

MITCA Cross Country Clinic – 2022

Comfort Inn and Suites – Mt Pleasant, Michigan

November 10, 11, 12

We have a great lineup again this year! Get ready for learning, networking, and enjoyment!

Clinic Topics will include:

- Teaching Leadership for Coaches and Teams
- Injury Prevention and Strength Training for CC runners
- Detection of Eating Disorders
- Mental State of our Athletes – IMPORTANT in today’s world of coaching
- Middle School Sessions
- The Stages that coaches and teams go through – how to move forward!
- Training: The Last 2 weeks before the state meet- Do not ruin your Season!!
and how to develop a season long training schedule
- Recruitment: Two coaches will share what they do to ensure they get the kids out
- The Psychology and Mental Side of Running
- How to Prepare our Athletes for College and Beyond
- and of course, our famous “Speed Dating” on Thursday Night!

Clinic Location and Hotel:

Comfort Inn and Suites - 2424 S Mission St, Mount Pleasant, MI

Phone: 989 – 772 - 4000

Book your rooms now!!!

Group Name: MI Interscholastic Track Coaches Assn.

Group Number: FK27M3

All rooms MUST be booked before Wednesday, Oct 26, 2022. After this date, the group room block will be released to the general public and you will no longer have access to the special group rate.

Clinic Registration Rates:

- \$75 Early-Bird Rate (Register by October 15th)
- \$100 Normal Registration Rate (Register between October 16 - 31)
- \$120 Late Registration Rate (Register on or after November 1)

Registration Link:

Clinic registration done online at: <http://mitca.org/MITCA/online-sign-ups/2022-mitca-clinic/>

See Speakers Below:

Speakers:



Nicole Bush was born in Wyoming, Michigan and attended Kelloggsville High School where she established herself as a distance runner with four state titles in the 3200 m, and three state titles in both the 1600 m and cross country running. From high school she went on to Michigan State University. In her sophomore year (2006), she proved herself as a steeplechaser by placing fifth at the NCAA Outdoor Championship and third at the Big Ten Conference meet. In 2007, she was runner-up at the Big Ten championship, sixth at the NCAA Women's Division I Outdoor Track and Field Championships and came fifth at the NCAA Cross Country Championships. At the 2013 World Championships she finished 25th in 9:58.03 in the Steeplechase.



Rob Miller – Pro-Active Coaching

Rob has been with us in the past and was simply outstanding!! This year Rob will tackle two important elements of coaching. First he will lead us in how we can internalize the 7 elements of Leadership, and the next hour enlighten us with activities, etc. on how to pass these elements unto our athletes. Then Rob will explain the phases of coaching and the phases of team programs that we all go through, and ways to get to the next phase.



Rachael Steil is an eating disorder recovery advocate and the author of *Running in Silence*. A book which shares her story as an All-American athlete struggling with anorexia and binge eating. She is also the founder and speaker for *Running in Silence* to help coaches and athletes better understand and address eating disorders in sports.



Mary Miller - AT, ATC, CRTS, Athletic Trainer & Running Technique Specialist

Mary grew up in West Branch, MI and is a graduate of Central Michigan University. She has over 12 years of professional clinical experience as an Athletic Trainer and has been working in the chiropractic and outpatient rehabilitation setting since 2016. Mary earned her certification as a Running Technique Specialist and enjoys running herself.



Jacci Storey - Ran Cross Country for Eastern Michigan University and transferred to Central Michigan and began coaching as an assistant coach. She has coached at the DI, DII, and DIV ranks in high school. Jacci has been coaching Jenison Boys cross country since 2016. Through her time coaching, she has created programs, broken school records, and turned programs around in order for them to win conference championships and qualify for state finals. This was possible with training, teaching self-care, and utilizing sport psychology into the programs. Jacci graduated with a Master's Degree in Sport Psychology from Adams State University. She believes there is no limit to our potential except in our minds.

A big THANK YOU to the numerous MITCA member coaches who give so much of their time to discuss their programs, participate in Speed Dating and more. THANK YOU SO VERY MUCH, we could not have a clinic without coaches who are willing to share information. We have over 12 MITCA coaches sharing information at this years clinic – A big Shout OUT to YOU!!!