

2025 MITCA Cross Country Clinic

Creating a Winning Culture

Thursday Evening – November 6th – 6:00pm to 10:00 pm

Vendors will be open 6:00pm to 9:00pm

Time: PM	Topic	Speaker	Room
7:00 – 7:50	The Art of Rolling/ Ice/Heat/Massage for less injuries Tanner Huotari-Central Michigan Rehabilitation		A
	How to Build a Quality Cross Country Invitational Carrie Drake (Portage Invite) Jared Kraker (Under the Lights Invite & Autumn Sunrise Invite)		BCD
8:05 – 8:55	How can coaches help their runners understand the new NCAA rules/regulations on Recruiting	Curtis Bell CMU Assistant	A
9:10 – 10:00	How to Recruit, Motivate Runners for Summer Running and keep it going through CC Camp Dan McElheny (Forest Hills Eastern), Julie Duffing (Traverse City St Francis), and Kris Koster (Wyoming Potter's House)		A
10:00 – 12:00	Hospitality	Breakfast Area	

Friday – November 7th – 7:30 registration opens – First Session 8:30am

Vendors will be open for business 8:00 to 5:30

8:30 – 9:20	Motivating Athletes to Join Your Team and Stay on your Team -	Rick Weinheimer	A
9:35 – 10:25	The Art of Coaching Cross Country	Timo Mostert	A
10:40 -11:30	Nutrition – How to get parents and athletes to buy in to Nutrition and how to talk about it with your athletes	Kate Davis	A
11:45 – 1:45	Lunch and Business Meeting -must have ticket to enter		
1:50 – 2:40	Five Things That Changed Our Program	Timo Mostert	A
2:55 – 3:45	Coaching the Mental Side of Your Runners	Rick Weinheimer	
4:00 – 4:50	Training Like A Caveman – A 6 month template	Timo Mostert	
6:30 – 9:00	MITCA Banquet - must have ticket to enter		
9:00 – 12:00	Hospitality – Breakfast Area		

Saturday November 8th 8:00am to 12:00am			
7:30	Prediction Run – Steve Porter - Meet in Registration Area		
8:30 – 9:30	Optimizing Championship Day Performance	Timo Mostert	
9:45 – 10:45	Rejuvenating your Coaching, an Important and reflective look at What, How, and Why	Rick Weinheimer	
11:00 – 12:00	The Lydiard Training System	Timo Mostert	

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

Theme of MITCA 2025 clinic:

It is all about changing the CULTURE!!

From **summer running, summer camp, to recruiting, to laying the training season out, peaking for the big meets**, how to get ready for the state meet.

The clinic will be jam packed with coaching ideas, and how to develop a program, or improve your program.

Why? The goal is simple: Every boy and girl that takes on the arduous task of Cross Country, deserves a coach that is knowledgeable in the aspects of training and organization that allows them to achieve their goals.