

Fall means Cross Country, and Cross Country means the

# 2025 MITCA Cross Country Clinic

is just around the corner!!!!

What do we have in store for you this year?

**Theme:** A complete season of Cross Country!!!

From summer running, summer camp, recruiting, to complete training system programs. It is jam packed with coaching ideas, and how to develop a program, pointers for being a better coach and how to understand the mind set of your athletes.

Ever thought of putting on a clinic, not knowing how to start, well we have that covered also!!

**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, which in turn allows all runners and coaches to achieve their goals.

Check out Bios and on following pages and read about the Unbelievable accomplishments and Professionalism of our Speakers

## Here is a list of the topics the Speakers Will be Covering

**Timo Mostert:**

- 1.The Art of Coaching Cross Country
- 2.Training like a Cave Man – a 6 month template of training !!!
- 3.The Five Things that changed Our Program
- 4.Optimizing Championship Day Performance
- 5.The Lydiard Training System

**Rick Weinheimer:**

- 1.How to recruit runners to join your team and keep them on the team until Graduation!!!
- 2.Coaching the mental side of our runners - handling disappointment for them and for us as coaches
- 3.Rejuvenating your Coaching, an Important and reflective look at What, How, and Why – We need you to be in it for the long term

## **Kate Davis:**

### **1. The IMPORTANCE of NUTRITION:**

How to get runners and parents to buy in to a very important part of success. As coaches we know how important eating habits are to good running. Kate will help us instill this message with our runners and their families.

## **Central Michigan Rehabilitation Staff**

Tired of injuries ruining your season, or not knowing what to do when they do happen? The staff at Central Michigan Rehabilitation will be helping us understand the benefits of massage, stretching, rolling, when to use ice and heat, as we covering the portable massage units that have hit e market.

## **Curtis Bell – CMU Assistant Coach**

Coach Bell will discuss the particulars of overall recruiting and how it works. He will go over in detail abouts the new ruling on the topics of pay, etc. and how that will have an impact on some sports, positive or negative.

## **Plus MITCA Coaches speaking on:**

### **Recruiting, Summer Runner and CC camps**

#### **How to develop a successful Cross Country Invitational**

#### **Using rolling, ice, heat and massage to prevent and treat injury**

## **Registration Information**

- Place:** Comfort Inn and Suites, Mt. Pleasant Michigan  
2424 S Mission St, Mount Pleasant, MI 48858 · (989) 772-4000
- Dates:** November 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup>
- Reservations:** Call 989-772-4000. refer to the group “MITCA” when calling.
- Room Cost:** \$102.00 plus tax
- Cut off Date:** Reserve early to get a room – October 20<sup>th</sup> or when our block is full

**Registration is available at MITCA.ORG**

### **Cost:**

- Register by September 25<sup>th</sup> , you pay only 115.00**
- Register by October 20<sup>th</sup> , you pay 125.00**
- After October 20<sup>th</sup> , the cost will be 135.00**

To introduce new coaches to our organization we are offering a great deal. If you have **NEVER**, and we mean **NEVER** attended a MITCA track or cross country clinic in the past this is for you. If you attended a clinic in 1968,1984,2002 or any other year , you do not qualify. This must be your first clinic.

What are we offering? – Your first time ever clinic at \$55.00!!!

Just check the appropriate box on the registration form.

Veteran MITCA attendees get this message out to new coaches in your area.