

2023 Track Clinic

Overcoming Obstacles

Get Ready for a Great Clinic

Guest Speaker

The Great Billy Mills will be joining us, if you have not heard him before you are in for a real treat!!

Wheelchair Athletes

We will be having a speaker from Ohio explaining how they incorporated these athletes into their track and field format. This is a growing program in our surrounding states.

Positive Coaching Alliance

We have a great opportunity through a grant by Steph Curry to have PCA present a program with certification.

This workshop empowers coaches to help each of their athletes to become committed to impacting sport on three levels by improving oneself, one's teammates, and the game as a whole. This is valuable knowledge to help all of us become the best coach we can be.

This will be a 90 minute program, and will be so worth your time.

We will of course have sessions on the throws, vault, sprints, hurdles, high jump, long jump and distance.

Amy Matson will be here to speak on motivation and goal setting

Cole and Paul Walderzak – Standish Sterling High School

Will be doing sessions on the shot/ discus and weight training for the throws

Erika Vogel

CMU record holder in the indoor high jump will cover this event for us. Coaches at West Catholic but before that coached 10 years at the collegiate level.

Bryan Hoddle

Bryan is a motivational speaker as well as a great speed clinician. He will be covering all aspects of sprinting for us. Bryan has devoted the second half of his career to disabled veterans and para-Olympians.

Pat Manson

**Previous High School Record Holder in United States with 17'6 1/2"
Previous NCAA Meet Record 18'8"
Ranked #1 in United States 1996 and 1997
World Record in 2006 and 21 Consecutive Years over 18'
Pat will be presenting four sessions**

There will be so much more!!!!

Registration Information!

Early Bird Registration (through December 15th): \$90

Normal Registration (Dec 16th through Jan 19th): \$110

Late Registration (January 20th - At the door): \$125

Clinic Registration Link:

<https://mitca.org/MITCA/online-sign-ups/2022-mitca-clinic/>

Clinic will be at the Crowne Plaza in Lansing

Dates: January 26, 27 and 28 – 2023

To book a room do one of the following. In order to receive the Group Rate, the individual must identify themselves as a member of your Group (MITCA). Reservations can be made directly with the hotel by calling (877) 322-5544. Reservations may also be made online with a group access code Our Group Code is TCA.

Online Hotel Booking Link: <http://www.crowneplaza.com/lansingwest>

Rate is 139.00 per night