

2023 MITCA Track & Field Clinic Highlights

Congratulations to our award winners.

Best of luck this spring.



Pat and Billy
Mills

MITCA Clinician
1964 10,000 m
Tokyo Olympic
Champion
Billy Mills
"Dream Big"

MITCA is pleased to recognize the following award winners.

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Congratulations MITCA Hall of Fame Inductees

page 2

Joan Ludtke of White Cloud 2023 Hall of Fame Charles Sweeney Award Winner



Joan has coached at White Cloud for 50 years. She has coached track, cross country, basketball, and volleyball. Her girls track teams have won 9 conference titles and two regional championships. She has six top ten finishes at the Team State Meet. Joan has an outstanding list of service to our sports, MITCA Committees for nine years, two terms on the MHSAA Rules and Regulation, and six years as an USATF Official. Joan received the 2001 USATF Women's Service Award, the Judy Hagman Award in 2021 from ATOMS, and is a past MITCA Coach of the Year Nominee. Congratulations Coach Ludtke

Jamie has coached boys Track and Field for 32 years, sharing time at both Whiteford and Summerfield. His stellar record includes a 229-70 (76%) dual meet record. At the MHSAA State Meet his teams have five top ten finishes including a 4th (2022), 3rd (2008), 2nd (2006), and a State Championship in 2007. His Summerfield team has qualified for the MITCA Team State Meet 10 straight years, including a State Championship in 2014. His 2022 Track team won their Regional and earned the MITCA Academic Team State Championship. Congratulations Coach LaRocca

Jamie LaRocca of Summerfield 2022 Hall of Fame Inductee



**Derek Gonzales
of Ypsilanti Lincoln
2021 Hall of Fame
Charles Sweeney
Award Winner**



MITCA is proud to award former Executive Board member with our highest honor, the Charles Sweeney Award.

Coach Gonzales has coached for 30+ years with 21 as a head coach. Derek has served as head coach for both boys and girls Track and Cross Country. He has coached over 100 All-

State Athletes including 7 individual state champions. Coach Gonzales has served on several MITCA and MHSAA committees, served as chairman of the MITCA Track and Field Committee and was a member of the MITCA Executive Board for eight years, serving as MITCA's Technology officer. Again congratulations Derek.

2022 MITCA Coach of the Year Winners



2022 Women's Coach of the Year right to left:

D1 Calvin Johnson Det. Renaissance, D2 Mike Dykstra East Grand Rapids, D3 Calvin Ackley Hart, D4 Greg Gould Muskegon West Christian



2022 Men's Coach of the Year right to left:

D1 Carl Brock Detroit U-D Jesuit, D2 Jonathan Rodriguez Berrien Springs, D3 Tim Simpson Lansing Catholic, D4 Carl Scholten Kalamazoo Hackett

2022 MITCA Track and Field Coach of the Year * Winner

Women's D1

****Calvin Johnson*** ***Detroit Renaissance***

Brandon Jiles Oak Park

Kyle Barnes Holland West Ottawa

Nancy Boudreau Ann Arbor Pioneer

Men's D1

****Carl Brock*** ***Detroit U-D Jesuit***

Jeremy Auer Farmington

David Emeott East Kentwood

Tim Dalton Northville

Phil Hoover Zeeland West

Women's D2

****Mike Dykstra*** ***East Grand Rapids***

Doug Jager GR Christian

Josh Vork Zeeland East

Danielle Lobato New Boston Huron

Men's D2

****Jonathan Rodriguez*** ***Berrien Springs***

Kirk Mikkelsen Whitehall

Tammy Jarema Pinckney

Todd Mitchell Spring Lake

Luke Sheppard Frankenmuth

Women's D3

****Calvin Ackley*** ***Hart***

Scott Werner Pewamo-Westphalia

Rob Evans Quincy

Daryl Dawe Ithaca

Kyle McKown Clare

Men's D3

****Tim Simpson*** ***Lansing Catholic***

Rick Bauer Saugatuck

Asa Kelly Benzie Central

Scott Werner Pewamo-Westphalia

Adam Burhans Clare

Women's D4

****Greg Gould*** ***Muskegon WChristian***

Adam Grifka Mt. Pleasant Sacred Heart

Ed Schindler Frankfort

Jill Feldpausch Fowler

Melissa Hamilton Athens

Men's D4

****Carl Scholten*** ***Kalamazoo Hackett***

Grant Woodman Carson City-Crystal

Kristopher Koster Wyoming Potter's House

Jamie La Rocca Petersburg-Summerfield

Tod Reeve White Cloud

2022 MITCA Regional Coach of the Year D1 & D2

Reg	Girls Coach	School	Boys Coach	School
1	Diane Goss	TC West	Tom Brown	TC West
2	Sean O'Brien	Rockford	Philip Hoover	Zeeland West
3	Stephanie Stephenson	East Kentwood	Dave Emeott	East Kentwood
4	Wendy Szuminski	Saline	Al Leslie	Saline
5	Tim Dalton	Northville	Tim Dalton	Northville
6	Calvin Johnson	Detroit Renaissance	Carl Brock	Detroit U-D Jesuit
7	Brandon Jiles	Oak Park	Jeremy Auer	Farmington
8	Charles Pollard	East Lansing	Ross Malatinsky	Holt
9	Brian Droblich	Oxford	Jeff McNeil	Walked Lake Northern
10	Thomas Zarzycki	Macumba Dakota	Michael Buslepp	Romeo
11	Karen Starkey	Petoskey	No member	
12	Josh Vork	Zeeland East	Ralph Neal	Zeeland East
13	Doug Jager	GR Christian	Doug Jager	GR Christian
14	Justin Scott	Otsego	Jon Rodriguez	Berrien Springs
15	David Jones	Mason	Eric Haynie	Mason
16	Phil Speare	Monroe Jefferson	Tammy Jarema	Pinckney
17	Jim Shannon	Divine Child	Randolph Williams	Divine Child
18	David Wilson	Detroit Country Day	David Wilson	Country Day
19	Benjamin Cox	Linden	Leo Foley	Flint Powers
20	Jason Castle	North Branch	Luke Sheppard	Frankenmuth

2022 MITCA Regional Coach of the Year D3 & D4

Reg	Girls Coach	School	Boys Coach	School
21	Kyle McKown	Clare	Adam Burhans	Clare
22	Calvin Ackley	Hart	Julie Duffing	TC St Francis
23	Michael VanDyke	GR West Catholic	Rick Bauer	Saugatuck
24	Shawn Hulin	Centreville	Michael Hunter	Centreville
25	Clay Schiman	Hillsdale	Clay Schiman	Hillsdale
26	James Spencer	A. A. Gabriel Richard	Alex Russeau	Erie Mason
27	Rick Bray	Bishop Foley	Rick Bray	Bishop Foley
28	Brandon Gnatkowski	Reese	Jeff Schember	Caro
29	Scott Werner	Pewamo-Westphalia	Scott Werner	Pewamo-Westphalia
30	Brogan Holmes	St.Louis	Dylan Harrington	Chesaning
31	Brenden Marcum	Johannesburg-Lewiston	Jason Somers	Lincoln-Alcona
32	Ed Schindler	Frankfort	Jason Bradford	Maple City Glen Lake
33	Greg Gould	Muskegon Christian	Tod Reeve	White Cloud
34	Kim Moe	Marcellus	Jeff Offringa	Kalamazoo Christian
35	Melissa Hamilton	Athens	Michael Roberts	Hillsdale Academy
36	Marie Hamay	Addison	Jamie La Rocca	Petersburg-
37	Dave Brown	Lutheran Westland	Mike Unger	Lutheran Westland
38	Mark Lengel	Orchard Lake St. Marys	Joe Wilkerson	Flint Beecher
39	Jill Feldpausch	Fowler	Grant Woodman	Carson City-Crystal
40	Steven Linn	Deckerville	Mike Peter	Unionville-Sebewaing

2022 MITCA Track & Field Dream Team

Women's Ms. Michigan Track and Field – Kaila Jackson Detroit Renaissance

Long Jump	Drelin Mapp (12)	Oak Park	18-02.25
Discus	Rylan Finstrom (10)	Grayling	145-02
Shot Put	RyAnn Rohrer (12)	Ludington	41-11.00
High Jump	Gabriella Newman (12)	Ann Arbor Pioneer	5-08.00
Pole Vault	Sophia Mettes (12)	Dexter	13-00.00
4x800 Relay	Ann Arbor Pioneer		8:55:58
1) Sylvia Sanok Dufallo (10), 2) Emily Cooper (11), 3) Cookie Baugh (12), 4) Sarah Forsyth (12),			
100 Hurdles	Nonah Waldron (11)	Oak Park	13.90
100 Dash	Kaila Jackson (12)	Detroit Renaissance	11.64
4x200 Relay	Detroit Renaissance		1:38.09
1) Kaila Jackson (12), 2) Chloe Vines (12), 3) Olivia Jenkins (12), 4) Jayla Dace (9)			
1600 Run	Julia Flynn(12)	Traverse City Central	4:39.75
4x100 Relay	Detroit Renaissance		47.01
1) Olivia Jenkins (12), 2) Kaila Jackson (12), 3) Madison Sheard (11), 4) Jayla Graham (10)			
400 Dash	Leeah Burr (12)	Detroit Renaissance	55.05
300 Hurdles	Morgan Roundtree (10)	Oak Park	42.38
800 Run	Julia Flynn (12)	Traverse City Central	2:08.00
200 Dash	Kaila Jackson (12)	Detroit Renaissance	23.51
3200 Run	Arianne Olsen (11)	Holland West Ottawa	10:12.43
4x400 Relay	Ann Arbor Huron		3:52.81
1) Mackenzie Robinson (11), 2) Jade Wilson (9), 3) Christabelle Obi (12), 4) Mya Georgidis (12)			

Men's Mr. Michigan Track and Field – Benny Diaz Saugatuck

Long Jump	Demitri Roberson (12)	Muskegon Mona Shores	23-06.75
Discus	Zane Forist (12)	Carson City	200-04 NEW LPD4 FINALS RECORD
Shot Put	Zane Forist (12)	Carson City	67-05.00 NEW LPD4 FINALS RECORD
High Jump	Braden Prielipp (10)	Marion	6-09.00
Pole Vault	Ethan Lingle (12)	Temperance Bedford	15-09.00
	Landon Cosby (12)	Charlotte	15-09.00
4x800 Relay	Northville		7:44.71
1) Brandon Latta (11), 2) Brock Malaikal (11), 3) David Whitaker (11), 4) Brendan Herger (10)			
110 Hurdles	Benny Diaz (12)	Saugatuck	13.64 NEW LPD3 FINALS RECORD
100 Dash	Shamar Heard (10)	Clinton Chippewa Valley	10.77
	Jamal Hailey (12)	Berrien Springs	10.77
4x200 Relay	Detroit U-D Jesuit		1:28.06
1) Jaiden Reed (11), 2) Cameron Hendrix (10), 3) Nick Johnson (11), 4) Devin Grantham (12)			
1600 Run	Riley Hough (12)	Hartland	4:07.61
4x100 Relay	Detroit U-D Jesuit		42.39
1) Nick Johnson (11), 2) Devin Grantham (12), 3) Cameron Hendrix (10), 4) Jaiden Reed (11)			
400 Dash	Malachi Mosley (9)	East Kentwood	48.85
300 Hurdles	Armon Howard (12)	Rochester Adams	37.32
800 Run	Trent McFarland (11)	Utica	1:52.03
200 Dash	Shamar Heard (10)	Clinton Chippewa Valley	21.32
3200 Run	Benne Anderson (11)	Grand Rapids Ottawa Hills	9:02.89
4x400 Relay	Detroit Cass Tech		3:20.24
1) Renard Richmond (11), 2) Michael Davis-Hawkins (11), 3) Aydan Myers (9), 4) Tamaal Meyers II (12)			



2022 MHSCA Coach of the Year

The following MITCA coaches were recognized on November 13, 2022 and are eligible for regional and national Coach of the Year honors.



Jay Puffpaff
Boys Cross Country
St. Louis

Championships:
8 Conference, 5 Regionals,
8 Top 10 State Finishes,
2 State Championships

Jill Evers
Girls Cross Country
Kent City

Championships:
Girls: 15 Conference, 7 Regionals,
9 Top 8 State Finishes, 15 Top 16
State Finishes, 2 State Runners Up



**2022 National Federation
National Coach of the Year
2022 NHSACA National Coach
of the Year Finalist**



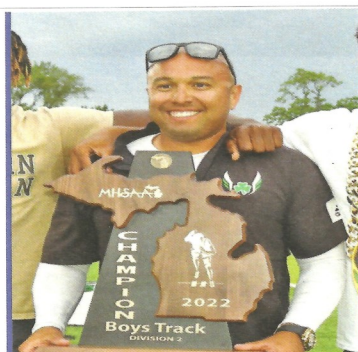
Scott Werner
Girls Track & Field
Pewamo-Westphalia

Championships:
37 Conference, 27 Regionals,
9 State Runner-Ups, 7 Team State
Championships,
44 Individual State Champions,
40 State Champion Runner-Ups

**2022 National Federation
Sectional Coach of the Year
2022 NHSACA National Coach
of the Year Finalist**

Jonathan Rodriguez
Boys Track & Field
Berrien Springs

Championships:
7 Conference, 6 Regionals,
2 State Championships



2022 MITCA Track & Field Academic All-State Team Champions

D-1 Boys	Zeeland West	3.859
D-1 Girl	Holland West Ottawa	3.99
D-2 Boys	Ionia	3.938
D-2 Girls	Freeland	4.000
D-3 Boys	Traverse City St. Francis	3.964
D-3 Girls	St. Louis	3.993
D-4 Boys	Petersburg Summerfield	3.801
D-4 Girls	Hillsdale Academy	3.97

MITCA Track & Field Special Awards and Recognition

2023 Scholarship Winners (3 @ \$500)

Steven Major - University of Michigan

Child of Coach Danielle Major - Hartland

Riley Sponseller– Lake Superior State University

Child of Coach Brian Sponseller– Mt. Pleasant

Drake Willenborg– University of Mount Union

Child of Coach Sonita Harris– South Lyon East



Other Special MITCA Awards

Mario Diaz– Saugatuck Assistant Coach of the Years

Deb Jager– Grand Rapids Christian Averill-Grant Award.

Forms for future Special Awards and Scholarships are available

at www.mitca.org

2023 MITCA Track Clinic Prediction Run 1/28/23							3.66 mi.
Crowne Plaza Hotel, Lansing, MI							
Sponsored by Kevin Behmer and Ann Arbor Race Timing							
T-Shirts provided by Blue Star Sports							
Race Pl	Finish Pl	name	Predicted Time		Finish Time		Time Diff
7	1	Glen Maylath	33	33	33	22	00:11.0
2	2	Kyle McKnown	26	54	25	55	00:59.0
3	3	Shanne Iverson	31	40	30	41	00:59.0
4	4	Libbey Merrell	32	30	31	23	01:07.0
5	5	Edward Thomas	29	36	31	23	01:47.0
1	6	Asa Kelly	28	1	25	54	02:07.0
6	7	Jill Evers	36	36	33	9	03:27.0

Results from Executive Board Election

President: Nancy Smith of Northville

1st Vice President: Jacci Storey of Jenson

2nd Vice President: Cliff Somers of Fremont

and congratulation to our new Secretary

Josh Vork of Zeeland East

MHSCA Hall of Fame Form If you're in the MITCA Hall of Fame please submit this form for the "All Coaches Associations" Hall of Fame. The MITCA Hall of Fame counts as one of the two letters of recommendations.

MHSCA Awards for Longevity 15-50 years. *note two forms to submit. Application Form and Documentation

Kermit Ambrose 101 Club (it's not too late!) see page 12

2023 Ambrose 101 Club as of 2/4/23

* * Gold Donner \$500 * Silver Donner \$200

Bauer	Angelina	MacNaughton	Tom
Behmer	Kevin	Magni	Tony
Blackledge	Dean	Makinen	John
Childress	Charles	Matuszewski	Kristi
Crane	Marty	* * Miramonti	Lou
Dalton	Tim	Nesbitt	Mike
Davidson	Jon	* Porter	Steve & Kim
Emeott	Dave	Schollar	Kathleen
Farley	David	Sleeman	Don
Foley	Dorothy	Smith	Nancy
Gilliam	Kernie	Spalsbury	Kim
Grewe	Eugene	Spencer	James
Hamay	Marie	Stanbury	Edward
Jager	Doug	Stark	Robert
Johnson	Rob & Jud	Stephenson	Stephanie
Larson	Seana	VanderVlucht	James
* Linn	Steve & Martha	* Vork	Josh
Loubert	Gary	Winter	Robert
Your name Here		Woodman	Grant

Special thanks to the above 2023 donors. Your generosity has helped fund Team Michigan for over 10 years. The Ambrose 101 Club has raised over \$72,000.00 Please reply to Steve Porter by returning the 101 Club form on page 12 or use the [Ambrose 101 Club link](#).

Enjoy your Kermit Ambrose Sundae at the next clinic.

See www.mitca.org for up to date information and future clinics.

Dear MITCA Member,

As a MITCA member your donations to the Kermit Ambrose 101 Club is just as important and needed as ever. Coach Ambrose was one of the founding father of MITCA, served as President, Secretary, News Letter Editor and President Emeritus. Kermit passed away 11 years ago after a glorious 101 years. MITCA would not be the fine organization it is today if not for the service of Kermit Ambrose. The MITCA Executive Board would like to help honor and continue Kermit's memory by establishing the Kermit Ambrose 101 Club and Kermit Ambrose Foundation. Kermit lived 101 years, so we are seeking contributions of \$101.00 to match his dedication to the MITCA origination. Your contributions will be used to help fund Team Michigan competing at the Midwest Meet of Champions (track & field), the Mideast Meet of Champions (cross country), and the Kermit Ambrose Scholarship. Both championship meets and teams are underfunded and the Executive Board has made this a priority for the future. Kermit was instrumental in establishing these meets as a MITCA responsibility and it is only fitting that the support of this organization comes in his name. Your contributions are tax deductible and our identification numbers are listed below. To date we have raised an outstanding \$72,000.00 The MITCA Board and the Team Michigan Athletes, thank you for your generosity.



Please return the form below with a \$101.00 donation. Thank for your support,

Steven R. Porter

State Non-Profit Identification Number : 705219

MITCA Public Relations

Federal Identification Number : 38 2493122

Kermit Ambrose 101 Club and Foundation Donation Form.

Please detach and return with your donation.

Please make your check out to: MITCA, Ambrose 101 Club

Return to: Steven Porter - MITCA PR

1250 Mooreville Rd.

Milan, MI 48160

name _____

home phone _____

address _____

e-mail _____

city _____, state _____ zip code _____

amount of donation \$101.00 or _____