

# MITCA newsletter

MICHIGAN INTERSCHOLASTIC TRACK COACHES ASSOCIATION

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[www.mitca.org](http://www.mitca.org)

## Steve Linn/Retired

President/Track Clinic '11  
linnsn@wildblue.net

## Ted Duckett/Loy Norrix

1st V. President/CC Clinic '12  
coachduckett@hotmail.com

## Chris Owens/Tawas

2nd V. President/CC Clinic '10  
cownens@tawas.net

## Benjamin Watson/Rockford

Secretary/CC Clinic '11  
bwatson@rockford.k12.mi.us

## Jerry Lasceski/Akron-Fairgrove

Treasurer  
mitcatreas@airadrv.net

## David Emeott/East Kentwood

Political Action  
david.emeott@kentwoodps.org

## Jim Murray/Brandywine

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

## Scott Banghard/Mattawan

Cross Country Comm. Chair  
coachbanghard@hotmail.com

## Jill Evers/Kent City

Track & Field Comm. Chair  
ccj\_me@hotmail.com

## Mike Woolsey/Lumen Christi

CC Mideast Meet Chair  
mwoolsey@hotmail.com

## Brian Salyers/Milford

Midwest T & F Meet Chair  
salyersb@huronvalley.k12.mi.us

## David Hovarter/Leisure

Academic All/State Chair  
davidhovarter@yahoo.com

## CROSS COUNTRY CLINIC

Holiday Inn & Conference Cent.  
Big Rapids

Nov. 10-11-12 2011

## TRACK & FIELD CLINIC

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

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## Lowie Van Staveren 2010 AMBROSE WINNER



Steve porter mitca picture

A few years after our first team camp together, Lowie enlisted my help, along with his family, in running the ABC summer XC camp which hosted runners from around the state. It was here that I got to be a paid camp counselor who got to learn from one of the best—Coach V. Lowie—I still have my camp notebook!

But it was at Hackett that Lowie's coaching strengths really started to shine especially in XC. After *starting* a XC program in the fall of 1988, his teams went on to earn: 4 girls' and 5 boys' KVA league championships in the 90's along with 4 girls' and 2 boys' regional championships. This culminated with the girls' state runners-up title in 1996 & the girls D3 state championship in 1997.

But hopefully you all know that every good coach is so much more than the trophies and championships. Lowie was about relationships and helping kids succeed in life and in running. Here are some key memories mentioned by former runners. I've created a top 10 list.

- 10) HUGE SCALE POP CAN DRIVES—that netted over \$1,000. Can you imagine why some local stores would refuse the Lowie's runners with their 10,000+ cans before self scanners? sometimes keeping runners up way after their bedtimes?
- 9) Practices designed to be scenic or at least more fun—foxes and hounds, scavenger hunts, running the Kal-Haven trail, or just plain old suffering like mile repeats across from school
- 8) His goofy BRIGHT outfits (note that this one keeps popping up...)
- 7) Driving the big green and white Hackett bus to the meets or parking between trees with inches to spare on each side at some camp or training run site.
- 6) Some odd Dutch verbiage, including a hatred for the mythical word IRREGARDLESS.
- 5) His infectious enthusiasm and general love of running.
- 4) Key phrases: Hard work over time beats talent.  
Don't worry about time; race other people, the times will come.  
Your body can go faster; your brain is saying you can't.  
Stop Thinking! Just race.

3) His ability to inspire:

2) This comes primarily from fellow coaches—but you've done a lot by using your energy and talent by being involved so heavily in MITCA—including past president, committee chairpersons (again I have to give you credit for pushing me to become involved years ago), and most recently the political liaison. **continued on the next page**

## THE PRESIDENTS LANE: Steve Linn, Harbor Beach (retired), MITCA President

This will be a different President's Message; probably a bit of rambling, so for that I will apologize ahead of time. I am writing this during the Thanksgiving season, I am thankful for family, health, and friends. I also am thankful for the people on the executive board and committees for their support and input this past year.

Since we are approaching the holiday season in December, be it Christmas, Hanukkah, or another celebration, we need to remember new beginnings, faith, and strength. We did some new things this past year on the executive board in dealing with items through emails. I received strength, support, and input from the board which helped address issues. I am thankful for that. Speaking of new beginnings, we have the Track Clinic on February 10-12. Please mark your calendar.



**continued on the next page**

### **lowie van staveren continued**

1) Sons—Gary & Robert Robert says: All in all I could not have asked for a better, or more interesting, x-c or track coach than **Vicious Aloysius**. Gary says: He's still the voice in my head: when you stop growing you begin to die!  
Lowie—you've been a great inspiration to myself and hundreds of others. The RUNNING WORLD is better because you're in it. THANK YOU isn't enough, but now you can have the Kermit Ambrose award along with a hug and a huge thank you from all of us

### **presidents lane continued**

We received many compliments for the theme, topics, and speakers at the Cross Country Clinic in November. The Track Conference promises great things as well. This will be a teaching and learn by doing clinic. Instructors will include Ton Veney in the sprints, Mike Parker for distance, Jennifer Etnier on mental toughness. We will also be addressing injury prevention, eating right, motivation, and throws. Look forward to an entertaining and educational clinic. The clinic is a great way to kick off the 2011 track season. Don't forget to send in your clinic registration and if for some reason you cannot attend, renew your MITCA membership. I always tell my athletes, "You are only as good as you are willing to work" and "Live and Learn".

I hope you had a Happy Thanksgiving. I hope you have a very Merry Christmas and Happy New Year, or a good holiday season with friends and family. See you in February.

Happy Holidays.

## **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" talks about an "off season" program that incorporates athletes for any sport in the off season. The second article is about traveling with your team overnight. If you have suggestions for topics or would like to submit an article contact me, Jim Murray/Newsletter Editor.

## **SHARE THE WEALTH** by David Emeott, East Kentwood High School

A few years back several athletes and I were invited to a local exercise facility to partake in 1 free session of a speed training program. I am sure the object was to sell a private speed training program to my athletes. As I observed the session I realized the only difference between what they are doing and what we are doing in the spring was that our information was more current. Upon this discovery, I started our own track conditioning program in the winter. When athletes from other sports teams found out what we were doing, they started *sneaking* into our workouts.

Many of these athletes had been spending thousands of dollars on speed training in the off season, driving to a facility 30 minutes away, and getting inferior instruction. Eventually I decided to share the wealth. Now, we offer our off-season speed training to all the athletes in the school. After a few years of hosting fall and winter speed training, we had it down to a science, training every Tuesday and Thursday from 2:45-4:00 pm for 12 weeks in the fall and winter. We average about 100 kids per day.

As the track coach in your school, you *are* the local expert. You know more about the speed other sports would like to develop than anyone in your school. If you decide to share your wealth of knowledge, it will improve all the sports in your school. You will also build better relationships with other coaches. Due to our speed training program, the other coaches get to concentrate on what they do best, strategy and technique for their sport.

The program we run is a fairly basic one. We meet each Tuesday and Thursday at 2:45 in the halls of EK. We sometimes get access to a gym, but we are generally in the halls. We start each day with a dynamic warm-up (no static stretching). Our warm-up will take from 40 minutes to an hour and once we get going is basically continuous. We divide into lines with a "leader" to supervise and see that each drill is done correct.

We start with a group of drills consisting of skips, knee pull, different types of bounding, kicks, and lunges. Dynamic drills that are well know, and some not so well known, with all different kinds of names for the same thing. We do a couple of side to side shuffles or carioca drills. The traditional set of hurdles drills, without hurdles and then a half dozed Plyo's, ending with sit-ups, pushups and "falcon" jumping jacks. We start with 20 sit-ups and increase by 10 each week to 100 and 20 pushups, increase by 10 per week until 60 and encourage "push claps" if possible.

In the fall we can be outside and can do stadiums, 20x20's, 20x20 zig zags, 40/60's hills, relays and other running. The winter this part of the program has to be creative.

Then we wrap it all up with a core workout and static stretch.

I, of course, am benefited by this program as well. First, I get to coach again. Speed training has become a relaxing time for me. This is a time when I can just coach, no attendance, no phone calls and no budgets. Second, I have not cut any kids or lost any games, just teaching and having fun. And finally, every once in a while the track team gains a great athlete who is not already involved in a spring sport, because of the relationship we built during speed training. There are so many benefits to this program I could go on and on. I am planning to do a few sessions during the track clinic about this speed training program. I hope to see you there.

## **ON THE ROAD AGAIN** by Jim Martin, Sault Ste. Marie High School

Essentially we have two types of travel for our sports teams here in the Eastern Upper Peninsula, long trips and really long trips. So as I sit in the Bad Axe Econolodge at around 1 a.m. making sure my athletes are asleep, while just 15 feet away Sean Penn is sleeping (they are filming a movie here this weekend), I am pondering where to start.

I guess I'll start at the beginning. When I ran at Jackson High for Charlie Janke, we never had any really long trips and certainly no overnights. In college at Appalachian we had lots of road trips in cross, indoor and outdoor; but you can't compare college to high school when developing a travel plan with athletes. When I coached at Buras High in Louisiana (which no longer exists thanks to Hurricane Katrina), G. W. Danville and WT Woodson in Virginia and Brooklyn-Columbia Central in Michigan our longest trip was a little over an hour. It was unnecessary to get out of school early and almost unheard of to not be home by 7:00 p.m. with the results already called into the newspaper. Yes, young coaches, we had to call them in and it might take an hour reading every kid's name and place and every teams point total. But I digress.

Then when I came up the U.P. everything changed. Yes, we have schools that are close by, but they are mostly Class D schools. My shortest trip to schools anywhere near our size is now over an hour to our nearest competition.

Consequently, bussing takes a huge portion of our budget. But, like everything, there is an upside. Because most our trips are 100 miles each way, we are charged (we have 2 busses because we have over 90 kids 7-12) \$20+ per hour and \$1 per mile per bus by our school district, so it costs about \$700 per trip. Consequently, I can throw my varsity teams in 4 vans and go to Jackson, Bad Axe, Midland and/or West Bloomfield and the school will pay for the hotels (@\$500) and think they are getting a deal—so long as we (the coaches and parents) eat the gas.

So how does one deal with all the travel? Well, first, it helps to be single. But I'm not. I have a WONDERFUL wife who wears a T-shirt at our meets that says, correctly, "Coach's Widow". In other words, you have to have the support of family first. Then, you must have the support of administration that understands your plight, a community that is supportive and parents who are willing to go the extra miles(s) financially or in fundraising. And we are truly blessed to have all those things.

How did we get all these things to happen? I wish I had an answer. I invite the parents, administration and staff to everything we do. I promote our sport to local businesses and the media. We get sponsors for our few home meets. We invite the sponsors to hand out medals and to our banquet. We have team dinners at parents' houses. Our superintendents and principals will come in and give a pep talk to our kids before Conference or State Finals. We go to school board meetings to talk about our program. In other words, we get the support of the people who make the decisions that affect our program.

Missing as much school as we do, grades are a very real issue on our team. For that, I assign upper-classmen to freshmen to help them with their studies and freshmen to help the middle schoolers with theirs. No grades below a "C" are acceptable on my teams. Why? Other than it being good for the future of our athletes, it gives less ammo to those who think we're gone too often.

*continued on the next page*

**on the road continued**

In order for us to get home earlier, our cafeteria provides a box "dinner" to our students. Those of you who have been at professional development at most schools and ISDs probably are familiar with these lunches. We just take an order, have parents send large coolers with a 2-litre bottle full of ice in them and pack them and put them in our trailer (if we have a school bus) or in the storage compartments of our charter busses. This saves 1-2 hours plus. The reason is, most of the towns we compete in, along with being far away, only have one or two fast-food restaurant in them. Try getting 8-12 teams out of there in less than 3 hours.

When we get ready to head home after the meet, we collect \$5 from the kids and hand them a "dinner". It has a sandwich, fruit, carrot sticks, juice box, bottle of water and a dessert. We always order a couple extra in case anyone forgets and we just put the extra money in our fund-raising account (we are billed a little over \$4 per meal) or give away the extras if kids don't have money or forget. We do allow the kids to bring their own "dinner" if they wish. Their parents may not bring them dinner from a fast food joint (not fair in my opinion) to the meet. And yes, you must bring an extra garbage bag or two on each bus. I find the custodians will give you extra large ones that they use in the cafeteria. And when you get back, put the garbage in the dumpsters out back so they will still help you out.

That's what we do for our long trips. For our really long trips (overnighters) it has been my experience that you MUST keep your kids on a normal schedule. It is bad enough that they have to sleep in strange beds and eat restaurant food, which tends to be loaded with extra fat, sodium and sugar. Consequently, we leave at whatever time we need to the day before to make sure we are checking into the hotel at 2:30. We will then change clothes and go to the course site to run the course at 3:15. Just like we are at home. This makes the kids feel comfortable with the course. It also helps me to know exactly how long it will take to get to the course, park and get to the warm-up area. We also will have no issues with getting lost (although we've been lost more than once on a Friday afternoon) on Saturday.

We make sure we are back to the hotel at 5:00 (just like home) and are at the restaurant to eat by 6:00. We then go back to the hotel for fellowship or to do homework around 7:30. We also try to bring a lot of water from home with us. Some kids do have bad reactions to different water. We don't make them drink Sault water, but we certainly recommend it.

Because we travel with both boys and girls we have very specific rules. For one, under no circumstances are boys allowed in any of the girls' rooms and vice-versa. They may not go to the lobby. They may talk quietly out in the hallway. We do occasionally go buy a snack at a local store (we walk as a team) but I watch what they buy and they know I will be standing at the checkout.

We will usually do a pre-race goal sheet from 9:45-10:00 and relaxation exercises and visualization from 10:00-10:30 in my room. I then send them to their rooms with the understanding that I will do a bed check (Take a coach or parent of the opposite sex with you) at 11:00 and it is "lights out".

Here are a few extra hints for security. Read that as your job security. One, always get rooms on the second floor or higher as I know of coaches who have had kids sneak out first floor windows. Two, know from the outside where your kids' rooms are and go outside at 11:15 and a few times after that. Tell the kids they must leave their curtains open a crack so you can see if the lights are on. Make sure the hotel manager knows what you are doing so no one thinks you are a peeping tom. Again, take a parent or two with you. Try to have parents' or coach's room next to their rooms of the kids and ALWAYS have adults between the boys' and the girls' rooms. Lastly, I put athletic tape over the corners of their doors and tell them that if the tape is broken or gone, that room does not run the next day. And yes, I do wake up a couple times a night to check and I'm always up a half hour before they are and before the continental breakfast so they can't say they went down early for breakfast or something of the sort. If they have to leave the room for any reason (and I can't think of any) they had better call my room first. Only once have I had to deal with this when all the tape was gone. Luckily, it was gone from every door and the drunk that was doing it was loud enough to wake me up too.

We never take busses on our overnight trips. I find that using vans (yes you have to fill out all those "private transportation" forms) has many advantages. First off, you have parents to help you coach (i.e. take splits), are your best cheerleaders and chaperone the kids (especially if you have co-ed teams). I used to get 8 rooms: four for the kids (I only take my varsity on overnights) and four for the adults. The school pays for the hotel rooms (their only expense). But with cutbacks, we are down to six rooms so I can no longer let married couples drive unless they pay for their own room. Parents don't mind the expense of driving if you pay for their rooms.

The reason I take these trips vary from season to season. But essentially are three-fold. Overnights are a great "carrot" for athletes to run over the summer to make varsity, as we run a 10K time trial to make varsity. With our shortest trips costing \$600-800 it is a bargain for the athletic department so they let us go. It also allows those athletes who are thinking of running at the next level to get exposure and hopefully catch the eye of a college coach. Let's face it; very few college coaches recruit in the U.P. But mostly we go in search of great competition to motivate our kids to work harder. Our major problem is we are a big fish in a little pond and I want my kids to realize they are not working nearly hard enough and aren't nearly as good as they think they are when compared to the teams downstate.

Another plus is that if you've ever on the line at Holly or West Bloomfield or Jackson, then no other meet is really all that much more intimidating. Yes, even Finals at MIS, for those of you downstate, isn't that much different than the three aforementioned meets or those like it at Portage Northern, MSU and Carson City. And for us, Finals are easy (from a psychological standpoint) compared to any of those meets. Lastly, when we get to our Finals, the kids have already been on at least two overnights. They are familiar with the process. It is nothing new to them and they are comfortable.

All of the things I've written about are fine, but nothing speaks louder than the results. The fact is that for 11 of the last 12 years we have been in the top three in our State Final every year but one. And the year we didn't (we were 5<sup>th</sup>), we hosted our Final. Hope this helps as you find yourself on the road again to MIS.

**ASSOCIATION OF TRACK OFFICIALS OF MICHIGAN**

**2011 ATOM CLINIC**

Feb. 4-5  
Daugherty Hotel  
Clare Michigan (877) 2-DOHERTY

**Register With**

George Babcock, ATOM Treasurer  
460 N. Main St.  
Allegan, Mi 49010

\$70 Includes Atom Membership (\$45 Clinic Only)  
by Dec. 31 \$10 additional after Dec. 31

7:30 PM Business Meeting ----- Hospitality Friday

**MHSAA RULES MEETING – Sat. 8:30**

Officiating High School Traci & Field- 2 sessions  
-based on the book by: Rob Johnson & Clyde Volz  
You Make The Call

ATOM AWARDS & RECOGNITION [atomofficials.com](http://atomofficials.com)

**BECOME PART OF MITCA**

Each year at the Track & Field Clinic a new secretary is elected. This is the first year of a 4-year term in office. The individual once elected spends a year as secretary, then a year at each of the following offices: 2nd Vice President, First Vice President and then President. The 2nd Vice President is responsible for the Cross Country Clinic, while the President is responsible for the Track & Field Clinic.

Members are needed each year for MITCA Committees- Cross Country, junior High, Track & Field and the Midwest and Midwest Meets. And more

The tentative **2011 MITS Indoor Track & Field** schedule is now online. The **2100 MITS State Meet** is scheduled for Saturday, Feb. 26<sup>th</sup> at Eastern Michigan University. Go to [www.mitstrack.org](http://www.mitstrack.org) for complete information.

**2011 MITCA TEAM STATE MEETS**

Saturday, May 28  
D1 & 2: Jenison High, D3: Kent City D4: Gobles

**2011 MHSAA FINAL MEETS Sat. June 4**

D1: Rockford; D2: Houseman Field, Grand Rapids;  
D3: Comstock Park; D4: Jenison  
UP All Divisions: Kingsford

**MIDWEST TRACK & FIELD MEET**

June 11, Ft. Wayne Northrop High  
**Qualifying:** Seniors only, Invited based on State Finals & season marks.

**MITCA Supports The Community We are Asking all 2011 Track & Field participants to bring 4 cans of food or donate cash to feed those less fortunate.** The Lansing Area Food Banks will provide containers to collect the items and then distribute them to those in need

# 2010 MITCA HALL OF FAME INDUCTEES – CROSS COUNTRY

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

At the 2003 and then the 2004 Cross Country Clinics we honored and inducted into the MITCA Hall of Fame the Kermit Ambrose Award winners. At the 2004 and 2005 Track Clinics we honored and inducted into the MITCA Hall of Fame the Charles Sweeney Award winners. Now MITCA is inducting members for the Hall of Fame that are not Ambrose or Sweeney winners. This is our fifth class for cross country

## David Carey/Swartz Creek

Dave graduated from Swartz Creek High School got his Bachelors Degree from Michigan State and returned to Swartz Creek as a History & Government Instructor, adding a Masters from Eastern. When he became a counselor about 10 years ago he gave up cross country but still works with the distances & vaulters in track

He started coaching junior high football and baseball and then began a 27 year career of coaching cross country until 1999, coaching both boys & girls. During that time his teams won 154 meets while losing 36. They had 14 Big Nine Conference and 10 Regional Championships. His Swartz Creek team won the D1 Lower Peninsula Finals in '86, were runner-up in '84, with a total of 7 top 10 finishes. He was head coach in track & field for 20 years.

Dave has coached 9 cross country All State Runners and had 2 individual state champions in track. He was MITCA's COY in '86 and nominated for COY in '84.



Steve porter mitca picture

Finals since '87 with as many as 5 in a single Finals Meet and as many as 3 on the award stand.

He has been nominated for MITCA COY in both track & cross country winning COY in Track & Field in 1999.

## Doug Grezeszak/West Branch Ogemaw Hgts.

Doug started coaching at Cass City, then moved to Fremont and finally to Ogemaw Heights in 1988 giving him a career of 30 years coaching cross country and 32 in track & field. Doug restarted the cross country program at Ogemaw Hgts. He graduated from Whittemore-Prescott High School where he was a distance runner.

He is a Michigan State grad and was a Physics/Chemistry instructor.

His cross country teams won 15 conference and 8 regional championships with 7 top 10 finishes at the Finals. His track teams won the conference 21 times with 8 regional championships and 6 Top 10 finishes. Two of his runners won their the State Finals race in cross and he has had 10 individual champions in track & field. At least 1 of his throwers have qualified for the

# 2010 CROSS COUNTRY COACH OF THE YEAR AWARDS

## BOYS



left to right Tony Magni, Joe Curdura, John Wismer

### Div. 1: Tony Magni/Novi Detroit Catholic Central

**nominees:** Brian Salyers/Highland Milford, Carl Spina/Saline, David Testa/Dexter

### Div. 2: Joe Curduru/Grand Rapids Forest Hills Northern

**nominees:** Doug Jager/Grand Rapids Christian, Cliff Somers/Fremont, Christopher Young/Ionia

### Div. 3: Laurens TenKate/Grandville Calvin Christian

**nominees:** Rick Cahoon/Shepherd, Tim Simpson/Lansing Catholic Central, Mike Snyder/Frankenmuth

### Div. 4: John Wismer/Bridgman

**nominees:** Dan Brunk/Potterville, David Jordon/Concord, Mike Kloss/Harbor Springs

## GIRLS



Ben Watson, Doug Jager, Dean Blackledge Steve porter mitca picture

### Div. 1: Ben Watson/Rockford

**nominees:** Carlos Benton/Grand Blanc, Mike Smith/Saline, Steve Zaranek/Grosse Pte. South

### Div. 2: Doug Jager/Grand Rapids Christian

**nominees:** Robert Brown/East Lansing, Nick Hopkins/East Grand Rapids, Jeremy Luhmann/Hamilton

### Div. 3: Dean Blackledge/Hanover-Horton

**nominees:** Jill Evers-Bowers/Kent City, Traci Kelly/Benzonia Benzie Central, Luke Thorburn/Stockbridge

### Div. 4: Doug Baird/Hesperia

**nominees:** Angelina Bauer/Saugatuck, Emily Kloss, Mark Zitzelsberger/Mt. Pleasant Sacred Heart

### You must be a member of MITCA by:

to be considered for:

Oct. 1 for Cross Country May. 1 for Track & Field

COACH or ASSISTANT COACH Of The YEAR honors.

If you do not attend a clinic this year you are not a member. Coaches are "nominated" for Coach of the Year through their team finish at the MHSAA final meet for each sport - nominees are expected to submit coaching career information for award consideration. Go [mitca.org](http://mitca.org) for information.

MITCA Supports The Community We are Asking all 2011 Track & Field participants to bring 4 cans of food or donate cash to feed those less fortunate. The Lansing Area Food Banks will provide containers to collect the items and then distribute them to those in need

# MITCA'S MR. and MS. CROSS COUNTRY 2010

Ms. & Mr. honors are awarded to seniors, one girl & one boy, who the MITCA Executive Board, deems are the top senior athletes in cross-country that year

**Scotty Albaugh**/Waterford Mott  
Scotty is a 4 year letterman and earned all-conference honors in the KLAAs all 4 years he has been in high school. He repeated his 2009 MITCA All-State honors this year while winning the D1 Individual Title this year.

He has won the KLAAs 800 and 3200, being the record holder in the 3200 and was a regional champion in both the 1600 & 3200 races.

He is part of the "Positive peer influence" and Anti defamation league at his high school.

He just recently made a verbal commitment to the University of Michigan after also considering Michigan State & Wisconsin.



Steve Porter mitca picture

**Brook Handler**/Rochester  
Brook is a 4 time state qualifier, capping those 4 races with the fastest time of the day to earn Ms. Cross Country for 2010 as a senior. She earned All-Oakland country in Cross Country all 4 years and was a 3 time All-conference Runner in the OAA. She was part of Rochester's D1 LP Finals Championship team in 2007.

In the spring she runs the 800 where scored in the Finals & was part of Rochester's winning 4x8. She was also part of Rochester's 4x400. Brook was the team captain in cross country and has earned academic all-state.

Brook is a member of the National Honor Society and is a Nationally Commended Student because of her PSAT score. Her school activities include "Friends of Rachel," which is a peer group activity created by a survivor of Columbine. She

also part of "Keep the Drive" which is a teen driving program and is also a volunteer at an area nature center.

She is considering the University of Michigan, Michigan State, Illinois and Villanova and want to be a chemical engineer.

**REMEMBER TO USE ATOM OFFICIALS FOR YOUR CROSS COUNTRY and TRACK & FIELD MEETS.** For official's information got to: [www.atomofficials.com](http://www.atomofficials.com)

## MITCA'S CROSS COUNTRY DREAM TEAM 2010

Selection is based on the 7 fastest times at MIS on the day of the finals. Times taken to the nearest tenth. \* 2009 Dream Team Member

### BOYS

**Scott Albaugh**-12/Waterford Mott, **Austin Whitelaw**-12/Monroe, **Alex Standiford**-12/Mattawan, **Kyle Tait**-12/Big Rapids Crossroads Charter Academy, **Caleb Rhynard**-12/Shepherd, **Bryce Bradley**-12/Chelsea, **Nicholas Soter**-11/Dearborn Divine Child

### GIRLS

**Brook Handler**-12/Rochester, **Gabrielle Anzalone**-12/Grand Blanc@@, **Hannah Meier**-10/Grosse Pte. South@, **Erin Finn**-10/West Bloomfield, **Shannan Osika**-12/Waterford Mott@@@, **Rachele Schulist**-11/Zeeland West, **Allyson Winchester**-12/Middleville Thornapple-Kellogg. @ 2009 Dream Team, @@ 2008 Dream Team @@@ 2008 & 2007 Dream Team

## 2010 MITCA CROSS COUNTRY RECOGNITION AWARDS

### Grant-Averill Award

Established in 1990, and named in honor of Alice Averill and Nancy Grant, this award is given to a non-coaching individual in recognition of their "behind the scenes" devotion and selfless contribution of time and effort on behalf of Cross Country and/or Track and Field.

**Joanne Zang**, Harbor Beach  
Nominated by: Steve Linn, Harbor Beach

### 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

**Jason Hundey**, Armada Middle School  
Nominated by: Rob Blume, Armada

### Arpino Scholarship 2010

Patsy Arpino, long time coach at Jackson Lumen Christi and MITCA member, established this scholarship fund to help support higher level education for the sons and daughters of fellow MITCA members. Two \$500 scholarships are awarded each year

**Kaitlin Myszkowski**- a junior at Grand Valley State majoring in marketing.  
daughter of Jerry Myszkowski  
**Alex Wilson**- a freshman at MSU- running for MSU, Business Degree- marketing  
son of Jeff Wilson Kent City

## MITCA CROSS COUNTRY QUESTIONNAIRE 2010

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 Cross Country Committee is responsible for the development of the questionnaires. There were 211 coaches voting at the clinic this year.

- 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 44.5% (94) No 52.6% (111)**
- 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 72.5% (153) No 24.6% (52)**

## MITCA TRACK & FIELD QUESTIONNAIRE 2011

The following question will be presented on the 2011 Track & Field Clinic: Business Meeting for your consideration The Track & Field Committee is responsible for its development of the question(s) presented.

- Should an indoor meet performance that is achieved during the spring, outdoor track & field season count as a regional seed mark? **Yes No**

### CROSS COUNTRY CLINIC PREDICTION RUN:

1-Ross Vriez-0:03, 2-Doug Jager-0:09, 3-Randell Hunt-0:14, 4-Spender Carr-0:18, 5-Glen Maylath-0:27, 6-Brian Powell-0:28, 7-Joe Verellen-0:30, 8-Scott Voger-0:30, 9-Deb Jager-0:41, 10-David Jordan-0:42, 11-Nick Ekel-0:42, 12-Lisa Shaw-0:48, 13-Don Passenger-0:53, 14-Nick Rochefort-0:57, 15-Jason Hundey-0:59, 16-Steve Rogers-1:00, 17-Bob Blume-1:05, 18-Garrett Jurgens-1:13, 19-Ben Watson-1:38, 20-Rick Flair-1:42, 21-Mike Klosowski-1:47, 22-Mike Timpa-1:58, 23-Erik Anderson-2:19, 24-John Lips-2:33, 25-Daavid Emeott-2:37, 26-Ray Antel-2:43, 27-Rick Shaw-3:08, 28-Emily Kloss-3:10

# MITCA'S ACADEMIC ALL-STATE TEAM 2010

MITCA awards Academic All-State awards to both individuals and teams. An individual with a GPA of 3.800 (on a 4.000 scale) finishing in the top half of the field will automatically receive an award. At least twenty-five awards will be given, awarding GPA's down to 3.500. Teams are ranked based upon five of the top seven runners who participate in the final meet. We have listed the top five teams in each division and the individuals that were in the top 10.

## BOYS

**Division 1: WALLED LAKE NORTHERN-3.945**, Brighton-3.925, Grand Blanc-3.872, Pinckney-3.850, Plymouth-3.849 20 teams

**Individuals:** Taylor Neely/Dexter, Nicholas Culbertson/Macomb Dakota, Andrew Barnett/Saline, Joseph Porcari/Plymouth, Ryan Boyd/Novi Detroit Ctholic Central, John Izzo/Davioson, Tyler Partridge/Brighton, Drew Woznick/Rockford, Akshay Jetli/Ann Arbor Huron, Blake Ryan/Macomb Dakota..... 30 runners

**Division 2: ALMA-3.936**, Grand Rapids Christian-3.859, East Lansing-3.820, Mt. Pleasant-3.806, St. Joseph-3.775, Ionia-3.701, Corunna-3.691, Dearborn Divine Child-3.669, Gaylord-3.627, Byron Center-3.616..... 18 teams

**Individuals:** Brice Brown/Ionia, Mike Gawlik/Bloomfield Hills Lahser, Joe Kemeny/Bloomfield Hills Andover, Greg Madendorp/Whitehall, Cory Madaj/ Midland bullock Creek, Sam Schuiteman/Fremont, Connor Montgomery/Ionia, Ben Deuling/Muskegon Orchard view, Josh Clark/Edwardsburg, Griffin Miller/ Dearborn Divine Child..... 31 runners, 4 with a 4.000 GPA

**Division 3: WHITMORE LAKE-3.861**, Grandville Calvin Christian-3.860, Kalamazoo Hackett-3.844, Shepherd-3.816, Almont-3.774..... 14 teams

**Individuals:** William Huddleston/Benzonia Benzie Central, Zachary Zingsheim/Lansing Catholic Central, Matt Konieczki/Hanover-Horton, Ryan Watson/ Delton Kellogg, David Burkland/Almont, Alec Armstrong/Stockbridge, Andrew Rylaarsdam/Grandville Calvin Christian, Parker McGoldrick/Macomb Lutheran North, Caleb Rhynard/Shepheard, Kal Caulkins/Hillsdale..... 32 runners, 8 with a 4.000 GPA

**Division 4: SOUTHFIELD CHRISTIAN-3.908**, Mendon-3.732, Mt. Pleasant Sacred Heart-3.608, Bridgman-3.605, Bear Lake/Onekema-3.598 13 teams.

**Individuals:** Victor Allen/Southfield Christian, Andrew Dileria/Potterville, Frank Moen/St. Joseph Lake Michigan Catholic, Cameron Magro/Bridgman, Alec Bolthouse/Belleuve, Andrew Alvarez/Hillsdale Academy, Lucas Copi/St. Joseph Lake Michigan Catholic, Austin Wignet/Reading, Ryan Pienta/Bear Lake-Onekema, Chuck Schoedel/Bear Lake-Onekema..... 25 runners, 5 with a 4.000 GPA

## GIRLS

**Division 1: PINCKNEY-3.950**, Grand Haven-3.889, Livonia Franklin-3.860, Rockford-3.858, Grosse Pte South-3.819.....18 teams

**Individuals:** Hannah Meier/Grosse Pte South, Erin Finn/West Bloomfield, Alissa Williams/East Kentwood, Christina Firl/Grosse Pte South, Anna Pasternak/Hartland..... 36 runners.

**Division 2: HAMILTON-3.933**, Milan-3.929, Otsego-3.896, Grand Rapids Chirstian-3.883, Sturgis-3.880..... 18 teams.

**Individuals:** Alex Belinky/Carleton Airport, Tarah Bourke/Newaygo, Clara Cullen/Ada Forest Hills Eastern, Samantha Humphrey/Alma, Michelle Kerr/Dearborn divine Child... 44 runners, 13 with a 4.000 GPA

**Division 3: STOCKBRIDGE-3.996**, Macomb Lutheran North-3.990, Schoolcraft-3.949, Kent City-3.932, Tawas Area-3.896..... 21 teams.

**Individuals:** Megan Heeder/Lansing Catholic Central, Breanne Lesner/Freeland, Krista Broekema/Schoolcraft, Taylor Nye/Benzonia Benzie Central, Emma Frost/Lansing Catholic Central, Stefany Ingraham/Manton, Emily Wrozek/Hanover-Horton, Jacquie Fillmore/Stockbridge, Kristin Fillmore/Stockbridge, Hannah Schilling/Macomb Lutheran North..... 44 runners, 13 with a 4.000 GPA

**Division 4: TRAVERSE CITY ST. PHILIP-3.978**, Battle Creke St. Philip, Saugatuck, Harbor springs, Kalamazoo Chirstian.....16 teams.

**Individuals:** Stephanie Ingraham/Manton, Heather Price/Saugatuck, Anna Goike/Royal Oak Shrine, Sarah Arthur/Traverse City St. Francis, Monica Randall/McBain, Jane Wiley/Saugatuck, Elaine Poling/Pottsford, Rachel Brunner/St. Joseph Lake Michigan Catholic, Bridget Bennett/Mt. Pleasant Sacred Heart, Patricia Morel/Battle Creek St. Philip..... 33 runners, 7 with a 4.000 GPA.

**UP Division 1 BOYS: GLADSTONE-3.962**, Kignsford-3.811, Gwinn-3.801.....8 teams.

**Individuals:** Dylan McKeivitt/Negaunee, Andrew Stenberg/ Escanaba, Daniel Kulas/Kingsford, Nick Olesak/Gladstone, Connor Colling/ Houghton...20 runners, 5 with a 4.000 GPA.

**UP Division 2 BOYS: HANCOCK-3.728**, Rydyard-3.667, Norway-3.658.....6 teams.

**Individuals:** David Jarvie/Rudyard, Tyler Rice/Rudyard, Patrick Sweeney/St. Ignace, Kenny Peterson/Ishpeming, Nate Muraro/Norway.....12 runners, 2 with a 4.000 GPA.

**UP Division 3 BOYS: CEDARVILLE-3.962**, Eban Junction Superior Central, Munising..... 3 teams

**Individuals:** Eli Bale/Cedarville, Matt Schlosser/ Cedarville, Brent Heerspink/Cedarville, Isaiah Murray/Cedarville, Dylan Cromell/Munising.....11 runners, 1 with a 4.000 GPA.

**UP Division 1 GIRLS: NEGAUNEE-3.921**, Menominee-3.870, Marquette-3.747.....6 teams.....

**Individuals:** Lindsey Lusardi/Gladstone, Adeline Grier-Welch/Houghton, Emily Lawton/Ishpeming Westwood, Alyssa Chapman/ Ishpeming Westwood, Alex Bott/ Kingsford 16 runners, 10 with a 4.000 GPA.

**UP Division 2 GIRLS: ST. IGNACE-3.968**, L'Anse-3.887, Rudyard-3.734 4 teams.

**Individuals:** Leah Jarvie/Rudyard, Rebecca Malaske/ Rudyard, Paige Koskinen/Newberry, Megon Trotter/Rudyard, Tara Meleen/ L'anse..... 12 runners, 4 with a 4.000 GPA.

**UP Division 3 GIRLS: POWERS NORTH CENTRAL-3.894**, Dollar Bay-3.690, Eban Junction Superior Central-3.659 3 teams.

**Individuals:** Brandi Kopitz/Pickford, Janaan Meyers/Cedarville, Brittany Richard/Big Bay de Noc, Alissa Paquette/Munising, Erica LeClaire/ Dollar Bay.....13 runners, 3 with a 4.000 GPA.

## RETIRING

Retiring after this season? Not attending the track & field clinic this year?

**Then this is your last MITCA Newsletter.**

Keep in contact with MITCA, cross-country and track & field. MITCA offers a lifetime membership to retired coaches. You do not have to be retired from the classroom. The only requirements for this Lifetime Membership to MITCA are: You must be 50 or older and retired from coaching cross country and track & field. A Lifetime Member receives a lifetime member's pin, the MITCA Newsletter; clinic information with the only cost to attend the clinic is your banquet ticket, currently \$25.

There is a one-time membership fee of \$100. Applications for the Lifetime Membership are on line at [mitca.org](http://mitca.org). If you will be attending the clinic in February you can apply there

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# MIDEAST MEET RESULTS 2010

Indian Riffle Part Area, Dayton, Oh.

There was a slight change in the format this year. Pennsylvania and Kentucky dropped out of the meet. As a result it was decided each state could enter 12 runners in the meet.

**Boys' Team Scoring:** 1-Indiana-20 (2-3-4-5-6) 2-Ohio-55 (9-10-11-12-13) 3-MICHIGAN-95: 1-Austin Whitelaw/Monroe-15:22, 15-Jeff Sattler/Byron Center-15:48, 22-Taylor Compton/Hamilton-15:57, 23-Cameron Dobson/Crowell-Lexington-15:59:34, Blake Bitner/Kenowa Hills-16:13(35- Spencer Pageau/Jackson Lumen Christi-16:14, 37-Colin Creagh/L'Anse Creuse North-16:17, 40-Nick Culbertson/Macomb Dakota-16:31, 41-Jordan Staley/Macomb Dakota-16:32, 42-Blake Yard/South Lyon-16:35, 46-Andrew Alvarez/Monroe-16:45, 47-Justin Krauss/Perry-16:55) 4-Illinois-109.....

Indiana won this year after being runner-up last year. Michigan moved up a notch after finishing 4<sup>th</sup> in 2009.

**Combined Team Scoring:** 1-INDIANA-73, 2-Ohio-85, 3-Michigan-119, 4-Illinois-165.....Indiana moved from 3<sup>rd</sup> to 1<sup>st</sup> this year, Ohio remained in 2<sup>nd</sup>. Michigan dropped to 3<sup>rd</sup> in the combined score in 2010.

**GIRLS:**1-Ohio-30 (1-4-6-8-11) 2-Indiana-53 (2-3-7-18-23) 3-Illinois-56 (5-9-13-14-15) 4-MICHIGAN-84: 10-Alissa Williams/East Kentwood-18:12, 12-Megan Heeder/Lansing Catholic Central-18:14, 19-Ann Marie Arseneau/turgis-18:29, 21-Anna Pasternak/Hartland-18:34, Taylor Smith/Otsego-18:34, 37-Emily Short/Tawas-18:48, 34-Chloe Gilbert/Owosso-18:55, 35-Teha Ames-Shepherd-18:56, 36-Jacquelynn Overbeek/Hamilton-18:58, 39-Morgan Wixson Remus Chippewa Hills-19:12, 42-Shivani Kaushal/Grand Blanc-19:14, 43-Bianca Kubicki/Canton-19:21

Ohio returned to the top spot after winning in '09 and finishing runner-up to Michigan in 2009.

## Nov. 22 NCAA DIVISION 1 at LaVern Gibson Championship CC Course, Terra Haute, In (former Michigan High School runners)

**MEN'S 10k:** no Michigan teams advanced to the finals. 3-Wisconsin-223: 13/11-Maverick Darling-so/Ovid-Elsie-30:08, 20/17-Landon Peacock-s/Cedar Springs-30:16, 25-University Of Notre Dame-571: 122/100-Dan Jackson-s/Dexter-University of Notre Dame-31:22.1 **Individuals:** 113-Craig Foyes-j/Michigan-25:02, 206-Patrick Grosskopf-s/Corunna-Michigan State University-25:25

**WOMEN'S 6k:** 22-UNIVERSITY OF MICHIGAN-: 35-Jillian Smith-so-20:58, 87-Rebecca Addison-so/Grand Haven-21:30, 105-Danielle Tauro-j-21:40, 109-Kaitlyn Patterson-so/Cadillac-21:42, 140-Lindsey Hilton-so/Rochester Adams-22:03(164-Mary Grace Pellegrini-j-22:17, 165-Kaitlyn Peale-j-22:17) 23-MICHIGAN STATE UNIVERSITY-: 29-Emily MacLeod-s-20:49, 76- Carlie Green-j/Millford-21:22, 92-Rebekah Smeltzer-j/Monroe Jefferson-21:32, 123-Kristen Smith-so/Clarkston-21:48, 161-Julia Otwell-f/Traverse City Central-22:15(188-Tiffany Evans-j-22:46, 198-Katie Haines-so/Rockford-22:59)

2<sup>nd</sup>-Florida State Women, Karen Harvey, coach While not a former Michigan High School runner, Karen Harvey, who made All-American while running at the University of Michigan and started her coaching career there as a volunteer assistant and is now the head coach at Florida State University where her women's cross country team reached the podium for the 4th straight year.

## Nov. 22 NCAA DIV. II at E. P. "Tom Sawyer Park, Louisville, Ky host Bellarmine University(former Michigan HS runners)

**MEN'S 10k:** 3-Grand Valley State University-135 points :15-Anthony Witt-j-31:13, 17-Tyler Emmorey-j/Cedar Springs-31:13, 29/27-Paul Zielinski-j-31:29, 39/37-Ryan Toth-j-31:38, 41/39-Stephen Fuelling-so/Milford-31:39(61/55-Jeff Nordquist-j/Parchment-31:59, 76/69-Larry Julson-f/Pottsville-32:16)

**WOMEN'S 6k:** 1-GRAND VALLEY STATE-66: 4-Katherine McCarthy-s/Kenowa Hills-21:10, 9/7-Megan Macoratinis/Livonia Churchill-21:34, 22/16-Rebecca Winchester-j/Middleville Thornapple-Kellogg-21:50, 26/19-Kylen Cieslak-s/Livonia Churchill-21:56, 27/20-Julia Nowak-j-22:01, (30/22-Monica Kinney-so/Grand Rapids West Catholic-22:03, 32/24-Jessie Vickers-j/Dexter-22:09) 8-Ferris State University-241: 11/8-Christina Muir-s-Ferris State, 21:38, 63/52-Samantha Johnson-f/Troy-22:49.5, 70/56-Brittany Anderson-f/LeRoy Pine River-23:01.5, 73/59- Alyssa Osika-so/Waterford Mott-23:03.5, 81/66- Anna Rudd-so/Leslie-23:08.7(94/78-Paige Onweller-s/Lapeer East-23:21.1, 98/82-Shelby Janutol-so/Troy-23:25.2) 14-Hillsdale-387: 21/15-Erin Brunko-s-21:49.7, 102/86-Amanda Putt-j/Tecumseh-23:30.9, 103/87-Melissa Tenkate-j/Grandville Calvin Christian-23:30.9, 114/98-Emily Shelton-f-23:45.2, 117/101-Francesca Frasier-s-Hillsdale 23:46.1(147/127-Ashley Quick-j/Harbor Springs-24:27.4, 179/158-Jennifer Shaffer-j/Cxamden-Frontier-25:53.7)

## Nov. 20 NCAA DIV. III: Max Cross Country Course, Wartburg College, Waverly, IA, (former Michigan HS runners)

**BOYS 8k:** 8-CALVIN COLLEGE-277: 13-Nick Kramer-j-24:41.1, 47-Matt Vander Roest-so/Ann Arbor Huron-25:12.0, 56-Dan Kerso/Petoskey-25:18.7, 60-Ben Van Wyk-s-25:20.2, 101-Rhett Morici-so-25:40.2, 117-Alex Wrobel-j-25:50.1, 131-Jake Christiansen-s-25:56.4 31-ALBION-849: 116-Deion Pruitt-so/Ann Arbor Huron-25:49.7, 168-Paul Lewis-f/Albion-26:17.2, 170-Mitchell Klingler-f/Bronson-26:18.7, 193-Matt Melvin-so/Bangor-26:41.6, 202-Drew Fuentes-j/Bangor-27:06.7, 210-Ben Alger-s/Grass Lake-27:20.1, 222-Kendall Maddox-f/Ferndale-28:05.2 **Individuals:** 61-Nathan Love-j/Midland-Hope College-25:13.2

**GIRLS 6k:** 9-CALVIN COLLEGE-354: 26 Jodi Hoekstra-Jr-21:56.0, 28-Alyssa Penning-so/Grand Rapids Christian-21:56.9, 39-Gretchen Braymer-s-22:06.3, 125-Alyssa Oram-f/Cheboygan Home School-22:57.5, 136-Samantha Westveer-s/East Kentwood-23:03.1, 160-Eva Kort-j-23:12.0, 179-Kaitlin Diemer-j/Grand Rapids South Christian-23:27.7 19-HOPE COLLEGE-462: 69-Kelly Lufkin-j/Houghton-22:29.1, 80-Taylor Mattarella-so/Traverse City Central-22:34.3, 100-Karlynn Sikma-j/Grand Rapids NorthPointe Christian-22:46.1, 103-Sharon Hecker-so/Grandville-22:48.0, 110-Camille Borst-f/Allendale-22:51.9, 138-Emily Fischer-s-23:03.8, 173-Kate Nelson-j/Williamston-23:24.4 **Individuals:** 104-Kellee Lemcke-s/Sterling Hgts. Stevenson-Alma-22:28.4

Michigan Running News, the email running newsletter helped provide the NCAA information.

## FOOTLOCKER CROSS COUNTRY MEETS

11/27/10 Regional at Wayne E. Dannehl Cross Country Course, Kenosha, Wisconsin. Top 10 qualify for the Footlocker Championship Dec. 11. at Balboa Park, San Diego, CA. Complete results are available at: <http://footlockercc.com>

**BOY'S REGIONAL:** 1-Lukas Verzbicas-12/Orland Hills, Il-14:42.5. Michigan Runners in top 50: 10-Caleb Rhynard-12/Shepherd-15:12.4, 22-Alex Standiford-12/Mattawan-15:29.9, 30-Scotty Albaugh-12/Waterford Mott-15:39.7, 35-Connor Mora-so/Cedar Springs-15:42.3, 42-Nicholas Renberg-11/Saline-15:46.2, 45-Joseph Duff-12/Grand Haven-15:47.4 38 Michigan Runners.....235 runners total. **State Scores:** 1-Indiana-41, 2-Illinois-73, 3-MICHIGAN-116, 4-Ohio-125, 5-Wisconsin-154, 6-Minnesota-225, 7-Colorado-298, 8-South Dakota-325, 9-Missouri--327, 10-Iowa-329.....

**BOY'S FINALS** 1-Lukas Verzbicas-s/Sandburg-Orland Hills, Il-14:59..... 35-Caleb Rhynard-s/Shepherd-15:59

**TEAM STANDINGS:** 1-Midwest-22(1-2-3-5-11(12-13)), 2-South-64, 3-Northeast-73, 4-West-75.....

**GIRL'S REGIONAL:** 1-Allison Woodward-12/DePere, Wi-17:18.5 Michigan runners in the top 50: 2-Gabrielle Anzalone-12/Grand Blanc-17:25.1, 3-Shannon Osika-12/Watterford Mott-17:26.8, 4-Erin Finn-10/West Bloomfield-17:28.2, 8-Brooke Handler-12/Rochester-17:35.1, 13-Ali Wiersman-11/Allendale-17:56.2, 16-Lindsay Clark-12/West Bloomfield-18:16.1, 31-Rachele Schulist-11/Zeeland West-18:38.5, 33-Kelly Schubert-11/Manistee-18:39.9, 40-Julia Vaencia-11/Walled Lake Western-18:47.3, 41-Megan Heeder-12/Lansing Catholic Central-18:47.6, 48-Lindsey Burdette-11/Hanover-Horton-18:51.3, 49-Gabby Deflorio-11/Farmington-18:52.5 65 Michigan runners... 256 runners total. **State Scores:** 1-MICHIGAN-30: 2-3-4-8-13; 2-Illinois-68, 3-Colorado-119, 4-Indiana-124, 5-Wisconsin-149, 6-Missouri-206, 7-Ohio-318, 8-Minnesota-413, 9-Nebraska-946, **GIRL'S FINALS:** 1-Aisling Cuffe-s/Northeast Cornwall Central, NY-16:53.....7-Erin Finn-so/West Bloomfield-17:46, 8-Shannon Osika-11/Waterford Mott-17:46, 12-Gabrielle Anzalone-s/Grand Blanc-17:46, 18-Brook Handler-s/Rochester-18:02. **TEAM STANDINGS:** 1-Midwest-36(4-6-7-8-11(12,13)), 2-Northeast-55. 3-West-70(23), 4-South-70(26).

Reading T-Shirts on Saturday

There is no such thing as to early

There is no such thing as to cold

There is no such thing as to far

I'm a runner

Reading T-Shirts on Saturday

YOU DON'T GET WHAT YOU DESIRE YOU GET WHAT YOU WORK FOR.

## HAPPY BIRTHDAY KERMIT.....



*detroit catholic central picture*

**MITCA EXECUTIVE BOARD MEETS** Sunday, January 16 at 10:30 Next Cross Country – Track & Field – Middle School Committee meetings- March 2011. Dates for the Executive Board meetings will be established at the March Ex Board meeting. Meetings are at the MHSAA Office in East Lansing.

### **THERE BE A MHSAA RULES MEETING AT THE CLINIC** Friday 5:00 P>M>5:00 PM

The only in person track & field rules meetings scheduled this year are at the **Atom & MITCA Clinics.**

**MHSAA Track & Field Rules Meeting Will Be Online This Year** beginning **Feb. 8, 2011**

Kermit Ambrose takes time to thank those that had just sang "Happy Birthday" for him at the MHSAA Cross Country Awards Ceremony at MIS this year while he was presenting awards. He is standing with Scott Hubbard, the announcer for the awards program.

MITCA has had several milestones and years of service to the sports of cross country and track & field. Kermit Ambrose had milestones and years of service to cross country and track & field before he helped found MITCA. Kermit will celebrate his 100<sup>th</sup> birthday this January and MITCA will recognize this, acknowledge and thank him at the banquet Friday evening, Feb. 11.

Join MITCA at the Track & Field Clinic as we sing "happy birthday" to Kermit. If you cannot make the clinic and wish to send him a card, a memory or regards send it to any member of the Executive Board and we will see he gets it.

## **IN THE BULLPEN.....**

### **MITCA is interested in your Track and Field, and Cross Country memorabilia.**

We are going to attempt to collect whatever history we can find, that informs our membership and the public of our past accomplishments and outstanding Track & Field and Cross Country athletes.

If you have any articles of the past or stories, that we can display at our clinics, for public information, we want them. The goal is to develop a pictorial and written history to be put somewhere for public consumption.

If you have anything you think we can use send them to:

Ted Duckett, Kalamazoo Loy Norrix High School  
606 E. Kilgore  
Kalamazoo, MI., 49001.

If we receive enough items there will be a display at the Track and Field clinic in February, 2011. We want to go as far back as possible. Today's information is too current. Let's start from 2000 back and see what we can come up with.

We often hear comments about the commentators for televised running events. The following is from **Michigan Running News**. Since 2002 Michigan Runner has covered the NCAA D1 Cross Country Championships every year except one. This year a family gathering found us in Michigan and provided an opportunity to watch NCAA's online video coverage of this familiar event. We enjoyed the different camera angles of the women's and men's races and chuckled at some of play-by-play broadcaster Larry Rawson's and the color-commentator's comments:

"Runners" were called "players."

The "course" was called a "field."

The "pack" was called a "pelaton".

At the conclusion of the race, runners were "tired".

As Sam Chelanga crossed the finish line, he was named the "Outdoor 10,000 meter champion." (Umm, I think that's on the track, in June.) Finally, the finish line camera followed winner Chelanga and runner-up Stephen Sambu walking around instead of other runners finishing. If you would be interested in receiving the email coverage respond to: [jennie.mccafferty@gmail.com](mailto:jennie.mccafferty@gmail.com)

Men..... If you are 40 or over, just a reminder for you to get you PSA test for prostate cancer. Early screening/detection is the key.

We all owe **Chris Owens**, 2nd V. President, a thanks for her raising awareness of cancer at the recent Cross Country Clinic. It has been 6 years since I had my surgery for prostate cancer and I have to get a regular test to make sure it doesn't reoccur. I was never really aware of prostate cancer until I was diagnosed with it. If detected early the survival rate is extremely high.

Have a happy and Holy Christmas season. See you in Feb. jgm

# PHOTOGRAPHS AT MIS 2010

Photographs are courtesy of [runmichigan.com](http://runmichigan.com). unless otherwise noted.



**NOVI DETROIT CATHOLIC CENTRAL** D1 Boy's Team Champion



**GRAND HAVEN** D1 Girl's Team Champion



**GRAND RAPIDS FOREST HILLS NORTHERN** Div. 2 Boy's Team



**GRAND RAPIDS CHRISTIAN** Div. 2 Girl's Team



**GRANDVILLE CALVIN CHRISTIAN** LP division 3 Boy's Team



**HANOVER-HORTON** Division 3 LP Girl's Team



**NORTH MUSKEGON** LP Division 4 Champion



**HESPERIA** LP Division 4 Champion

## MITCA'S "LEARN BY DOING" STUDENT SESSIONS

MITCA is sponsoring a **Learn By Doing Clinic** for athletes at Okemos High School Saturday, Feb. 12. Mike Parker will give a motivational talk to students, then two sessions will follow, ending around 4:00 PM. Indoor instruction will be provided in all track & field event areas. Jumping pits will be set up. Several speakers from the track & field clinic will speak to the athletes.

**Topics In Each Session:** Discus, Shot- Glide & Rotational, Blocks, Hurdles, Distance, High Jump and Pole Vault.

**Clinicians:** Pat Bolda/High Jump, Foster Findlay/Pole Vault, Eric Larges/Shot, Lee Kahler/Sprints, Mike Parker/Distance, Boo Schexnayder/Long Jump, Mike Stuart/Discus, Tony Veney/Hurdles will work with the students in attendance.

The cost is \$15 for both sessions for each athlete and a T-shirt will be provided for all athlete participants, pre-registered, \$20 at the door. Go to the [mitca.org](http://mitca.org) website for registration information. Sign up now!!



**MARQUETTE** UP Division 1 Champion



**STEPHENSON** UP Division 2 Champion



**SUPERIOR CENTRAL** UP Div. 3 Champion



**CALUMET** D1 UP D1 Girl's Champion



**RUDYARD** UP D2 Girl's Champion



**DOLLAR BAY** UP D3 Girl's Champion



**Scott Albaugh**  
D1 Waterford Mott



**Alex Standiford**  
D2 Mattawan



**Caleb Rhynard**  
D3 Shepherd



**Kyle Tait**  
D4 Crossroads A



**Brooke Handler**  
Rochester



**Rachele Schulist**  
D2 Zeeland West



**Ali Wiersma**  
Allendale



**Kristen Olling**  
D4 Breckenridge



**Mickey Sanders**  
Marquette



**David Hebert**  
West Iron River



**JAKE MAHOSKI**  
Munising



**Tara Killunen**  
Calumet



**Sarah Cullip**  
D2 St. Ignace



**Erin Holmberg**  
D3 Big Bay De Noc

# MITCA'S 2010 TRACK & FIELD CLINIC

Feb. 10 – 11 - 12  
 Hotel Rate: \$89

Causeway Bay Hotel (was Holiday Inn South), Lansing  
 6820 S. Cedar St. Lansing, Michigan 48911(517) 694-8123 (800) 333-8123

## CLINICIANS

**Kermit Ambrose**- Join us as we celebrate the man known as Mr. Cross Country and Mr. Track & Field in Michigan and one of MITCA's founders 100<sup>th</sup> birthday.

**Jennifer L. Etnier**, Prof. Of Sport and Exercise Psychology at University of North Carolina, Greensboro. Dr. Etnier has conducted research examining the time course of attention during sport skills, the influence of mental imagery on performance and the impact of motivational variables on performance.

**Davie Emeott**, East Kentwood High

**Winter Training**-Coach Emeott's Winter Speed and agility training is open to athletes in all Sports/Events. The group at East Kentwood is frequently attended by over 100 athletes from every off-season sports group.

**Mike Parker**, Iowa City West High- DISTANCE

Coaching the 1600/3200 and will talk about Peak Performance and motivating your team and your self. In 14 years as a track & field coach his teams have won 6 State Championships, 2010 champion scored most points ever, 8 regional, 11 conference titles. 16 years a cross country coach his teams have won. 5 State Championships, 13 Regional and 11 Conference Championships.

**Irving "Boo" Schexnayder**, Louisiana State University- JUMPS

Regarded internationally as one of the leading authorities in training design. Regarded as one of the world's premier field event coaches and was a key in 19 NCAA Championships during his collegiate coaching career.

**Tom Veney**, Ventura College

Tom has coached at Occidental College, Portland State, Cal State Northridge, UCLA and now Ventura College. He has coached 25 NCAA D2 and DII All-Americans. He has been involved with the Olympics, Pan\_Am Teeam USA and Emerging Elite Coaches Clinics.

**Chris Owens/Tawas Area High**- Banquets/Record Keeping/Inventory, etc Tired of the year end stuff???? Chris will give you some ideas to make it easier.

**THROWS, THROWS, THROWS, THROWS** -A roudtable discussion of the shot and discuss. **Ted Duckett**, Kalamazoo Loy Norrix, Lee **Kahler**, Bad Axe; **Eric Larges**, Reese High, **Mike Stuart**, Flint Carmen-Aisnworth/Grand Blanc.

**Jason Robinet**, Neuromuscular Medicine and Rehabilitation

- injury prevention & rehabilitation- distance
- injury prevention & rehabilitation- sprints
- what every great athlete should be doing

## NUTRITION- what should your athletes be eating

-anemia- what are the signs? Find out before you lose an athlete for an entire season

## MITCA SUPPORTS THE COMMUNITY

Chris Owens dedicated her cross country clinic to cancer awareness. We cannot thank the coaches enough for their enthusiasm and support at the clinic. President Steve Linn will continue the community support as he is asking all participants bring 4 cans of food or donate cash to food to feed those who are less fortunate.

## STUDENT SESSIONS

At Okemos High. Go to [mitca.org](http://mitca.org) for information & registration

## SB-CEU credits will be available at the Track & Field clinic.

### Thursday - 6:30-7:30 PM

### Registration

3 Sessions: 7:00-8:00 & 8:05-9:05, 9:10-10:10 speakers each session  
 MITCA HOSPITALITY

### Friday, 7:15AM

### Registration

8:00-9:00, 9:15-10:15, 10:30-11:30, 11:45-12:45 - Sessions  
 12:45 - 1:30 - Lunch (on your own)  
 1:30-2:30, 2:40-3:40 - Sessions  
 3:50-5:00 - MITCA Business Meeting  
 5:00-5:30 - MHSAA Rules Meeting  
 6:00 - 12:00 - Banquet - Salaute To Kermit Ambrose - Hospitality

### Saturday, 7:45AM

### Registration

7:30 Fun run  
 8:30-9:30, 9:45-10:45, 11:00-12:00 Sessions  
 Clinic Moves to Okemos High- Student Sessions- coaches welcome- continue the clinic  
 12:00-12:45- Mike Parker, Motivational Tall - 1:00-2:15 - 2:30 - 3:45  
 Check online for actual speaking schedule! <http://www.mitca.org>

Please detach before mailing.

## MITCA TRACK & FIELD CLINIC February 10 – 12, 2011

Name \_\_\_\_\_  
 New Address \_\_\_\_\_  
 Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home Phone \_\_\_\_ (\_\_\_\_) \_\_\_\_\_

### E-mail address:

In what year did you begin coaching? \_\_\_\_\_

Coaching assignment? Mid. S. H. S. Univ.

Mail to: **Jerry Lasceski, Treasurer**

1691 N. Hinson Road  
 Fairgrove, MI 48733-9503

Questions? Call: 989.693.6068 or Email: [mitcatreas@airadv.net](mailto:mitcatreas@airadv.net)

Clinic Notes and Giveaway LIMITED to the first 850 registrants

Will you be attending the Friday evening banquet? Yes \_\_\_\_\_ No \_\_\_\_\_

Full refund if notified by Feb. 7, less \$25 after Feb.7

School Name \_\_\_\_\_

School Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

School Phone \_\_\_\_ (\_\_\_\_) \_\_\_\_\_

How many years have you coached Track & Field? \_\_\_\_\_

School Classification A B C D  
 Track Division 1 2 3 4

### Registration deadlines and cost:

On or before February 4: \$90.00  
 On site registration: \$100.00

Make checks payable to MITCA  
 Payment must accompany the registration form.

NO CREDIT CARDS

*M-F Athletic*  
MITCA CLINIC SPECIAL  
February 10<sup>th</sup> - February 12<sup>th</sup>, 2011

***Order Now!***

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E-mail: [rob.lasorsa@mfathletic.com](mailto:rob.lasorsa@mfathletic.com)

**\*\*Orders will be accepted only until February 18<sup>th</sup>**



Call (800) 556-7464 or FAX (800) 682-6950

**Visit Us On The Web**  
**MITCA.org**

Jim Murray  
Newsletter Editor  
1321 Country Club Dr.  
Niles MI 49120

**OR**

Jerry Lasceski  
Membership  
1691 North Hinson Road  
Fairgrove MI 48733

**TRACK & FIELD CLINIC ISSUE**

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