

MITCA

2024 Track Clinic

An Educational Experience

When: **January 25,26,27**

Where:

Crowne Plaza – 925 South Creyts Road, Lansing, MI 48917

Reservations can be made directly with the hotel by calling (877) 322-5544, or online with a group access code TCA.

Hotel rate is 142.00

Must be booked by January 12th for MITCA rate.

Registration: **Visit MITCA.ORG**



Our **Guest Speaker** will be Paralympic athlete – **April Holmes**

April has achieved outstanding success as a sprinter and long jumper, after losing her left leg in a 2001 train accident. April has competed in four Paralympic contests, has won three medals, and has broken over a dozen Paralympic world records.

April has proven – all things are possible as evidenced by her resume

April Holmes, MBA, PLY, ACC, CPCC

Co-Founder & CEO of HeroHangout

4-Time US Paralympian

Check out all the great speakers below.

Go to MITCA.ORG and register today!!

Register by December 24th at 110.00

Between December 25 and January 12th at 120.00

After January 12th at 130.00

Other Speakers :

Tony Veney – number one clinician that has so much to offer. Tony will be covering Long Jump and 100/200 Sprints

Evan Gerrish – Michigan High School athlete who has made a name for himself in coaching the hurdle events

Gwen Wentland – Michigan High School Athlete that was sensational in the high jump. Gwen will be giving us 3 hours of instruction on Saturday in her special event.

Dave Emeott – our very own!! Coach Emeott will be doing a session on how to get your vaulters to those higher heights.

Brandon Jiles - what he has done with his athletes is extraordinary. He will be speaking on the 100/110 hurdles starts.

Dan Wytko – Dan will be delivering a session on FAT timing and how it connects to Athletic.net scoring system. A must to run your home meets efficiently and easily.

Derek Leninger – Derek has written a book with legendary coach Clyde Hart on training athletes for the 400m. This will be a two-hour presentation.

Melanie Sulvaver – a great presentation on nutrition for your female athletes. There is a lot going on with the biology of our young women in sport and you need to hear this presentation to get the most out of your team.

In addition we will be having 3 to 4 sessions on

Distance Training as well as the Shot Put and Discus

Sound good?? Well there is more!!

There will even be more specialty sessions.

**Stay tuned, and we will be sending out
more emails to keep you updated.**

Hope to see all of you at the clinic!!

Remember to get registered and get your hotel room booked.