



2023 MITCA Cross Country Clinic Highlights

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MITCA Track & Field Clinic

Save the dates:

Crowne Plaza Hotel

January 25, 26, 27

Lansing, MI

Sign up and hotel reservations will open soon.

Watch for an email and invite on [Athletic.net](https://athletic.net)

MITCA 2023 Cross Country Clinic Hall of Fame Highlites

*We hope you had a chance to attend and enjoyed the Cross Country Clinic
MITCA is pleased to announce the following Hall of Fame Inductees*

Dan Wytko

Portage Central High School

2023 Hall of Fame

Ambrose Award Winner

Dan Wytko from Portage Central High School was our 2023 Kermit Ambrose Award recipient. Bill Fries of Portage Northern made the presentation, a complete reversal of ten years ago when Dan had the honor of presenting Bill the 2013 Ambrose Award. Dan has coached boys and girls cross country at Central for 29 years. His boys and girls teams have a combined 29 conference titles (12 for boys and 12 for girls), 9 Regional Championships, and has qualified for the State Finals 22 times. Dan is one of the founders of the Portage Invitational and is very involved in helping the MHSAA set up championships from athletic.net for the State Finals. Congratulations Coach Wytko!



Phil Mahar has coached varsity boys and girls cross country for over 40 years. He coached 33 years at Fordson and has been at Dearborn High since 2017. His track and cross country teams have won 20 League Championships, two Regional Titles, and his teams have placed in the top 10 at State on seven different occasions. He has coached three Foot Locker Finalists including Abdul Aizindani the 1994 National Champion. Aizindani went on to win the 1995 high school National 2 mile Championship both indoors and out. Congratulations Coach Mahar !

Phil Mahar
Fordson / Dearborn High Schools
2023 MITCA Hall of Fame



Ted Smith is the boys track and cross country coach at Sparta High School. He has coached at Sparta since 1994. Between track and cross country, his teams have won 21 League Championships and four Regional Championships. His cross country team qualified for the State Finals 18 times with 8 top ten and 3 top five places including runner-up in 2006. In track, his teams have placed in the top 10 at the Team State Meet 10 different times. He has coached four individual state champions, 8 all state cross country athletes and 45 in track. Congratulations Coach Smith!

Ted Smith
Sparta High Schools
2023 MITCA Hall of Fame



Congratulation to the MITCA 2023 Cross Country Coach of the Year Winners and Nominee *Note Winners in Bold

Division 1 Girls

Romeo-Mike Buslepp

Ann Arbor Pioneer-Nancy Boudreau
West Ottawa-Kyle Barnes
Brighton-Kristi Matuszewski

Division 2 Girls

Grand Rapids Christian-Doug Jager

Otsego-Steve Long
Goodrich-Allan Warden
Zeeland East-Josh Vork

Division 3 Girls

Jackson Lumen Christi-Mike Woolsey

Traverse City St. Francis-Julie Duffing
Pewamo-Westphalia-Scott Werner
GR Covenant Christian-Brian Kalsbeek

Division 4 Girls

Whitmore Lake-Casey Livingston

Johannesburg-Lewiston - Brenden Marcum
Muskegon Western Michigan Christian-Greg Gould
Hillsdale Academy-Michael Nikkila



2023 Girls Coach of the Year right to left:

D-3 Mike Woolsey Jackson Lumen Christi , D-2 Doug Jager
Grand Rapids Christian , D-1 Mike Buslepp Romeo



Division 1 Boys

Northville-Tim Dalton

Brighton-Chris Elsey
Grand Haven-John Tarr
Kalamazoo Central-Jonathan Langworthy

Division 2 Boys

Forest Hills Eastern-Daniel McElheny

Pinckney-James Wicker
East Grand Rapids-Drew Collette
Allendale-Phil Jones

Division 3 Boys

Traverse City St. Francis-Julie Duffing

St. Louis-Jay Puffpaff
GR Covenant Christian-Brian Kalsbeek
Reed City-Rich Saladin

Division 4 Boys

Hillsdale Academy-Michael Nikkila

Holland Calvary Christian-Richard Laninga
Kalamazoo Hackett- Charissa Dean
Three Oaks River Valley-Matthew Dague



2023 Boys Coach of the Year right to left:

D-2 Daniel McElheny Forest Hills Eastern, D-3 Julie Duffing
Traverse City St. Francis, D-1 Tim Dalton Northville,
D-4 Michael Nikkila Hillsdale Academy

MITCA Regional Coaches of the Year

Division 1 Boys

John Tarr - Grand Haven
Mike Nesbitt - Bay City Western
Jonathan Langworthy - Kalamazoo Central
Chris Elsey - Brighton
Don Sleeman - Ann Arbor Pioneer
Tim Dalton - Northville
Joe Verellen - White Lake Lakeland
Mike Reimann - Troy
Mike Buslepp - Romeo

Division 2 Boys

Jordan Strohkirch - Gladwin
Phil Jones - Allendale
Daniel McElheny - Forest Hills Eastern
Steve Long - Otsego
Bob Sackrider - St. Johns
Alma - Gene Lebron
James Wicker - Pinckney
Jared Shutko - Yale
Tom MacNaughton - Adrian

Division 3 Boys

Julie Duffing - Traverse City St. Francis
Susan Saladin - Reed City
Brian Kalsbeek - GR Covenant Christian
Kristin Baker - Buchanan
Ryan Miller - Jackson Lumen Christi
Scott Werner - Pewamo-Westphalia
Jay Puffpaff - St. Louis
Tim Simpson - Lansing Catholic
Kurt Hillegonds - Clinton

Division 4 Boys

Brenden Marcum - Johannesburg-Lewiston
Ben Knizacky - Mason County Eastern
Andrea Atwood - White Cloud
Richard Laninga - Holland Calvary
Charissa Dean - Kalamazoo Hackett
Casey Livingston - Whitmore Lake
Michael Nikkila - Hillsdale Academy
Alan Gabalis - Mayville
Matthew Zammit - Marine City Cardinal Mooney

Division 1 Girls

Kyle Barnes - Holland West Ottawa
Brian Harrod - Okemos
Ryan Schipper - Forest Hills Central
Kristi Matuszewski - Brighton
Nancy Boudreau - Ann Arbor Pioneer
Colin Riley - Northville
Chris Lebutt - White Lake Lakeland
Sarah Canham - Oxford

Division 2 Girls

James Keillor - Ludington
Doug Jager - Grand Rapids Christian
Drew Collette - East Grand Rapids
Steve Long - Otsego
Bob Sackrider - St. Johns
Allan Warden - Goodrich
Ben Cox - Linden
Lisa Shaw - Croswell-Lexington
Laura Lutz - Chelsea

Division 3 Girls

Julie Duffing - Traverse City St. Francis
Terry Tatro - Hart
Brian Kalsbeek - GR Covenant Christian
Kristin Baker - Buchanan
Mike Woolsey - Jackson Lumen Christi
Scott Werner - Pewamo-Westphalia
Jeff Schember - Caro
Tim Simpson - Lansing Catholic
Kurt Hillegonds - Clinton

Division 4 Girls

Brenden Marcum - Johannesburg-Lewiston
Jolie King - Buckley
Kurt Gulick - Breckenridge
Greg Gould - Western Michigan Christian
David Jordon - Concord
Casey Livingston - Whitmore Lake
Michael Nikkila - Hillsdale Academy
Mike Peter - Unionville-Sebewaing
Jeff Keith - Auburn Hills Oakland Christian

2023 MHSCA Coach of the Year

The following MITCA coaches were recognized on November 12, 2023 and are eligible for regional and national Coach of the Year honors.

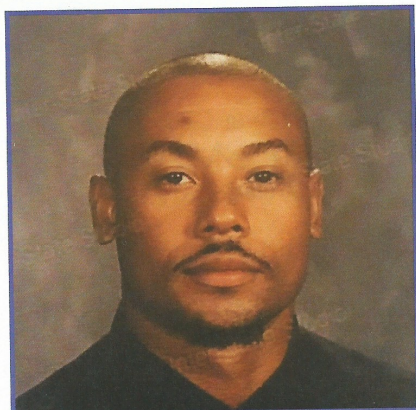
Track-Boys ASA KELLY

Benzie Central
3 Boys State Championships,
2 Girls State Championships,
1 Boys Runner Up, 3 Girls Runner Ups,
1 Boys Track State Championship,
1 Girls Track State Championship,
1 Boys Track Runner Up, 3 Girls Track Runner Ups, 2
Girls MITCA Team State Champions,
3 Girls MITCA Runner Ups



Track-Girls BRANDON JILES

Oak Park
7 MHSAA Division 1 State titles,
2 MHSAA Division 1 Runner Ups,
9 MHSAA Regional titles



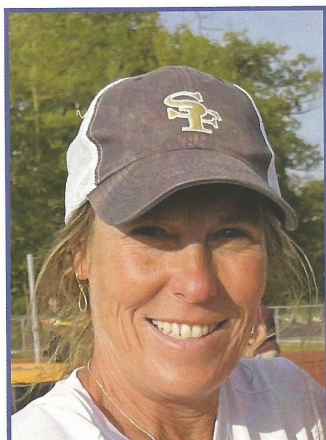
Cross Country-Boys ERIC SWAGER

Chelsea
2 State Titles, 2 Runner Up, 16 Top Ten,
12 Regional titles, 10+ League titles.
21 year streak qualifying for the State meet.



Cross Country-Girls JULIE DUFFING

Traverse City St. Francis
28 Invitational Wins, 8 Conference Titles,
8 Regional Championships,
3 State Championships



2023 MITCA Cross Country Dream Team

The Dream Team is made up of the top seven performances from the State Finals.

The Mr. and Ms. Cross Country Award goes to the top senior performances from the State Finals

Boys Dream Team (All Class top 7)

Tj Hansen (11)	Freeland 14:52.8
Seth Norder (12)	Grand Haven 14:54.3
Thomas Westphal (12)	Anchor Bay 14:57.9
Solomon Kwartowitz (12)	Cranbrook Kingswood 15:03.3
Brendan Herger (12)	Northville 15:05.6
Kamari Ronfeldt (9)	Ann Arbor Pioneer 15:08.6
Connell Alford (12)	Chelsea 15:11.2



**Mr. Cross Country Seth Norder
Grand Haven High School**

**Mr. and Ms. Cross Country Award donated by Mike Schultz and
Recognition, Inc. Battle Creek, MI (269) 968-1965**



Girls Dream Team (All Class top 7)

Rachel Forsyth (12)	Ann Arbor Pioneer 16:28.5
Jessica Jazwinski (11)	Hart 17:08.8
Selma Anderson (12)	GR Ottawa Hills 17:13.6
Lucy Cook (11)	Rochester 17:19.7
Annie Hrabovsky (9)	Romeo 17:28.7
Victoria Garces (11)	Midland Dow 17:29.1
Emily Tomes (12)	GR Catholic Central 17:31.4

**Ms. Cross Country Rachel Forsyth
Ann Arbor Pioneer High School**

Lower Peninsula

D1 Girls - Grand Haven 3.989

D1 Boys - Milford 3.976

D2 Girls - Spring Lake 3.997

D2 Boys - Petoskey 3.993

D3 Girls - Remus Chippewa Hills 4.0

D3 Boys - Reed City 3.951

D4 Girls - Hillsdale Academy 3.986

D4 Boys - Hillsdale Academy 3.8972

Upper Peninsula

D1 Girls - Negaunee 3.99

D1 Boys - Gladstone 3.79

D2 Girls - Hancock 3.9

D2 Boys - Ironwood 3.919

D3 Girls - Stephenson 3.662

D3 Boys - Stephenson 3.6

Special Thanks to our Academic All State Coaches:

AAS Chairs - Asa and Traci Kelly Benzie Central

Division 1 – Kyle Barnes Holland West Ottawa

Division 2 – Steve Long Otsego

Division 3 – Dean Blackledge Hanover Horton

Division 4 – Andrea Atwood White Cloud

UP – Gary Whitmer Gladstone

Michigan High School Coaches Association Honors

Congratulations MHSCA 2023 Hall of Fame Inductee

Gregg Golden of Annapolis and Regina High School

New MHSCA Hall of Fame Forms are now on line at MHSCA.org

Congratulations 2023 USTFCCCA Michigan Cross Country Coach of the Year

Men's Coach of the Year

Julie Duffing

Traverse City St Francis

**Women's Coach of the Year Mike Buslepp
Romeo**

2023 MITCA Scholarship Winners

Three x \$500 Scholarships will be awarded at the Track Clinic.

Deadline extended to January 12, 2024

Forms for future Special Awards and Scholarships are available at www.mitca.org

Mid-East Meet of Champions

Boys Results

1. Michigan	23
2. Ohio	45
3. Indiana	70



Girls Results

1. Michigan	33
2. Indiana	38
3. Ohio	57

Congratulations Team Michigan

2023 MITCA Cross Country Clinic Prediction Run

Saturday, November 11, 2023 29 degrees, Lt wind

Sponsored by Kevin Behmer & A2 Race Management

Comfort Inn Mt. Pleasant 5,000 m.



	Finish Pl	name	Predicted Time		Finish Time		Time Diff
1	15	Chelsey Herrman	24	59	24	56	00:03.0
2	2	Jacob Boone	19	30	19	23	00:07.0
3	20	Hannah Loucks	25	23	25	14	00:09.0
4	22	Tom MacNaughton	26	48	27	1	00:13.0
5	25	Emily Kloss	30	0	29	37	00:23.0
6	8	David Brown	23	15	22	48	00:27.0
7	9	Ric Giles	23	20	22	53	00:27.0
8	21	James Spencer	25	57	26	24	00:27.0
9	12	Briab Goodman	23	0	23	28	00:28.0
10	7	Calvin Ackley	22	45	22	16	00:29.0
11	6	Todd Crouch	22	45	22	13	00:32.0
12	18	Mitch Sansiribhan	24	35	25	11	00:36.0
13	13	Dave Kuderka	24	0	24	38	00:38.0
14	14	Chri Elsey	25	30	24	39	00:51.0
15	3	Weston Rackley	21	0	19	58	01:02.0
16	23	Jill Evers	27	17	28	19	01:02.0
17	19	Amy Ackley	26	26	25	13	01:13.0
18	1	Adam Ashley	19	30	18	14	01:16.0
19	4	Kelsey Jones	22	0	20	38	01:22.0
20	17	Ed Roginski	23	36	25	10	01:34.0
21	27	Patty Bergman	53	10	54	48	01:38.0
22	24	Deb Jager	45	0	46	51	01:51.0
23	11	Asa Kelly	25	6	23	14	01:52.0
24	10	Serena Kessler	25	23	23	13	02:10.0
25	26	Joan Ludtke	52	33	54	48	02:15.0
26	16	Lisa Shaw	27	30	24	59	02:31.0
27	5	Lara Marrison	24	0	21	8	02:52.0





Kermit still working meets at 100 years young

Kermit Ambrose lived 101 glorious years, so MITCA is seeking contributions of \$101.00 to match his dedication to this organization. Your contributions will be used to help fund Team Michigan competing in both Track and Cross Country, and the Kermit Ambrose Scholarship. Donations are tax deductible and our identification numbers are listed below. Kermit was instrumental in establishing MITCA, served as President, Secretary, News Letter Editor and President Emeritus. The MITCA Board and the Team Michigan Athletes, thank you for your generosity.

State Non-Profit Identification Number : 705219

Federal Identification Number : 38 2493122

Top 10 reason to contribute to the MITCA Elite Kermit Ambrose 101 Club

10. The entire MITCA organization will think you're really cool.

9. You'll get this neat 101 Club ribbon to wear at the clinic.

8. It's a great way to give back to the sport.

7. We'll put your name on the nice list for Christmas.

6. Remember Kermit Ambrose is watching.

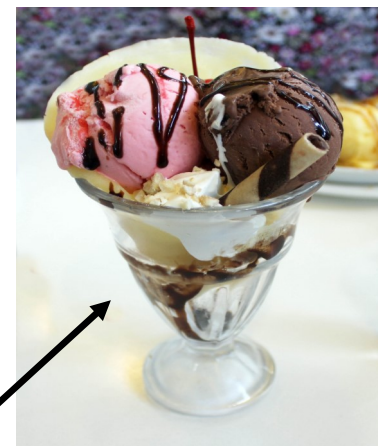
5. Our Senior All-Star athletes deserve a quality experience.

4. Your son or daughter might win a \$500.00 scholarship

3. You'll feel good inside and that will make you a better coach.

2. Tax Deductible.

You get an Ambrose ice cream sundae at the clinic (with sprinkles)



Detach and return to the address listed below or you can donate on line when your register for the next clinic at mitca.org
Look for the on line sign up, Ambrose 101 Club Donation. Thank you on behalf of the Team Michigan Athletes

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 _____