

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
	Executing a Quality XC Invitational Matt Swanson (Portage Invite) Jared Kraker (Under the Lights Invite & Autumn Sunrise Invite) Dave Lustig		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	Recruiting your school, Summer Training and 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.