

# MITCA Cross Country Clinic 2023

**When:** November 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup>

**Where:** Comfort Inn and Suites  
2424 S Mission St, Mount Pleasant, MI  
(989) 772-4000

**Room Rates:** 100.00 – ask for MITCA rate  
**CALL SOON - Rooms are limited**

## **Clinic Cost:**

**\$100 Early-Bird Rate (Register by October 15th)**

**\$110 Normal Registration Rate (Register between October 16 - 31)**

**\$125 Late Registration Rate (Register on or after November 1)**

**Go to MITCA.ORG to register for the clinic**

## **What a Line Up of Speakers we have for you!!!**

**John O'Malley** will be covering all aspects of developing a cross country Runner/mental aspects/coaching growth/training/ and much more.  
Great Success, Great Coach, Great Clinician – So much to offer

**Thomas Valles** will be presenting Champions Can Come From Anywhere, Thomas was on the award winning McFarland High School Team that inspired the movie McFarland.

**Mark Sirois** - Injury Management and Practical Return to Run testing for Coaches and session 2 called Understanding and Coaching athletes returning from Tibial Bone Stress – You cannot win if you cannot keep them running

**Jacci Storey** -Unlocking Athletic Potential using Sport Psychology

**Darron Birchmeier** – Very successful middle school coach

Things I would tell my “younger self” about coaching middle school Cross Country – This talk pertains to all levels of coaching with examples being geared toward middle school.

**Kristopher Koster and other MITCA members will be presenting their ideas on training, and other topics.**

**Don't delay – get signed up / get your room booked**