

What is MITCA?

MITCA (Michigan Interscholastic Track Coaches Association) is a coaching organization with a membership of eleven hundred, primarily high school track and field and cross country coaches.

Founded in 1959, MITCA operates under a set of by-laws and is dedicated to the education and recognition of the athlete and coach. This is achieved through several programs:

Education

Cross Country Clinic

Annually held during the second weekend of November, this clinic typically draws four hundred cross country coaches to hear noted clinicians speak on a variety of topics.

Track and Field Clinic

Annually held during the late January of early February, this clinic typically draws seven hundred track and field coaches to hear noted clinicians speak on a variety of topics.

MITCA Newsletter

Published before and after each clinic and includes special meet results, organization awards and articles of interest.

Team Michigan

In the fall, a group of twelve senior boys and girls qualify to run and are sponsored by MITCA in the Mid-East Cross Country Meet held in Ohio, competing against teams from several surrounding states. In the spring a track team of senior boys and girls are sponsored by MITCA to compete in the Mid-West Track and Field Meet.

Free Membership in the Michigan High School Coaches Association and Liability Insurance is included.

RECOGNITION

All-State – The top thirty runners in each boys and girls division race in cross country and the top eight finishers in each event in track and field are awarded a MITCA All-State Certificate immediately following their race. Coaching membership not required.

Academic All-State – Top finishers in cross country and track and field, in each division, meeting a minimum grade point average receive a certificate. Coaching membership not required.

Coach of the Year – four boys' team coaches and four girl's team coaches from each of four divisions are nominated for Coach of the Year honors. A membership vote selects the COY.

Assistant Coach of the Year and Middle School Coach of the Year - awarded to those nominated by their head coach.

15/20/25 Year Recognition – as coaches reach these career benchmarks, they are recognized at the cross country and track & field clinics, each receives a certificate.

Patsy Arpeno and Kermit Ambrose

Scholarships – three five hundred dollar scholarships are awarded via random draw to children of MITCA members in college.

Hall of Fame – Additionally a cross country and a track and field coach are recognized for life time achievement via the Ambrose, Sweeney and Hall of Fame awards respectively.

Athlete Recognition - MITCA selects a Mr/Ms and Dream Team in both Track and Field and Cross Country.

MITCA Team State Meet – Division Meets are determined in track & field using regional champions and a power ranking system. Top teams are invited to compete in this true team championship. The meet is currently held Memorial Day weekend.

MITCA MEMBERSHIP



Membership can be done online on our website:

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

Any membership done before October 1st will make one a member for the remainder of the 2023 Cross Country season, which includes eligibility for Coach of the Year & Regional Coach of the Year for the 2023 Cross Country Season.

Membership after October 1st or attendance at the 2023 Cross Country Clinic or the 2024 Track & Field Clinic includes 2024 membership for both Track & Field & Cross Country.

Clinic Dates

For more information about the
Michigan Interscholastic Track

Coaches Association

contact any of the following
Executive Board members.

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For more information on
membership, clinic sign ups or
anything MITCA related please
Visit our web site at:
<http://www.mitca.org>

MITCA Cross Country Clinic

November 9th, 10th, 11th 2023
@ Comfort Inn Mt. Pleasant

MITCA Track & Field Clinic

January 25th, 26th & 27th 2024
@ Crowne Plaza Lansing West

Important Cross Country/Track Dates 2023-2024

Wed. October 16 LP Cross Country Regional
entries due

October 27/28
LP Cross Country Regional

Sat. Oct. 21 UP Cross Country State Meet

Sat. Nov. 4 LP Cross Country State Meet
@ Michigan International Speedway

Sat. Nov 11 MITCA Michigan Meet of Champions
& Mid East Qualifier Races
@ Shepherd HS

Sat. Nov 18 Mid East Meet of Champions
@ Kettering, Ohio

Mon. March 11 Track & Field Practice Begins

Tue. May 14 LP Regional entries due

May 16-18 LP Regionals

May 24-25 MITCA Team State Meet

Sat. June 1 MHSAA State Meet

June 7-8 MITCA Champions of Champions Track
& Field Festival
@ Davison HS

MITCA

Michigan Interscholastic Track Coaches Association

**Better coaching through
shared educational
opportunities.**

What is MITCA?



Cross Country Track & Field

Join today

Please share with your high school and
middle school track and cross country
coaches