man Needs to Know (Kermit Ambrose), Promotion of Track and Field in the H.S. (Bob Fulcher, Don Lukens, Tom Gourke, Al Gierke).

Historical Notes

Cross Country Distance was increased for 2@2 to 3 miles and the 440 Relay added on the track program. The state track meets in A and B were taken to High Schools for running. The membership continues to grow. Jim Lambe recently (2004) completed an excellent compilation of track and field records.
1973

Clinic date: Friday and Saturday, January 12--13, 1973

Clinic site: Grand Valley State College, Allendale, Mi

- Officers

  • President-Bill Fitch (Jackson)
  • 1st Vice-President-Jim Long (Kalamazoo)
  • 2nd Vice-President-Don Marsh (Flint Kearsley)
  • Secretary-Elmer Ball (Oxford)
  • Treasurer-Charles Sweeney (Retired)
  • Jr. High Rep.-Rob Kent (Pontiac-Lincoln)
  • Newsletter Editor-Kermit Ambrose:(Birmingham Seaholm)

Clinic Program

Track Injuries (Dr. Jack Jones), Sprints and 440 Relay (Sam Bell), Distance Training (Dixon Farmer), Promotion of Truck and Field (Steve Miller), Weight Training (Jack Harvey), Shot Put (Sam Bell).

Historical Notes

Kermit Ambrose, Varnard Gay, Charles Sweeney, George Dales, and Lyle Bennett were all honored for their contribution to track and field. This was our second clinic at Grand Valley and everyone enjoyed Grand Rapids.
Clinic date: Friday and Saturday, January 18-19, 1974
Clinic-site: Western MI Univ., Kalamazoo, Michigan

Officers

- President-Jim Long (Kalamazoo Central)
- 1st Vice-President-Don Marsh (Flint Kearsley)
- 2nd Vice-President-Elmer Ball (Oxford)
- Secretary-Tom Gaurke (Gross Pointe North)
- Treasurer-Charles Sweeney (Retired – Lansing Eastern)
- Jr. High Rep.-Robert Kent (Pontiac Lincoln)
- Newsletter Editor-Kermit Ambrose (Birmingham Seaholm)

Clinic Program:

Comparing workouts of high school two milers and cross country three milers (Chuck Janke-Jackson H.S.), Long jump (Willie May - Evanston Township H.S., Evanston, IL), Jogging & 1st place in track and field (Norbert Badar-Flint Northern), Banquet speaker (George Dales-W.M.U.), pole vault (Ralph Bergdoll-Miamisberg, OH), Sprints and relays (Ron Helburg-Evanston Township H.S.).

Historical Notes

President Jim ended a very successful year with $2,636.33 in the bank. Incoming president Don Marsh was voted track coach of the year.

Our first cross country clinic was held at Jackson High School in November of 1973 with Elmer Ball of Oxford serving as clinic chairman and backed up by Chuck Janke of Jackson. Don Base was selected as Cross Country Coach of the Year.

The first clinic program included track club formation and psychology of running (Jack Batchelor), Physiology of training (Ron Warhurst), training panel (Don Sleeman, Don Base, and Bruce Waha).
Clinic date: Friday and Saturday, January 10-11, 1975
Clinic site: Central Michigan University, Mt. Pleasant, MI

Officers

- President-Don Marsh (Flint Kearsley)
- 1st Vice-President-Elmer Ball (Oxford)
- 2nd Vice-President-Tom Gaurke (Grosse Pointe North)
- Secretary-Don Baese (Carson City Crystal)
- Treasurer-Bob Kent (Pontiac Central)
- Jr. High Rep.-Dave Thiel (Flint Kearsley Daly Jr. High)
- Newsletter Editor-Kermit Ambrose (Birmingham Seaholm)
- Historian-Bob Stallcup (Grand Blanc High)

Clinic Program

Principles and Techniques of Training (Dr. Jeffrey Roitman - Central Michigan University), The High Jump (Dennis Adama- Indiana University), The Weight Events (Dr. Paul Ward-Chicago Health Studio), Sprints-Relays (Jim Bibbs-Michigan State University), College Opportunities for Women in Track and Field (Dr. Francis Koenig - Central Michigan University), Coaching the High School 440-880 Runner (Bob Stallcup-Grand Blanc, Don Sleeman-Ann Arbor Pioneer, and Gary Joswiak-Midland), Hurdles (Norb Badar-Flint Northern), Constructing a Workout Schedule for Runners (Stan Huntsman- University of Tennessee).

Historical Notes

President Don increased our membership to over the 500 mark with many female members from all over the state attending and enjoying our clinic with headquarters at the Mt. Pleasant Holiday Inn.

For the first time in M.I.T.C.A. history we recognized and made coach of the year awards to the ladies and extended our awards system to separate the classes.

In womens track, Karen Cribley of Grand Ledge won the award over four other candidates in A and B while Cathy Markland of Montrose was selected over four others as C and D Coach of the Year.

There were four nominees in each of the mens divisions--and Coaches of the Year were (D) Webb Morrison (Pickford), (C) George Brown (Detroit Country Day), (B) Wayne Engle (Mason), (A) Roger Shepler (Pontiac Central).

The discus will finally be coming into Michigan Track and Field in 1975.

Charles Sweeney retired from M.I.T.C.A. as treasurer.

Steve Elliott (Pontiac Central) ran 4:07.4 and Jeff Randolph (Midland) ran 4:09.8 to become Michigan’s first sub 4:10 milers, while Keith Young of Flint Northern—turned a 1:50.2 half—Super times by super athletes with super coaches from the super state of MICHIGAN!!!

Our second cross country clinic was held on November 15-16, 1974, at Macomb County Community College, Warren, Michigan, with Tom Gaurke as clinic chairman. The banquet speaker was Doug Brown (University of Tennessee) and the clinic programs consisted of: Prevention and Care of Injuries Common to Distance Runners (Dr. Dan Walter—Grand Blanc, MI), Training the Young Runner (Roger Hansen—Saginaw Eisenhower), Pre and Post Season Competition for Distance Runners—The AAU Program (Don Sleeman—Ann Arbor Pioneer), Training the Female Half Miler and Miler (Lee Averill—West Bloomfield), Training a High School Distance Runner (Doug Brown—University of Tennessee).

Coaches of the Year (1974) in cross-country were (A) Norb Badar (Flint Northern), (B) Lou Miramonti (Royal Oak Shrine), (C) Don Baese (Carson City Crystal), (D) Robert Glover (Kingsley).
1976

Clinic date: Friday and Saturday, January 9-10, 1976

Clinic site: Oakland University, Rochester, Michigan

Officers

- President-Elner Ball (Oxford High School)
- 1st Vice-President-Tom Gaurke (Grosse Pointe Worth)
- 2nd Vice-President-Lou Miramonti (Royal Oak Shrine)
- Secretary-Don Baese (Carson City Crystal)
- Treasurer-Bob Kent (Pontiac Central)
- Jr. High Rep.-Dave Thiel (Daly junior High)
- Newsletter Editor-Kermit Ambrose (Semi-Retired)
- Historian-Bob Stallcup (Grand Blanc)

Clinic Program

The Discus (Al Cantello-U.S. Naval Academy), Training the Young Distance Runner (Roger Hansen-Eisenhower High School), Hurdles (Rev. Bill Tipton-Pontiac, MI), Sprints (Dr. Bert Lyle-Texas Women's Univ.), Training for the Mile Run (Rex Warhurst-University of Michigan), Care and Prevention of Injuries (Robert W. White-Wayne State Univ.), The Pole Vault (John Wilcox-Corunna High School), the 330 Yard Low Hurdles (Lennel Poole-Bloom Township High School), Conditioning Women Track and Field Athletes (Dr. Bert Lyle-Texas Women's Univ.).

Historical Notes

This was Michigan’s first year with competition in the discus.... we hung in there a long time for this event and we finally got it!

Kermit Ambrose retired from teaching and can now devote at least twice as much time to Track and Field and Cross Country.

We selected Woman’s Track Coaches of the year in each class this year for the first time.

We were second in the Tri-State Meet in 1976 but won in 1975 with 183 points to Ohio 126 and Indiana 115.

Our membership was once again over the 500 mark with many new faces.

Nominees for women track Coaches of the Year were Larry Grow (Traverse City H.S.), Sylvia J. McCann (Chadsey High, Detroit), Joe Smetanka (Detroit Dominican), Debbie Hunt (Fremont), Sharon Kay Young, (Walled Lake Western), Kaye Braining (Ionia H.S.), Det Chiaverinix (Muskegon Catholic Central), Lawrence Kelly (Union City H.S.), Judy Reeker (Fowlerville H.S.), Nancy Roberson (Bath H.S.), Nancy Anderson (Forest Park Crystal Falls), Sheila Guerra (St. Philip Catholic Central School), Patricia Dolan (Mesick Consolidated Schools). The selections...
for Women's Coach of the Year were...Class D Sheila Guerra, Class C Nancy Roberson, Class B Debbie Hunt, Class A Larry Grow.

Nominees for men track Coaches of the Year were Sylvester Collins, Jr. (Flint Northwestern), Fred Jackson (Flint Southwestern), Charles Janke (Jackson H.S.), Bob Stallcup (Grand Blanc H.S.), Martin Crane (Flint Beecher), Frank Grimm (Wyoming H.S.), Pete Maas (Linden H. S.), Mary Mabry (Inkster H. S.), Mel Comeau (Bath H. S.), Rick Lane (Addison H. S.), Mike McCormick (Unionville Sebewaing H. S.), Gary Stutzman (Charlevoix H. S.), Bob Scaroor (Michigan Lutheran Seminary), Mike Smith (Grass Lake), Bill Swanwick (Centreville H. S.), The selections were ... Class D Bob Schroor, Class C Mike McCormick, Class B Pete Maas, Class A Bob Stallcup.

Our third annual Cross Country Clinic was held at the Lansing Hilton, Lansing, Michigan, on November 21-22, 1975 with Lou Miramonti acting as clinic chairman. The program consisted of Mental and Physical Preparation for Major Meets by Tom Gaurke (Grosse Pointe North), Ron Waldvogel (St. Joseph), and Jack Magelsson (Portage Northern), Promoting and Improving Your Program by Tom Swanson (Petterville), Put Some Variety Into Your Workouts by Art Kraii (Wyoming Lee), Gary Powers (Bishop Gallagher), and Pat Arpine (Jackson Lumen Christi). Joe Newton (York H. S., Illinois) spoke on Organization and Motivation of a High School Championship Cross Country Program.

Coach of the Year nominees were Bill Edwardson (Elk Rapids), Chuck King, (Concord), Mike Smith (Grass Lake), Bill Swanwick (Centerville), Art Kraii (Wyoming Lee), Howard Roberson (Bath H. S.), Ron Tewne (Addison H. S.), Bob Weaver (Mayville), Ralph Baker (Sturgis H. S.), Bruce Dyer (Austin Catholic Prep), Lou Miramonti (Royal Oak Shrine), Gary Powers, (Bishop Gallagher H. S.), Tom Gaurke (Grosse Pointe North), Don Lukens (Kalamazoo Loy Norrix), Dave Westover (Livonia Churchill), Ron Williams (GR East Kentwood). The selections were ... Class D Chuck King. Class C Bob Weaver, Class B Ralph Baker, Class A Tom Gaurke.