

MITCA

2025 Track Clinic

Together “WE” Can All Win

When: January 23,24,25 – Thursday – Friday - Saturday

Where:

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

Reservations can be made directly with the hotel by calling

(877) 322-5544 and ask for MITCA rate, or online with a group access code MT5.

Hotel rate is 143.00 plus tax

Must be booked by January 8th for MITCA rate.

Registration: Visit MITCA.ORG

Jay Johnson



Register Early and be invited to a special online workshop with Jay Johnson, a distance coach with outstanding credentials !!

Over 18,000 coaches and runners have trusted Coach Johnson to help them achieve their best.

Remember you must register by Jan 5th in order to be invited to the special live online workshop by the one of the most respected distance coaches in the United States.

JOIN US FOR Wed night and a Thu night, Feb 5th and 6th. The first night the topic will be “Consistency Is Key” and those principles. The following night will venture into track specific training.

Check out all the great speakers below.

Go to MITCA.ORG and register today!!

Register by December 20th at 110.00

December 21st to January 5th at 120.00

After January 5th at 130.00

Other Speakers :

Boo Schexnayder – One of the most sought-after clinicians in the United States. Boo will be doing 5 sessions covering the following topics:

Quality based 400 meter training - Examining the block start – Handling Hamstrings

Applying plyometrics in your program - Simplifying high hurdle coaching

Kate Davis and Dr. Jill Moschelli – Kate has been well received on her prior sessions at MITCA clinics. This year Kate will be presenting "**How Athletes Should Fuel on Track Meet Days**" and then will team up with Dr. Jill Moschelli to bring us "**A Holistic Approach to Athlete Health, Wellness and Fueling**".

Sue Humphrey – One of the most respected coaches on the jumps, and developing training systems. **Coach Humphrey's info:**

Over her career, she has coached an Olympic Champion (1996 High Jump Charles Austin), an Indoor World Record Holder (1982 High Jump-first woman in the world over 2.00m (6'6³/₄") Coleen Sommer, 5 women high jumping over 6'4", 3 men high jumping over 7'5" & several Olympians, State Champions, & School Record Holders. She is the only female coach to have coached NCAA champions in long jump, triple jump, & high jump.

Eric Dettman - Coach Eric Dettman has worked with the Lincoln running programs for the past eleven years. During his time at Lincoln, eight State trophy cross country teams, one boys State Track and Field Team State champion, two individual track and field state champions, 19 team district championships, accumulated 5 All American awards and 10 All-State Awards.

Ryan Banta - Missouri Track & Field and Cross-Country Coaches Association (MTCCCA) Hall of Fame 2021, USTFCCCA Girl's Coach of the Year 2022, MTCCCA Coach of the Year 2021 & 2022, Ryan is the Author of the Sprinter's Compendium, St. Louis Suburban Conference Coach of the Year 2022, 2023 and 2024, past President of the MTCCCA, Master's in Positive Psychology from the University of Missouri. Coach Banta is a successful high school coach. His athletes have achieved 147 school records (FR, JV, Varsity), 9 top-five team finishes at the state championships, team state title in 2022, 9 district championships, 12 conference team titles, 201 state qualifiers, 3 state records (3200, 4x800, and 100HH), 23 national ranked events, 180 All-state Medalists, 23 state champions, 23 runner-up performances, and 3 Gatorade athletes of the year all done in a single gender at Parkway Central High School. HS coach of Olympian Emily Sisson.

College Coaches Return

Curtis Bell and Nathan Probst- Central Michigan University. These two coaches will cover the pole vault, long jump and 200m training.

Jerry Baltes – Grand Valley State University

One of the most successful college coaches ever in the state of Michigan.

Jerry will be filling us up with training and more on distance events.

The Godfather of Division II

WAIT – THERE IS MORE, MORE, MORE!!!!

Tony Bonnaci – Success, Success, Success in the vault. Don't miss his 3 hour session on the pole vault.

Tyler Finch, PT, DPT, CIDN

Tyler is a dedicated physical therapist at Ivy Rehab in Hudsonville, Michigan, with a strong passion for helping athletes recover and return to their sport. With a Doctorate in Physical Therapy (DPT) and certification in Dry Needling (CIDN), Tyler specializes in sports rehabilitation, utilizing advanced techniques to enhance recovery and performance. He is committed to providing personalized care that empowers athletes to achieve their full potential and safely get back on the field.

And YES!! You guessed right, there is even more – STAY TUNED

Hope to see all of you at the clinic!!

Remember to get registered and get your hotel room booked.