

MITCA Clinic – 2024

When: November 7-8-9 (Thursday through Saturday)

Where: Comfort Inn and Suites
2424 S Mission St
Mount Pleasant, MI 48858-4431
Phone - 989-772-4000 – request MITCA Clinic room rate

Room Cost: Cost will be 102.00 plus taxes
Cut Off Date is: Friday October 25th, 2024 – no guarantee of a room after this date
We have sold out the last few years so register early

Register: Registration will be posted on the MITCA website and there will be an email sent letting you know when it is available for sign up.

Clinic Fees: Early Bird Registration Rate: \$110 (through 10/14/24)
Normal Registration Rate: \$120 (between 10/15/24 - 10/31/24)
Late Registration Rate: \$130 (on or after 11/1/24)

MITCA Presents:

FEEDING THE COACH – Coaching Should be Fun and Rewarding

Retention of coaches and coaching burnout is a challenge for school districts in all sports. This year Cliff Somers, our 2nd Vice President, wanted to address this problem at our 2024 CC clinic. Our goal is to “FEED” our coaches' information to help reduce the stress of coaching, make things easier on a day-to-day basis, and address situations that make coaching difficult. We spend time trying to get everything right for our athletes, but we also should make sure everything is right with coaches. Moving forward, we will be offering a mentor/mentee program for support. As the clinic chairperson, I truly believe we can help any and all of you to make coaching more enjoyable. If you have been struggling, there is something to learn. If your coaching life is going great - have no worries - we will have our annual topics on training, building programs etc. as well.

Kernie Gilliam
MITCA Clinic Chair

Topics to include but not limited to:

- Coaching your own kid!! (Nightmare or Ultimate Experience)
- Where to seek help when the stress and lack of support is weighing on you ? Mentor/ Mentee Program
- Yoga and how it has helped one program go to another level
- Stop the injuries that can ruin your season
- Keep a positive attitude in the face of Adversity
- Gait Analysis for better performance
- Using PAAVO training for middle school and beginning programs – take away your stress of planning workouts!!
- New to coaching? Three sessions on how to develop a winning program
- Mental Health Therapy: Recognize the problem early!
- The first 3 weeks of practice, all spelled out for you. It can make your season
- What athletes say – What makes a good coach?

What is a coach?

(stolen from somewhere)

The coach teaches life skills through sports.

They encourage athletes to focus on their effort and not be afraid of making mistakes, because that is how you improve.

They support athletes by focusing on positive reinforcement instead of motivating through fear, intimidation, or shame.

They promote behaving respectfully, as the best version of oneself, towards the rules of competition, officials, opponents, and teammates.

They create an environment of belonging with focus on equity and inclusion.

They work to advocate for access for all kids to play by helping to remove barriers such as cost and equipment.

They display empathy and compassion in their approach to coaching.

They keep their personal life balanced with coaching

They understand why they are coaching- it is not about state championships

They share ideas and knowledge with other coaches

COACHES FOR CHRISTMAS

MITCA Board has decided to help out some area organizations with Christmas again this year. We are calling it Coaches for Christmas. We are asking all attendees to bring unwrapped gifts for a boy and girl to the clinic and drop them off.

Please help us in helping others. Anything you can do to help us, help them, will be greatly appreciated. All ages are needed especially teenage boys. No clothes, they have that covered.

MEET OF CHAMPIONS MEET

After the clinic on Saturday which ends at 12:00, the MITCA Meet of Champions Meet will be held at Shepherd High School with the first race at 12:30.

This meet has grown into one of the largest end of season meets in the MidWest, with over 1500 athletes lining up to race one of the best and fastest courses in all of Michigan.

Details will be forthcoming soon via email and at <https://runsignup.com/Race/MI/Shepherd/TeamMichigan>