

# 2024 MITCA

## CROSS COUNTRY CLINIC

### Feeding the Coach

**Thursday Evening – November 7th - 6:00pm -10:00pm**

**Registration opens at 6:00 PM / Speakers 7:00pm to 10:00pm/Vendors 6 to 9pm**

Time:PM	Topic	Speaker	Room
7:00 – 7:50	How to Develop Positive Attitude in the Face of Adversity ?	Jacci Story	A
8:05 – 8:55	Coaching Boys and Girls Together Different Strokes for Different Folks	Mike Nesbitt Bay City Western Jay Puffpaff St Louis	A
9:10 – 10:00	Developing a program in Divisions 1 and 2	Scott Przystas – Grand Haven	A
	Developing a program in Divisions 3 and 4	Rich Saladin- Reed City	B-C-D
10:00 – 12:00	HOSPITALITY	Breakfast Area	

**Friday – November 8<sup>th</sup> – 7:30am Registration Begins -First Session 8:30 AM**

**Vendors will be open for business from 8:00 until 5:30**

Time:AM	Topic	Speaker	Room
8:30 to 9:30	Injury Management and Prevention Don't Kill Your Season before it starts!!!	Hannah DePaul	A
	First 3 Weeks of Practice – how to set your practices for different fitness levels early in the season	Doug Jager Retired	B-C-D
9:50 – 10:50	Gait Analysis – How to assess proper running form and correction. To run fast they must run correctly!!!	Hannah DePaul	A
	Take Control of Your Program and Self - Tips for Survival	Kernie Gilliam-Mitca	B-C-D
11:10 –12:10	Beginning Coach and Middle School with PAAVO Basics	Steve Long - Otsego	A
	Coaching Your Own Kid- The Challenges of Parent-Coach	Clif Somers - Fremont	B-C-D
12:30 – 2:15	MITCA Provided Lunch and Business Meeting		A-D
2:30 – 3:30	A Day by Day Season of Training for Cross Country – 2024 What Rockford on every day – this will be so valuable to you	Ben Watson-Rockford	A-D
3:50 – 4:50	Mental Health Therapy	Katie Steele	A-D
6:00 – 9:00	Awards Banquet – must have ticket to enter		A-D
9:00–12:00	Hospitality		A-D

# Saturday November 9<sup>th</sup> – 8:00 – 12:00

7:30am	Prediction Run – Steve Porter - Meet in Registration Area		
8:30 – 9:30	What coaches do Right!!! Athletes Speak	Clif Somers	A
	Yoga for better racing!!	Grant Woodman	E
9:45 – 10:45	Motivation, Recruiting and the Last 3 weeks of practice	Calvin Ackley- Hart Jackson Fox	A
10:00-11:00	Talk to athletes	Katie Steele	B-C-D
11:00– 12:00	The 4 year Plan to Training Distance Runners Putting it all together	Ben Watson-Rockford	A

Remember: Meet of Champions Racing starts at 12:30 at Shepherd High School.

## MITCA 2024 Cross Country Clinic

When: November 7-8-9

Where: Comfort Inn and Suites

2424 S Mission St, Mount Pleasant, MI 48858

Phone+1 989 772 4000

Registration Cost: \$110 Early Bird Registration Rate (Register by October 15th)

\$120 Normal Registration Rate (Register by October 31st)

\$130 Late Registration Rate (Register on or after November 1)

Hotel Room Cost: 102.00 – mention MITCA clinic to receive this rate

Last day to get this rate is October 25<sup>th</sup>, 2024

Rooms are almost gone, Book yours today!!

**READ READ READ READ READ READ**

MITCA Board has decided to help out some area organizations with Christmas.

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.