



**Happy
Holiday from your
Friends at
MITCA**

MITCA 2026 Track & Field Clinic Awards

MITCA is pleased to announce the following award winners.

Page 2 Sweeney Award and Hall of Fame Inductees

Page 3 2025 Coach of the Year Nominees

Page 4 2025 MITCA Regional Coach of the Year

Page 5 2025 MHSCA Coach of the Year Winners

Page 6 2025 Mr. & Ms. Award Winners

***Page 7 2025 Academic All State Team Champions /
Other Clinic Awards Announcements***

***Page 8 Ambrose 101 Club Members / USTFCCCA COY/
MITCA Scholarships***

Page 9 Ambrose Club Form

Page 10 Quick Links

***Please join us January 29, 30, 31 at the
Lansing Crown Plaza
Registration is now open at www.mitca.org***

MITCA 2026 Hall of Fame Inductees

Carey Hammel of Shepherd High School Named 2026 Hall of Fame & Charles Sweeney Award Winner

This year's Hall of Fame Inductee and Charles Sweeney Award winners is Coach Carey Hammel from Shepherd High School. Carey has an outstanding list of service to MITCA, the MHSAA and both sports of Cross Country and Track and Field. As a member of the MITCA Executive Board which he is in charge of Media and Communications. Coach Hammel has served on several MHSAA Committees, and has lead Live Streaming efforts for the Cross Country and Indoor State Meets. His Track and Cross Country coaching accomplishments are also just as impressive. His teams have combined for 17 League Championships, 11 Regional Titles, 16 top ten finishes at the State Meet, and 13 top ten finishes at the Team State Meet. He has a State Title in both Cross Country and the Team State Meet. Congratulations Coach Hammel!



Mike Roberts of Hillsdale Academy 2026 Hall of Fame Inductee

Coach Mike Roberts of Hillsdale Academy is our newest Hall of Fame Inductee. Mike has 27+ years of coaching boys and girls track. In addition to Hillsdale Academy, he has coached at Hillsdale College, Sturgis HS, and Cheyenne Mountain HS in CO. His teams have combined for 24 League Championships, 12 Regional Titles, 23 Top 10 finishes at the MHSAA State meet, 20 top 10 finishes at the Team State Meet including 8 Team Championships. He has coached 102 All State Athletes. Coach Roberts has been a MITCA Coach of the Year Nominee 12 times, served on multiple MHSAA Committees, hosted over 20 Regional Meets and one MITCA Team State Meet. Congratulation Coach Mike Roberts!



Dan Bender of Niles High School 2026 Hall of Fame Inductee

Don Bender coached boys Track & Field for 42 years at Niles from 1947 to 1988. His overall record was 439-57. Coach Bender's teams won 14 League Championships, 6 Regional Titles, 3 Top Ten Finishes at the MHSAA State Meet including the State Championship in 1950. Don coached many outstanding athletes most noteworthy was Al Brenner who he coached in both track and football. Brenner was All State in Track, Basketball, Football, and an All American at MSU. He went on to play for the New York Giants. Coach Bender is a member of several Hall of Fames, the Football Coach Association, the MHSCA and now the MITCA Hall of Fame. Don and his son Steve are one of only two father/son duos in the MHSAA Hall of Fame. One of Don's favorite sayings was "I don't chew my cabbage twice" which forced his athletes to LISTEN. Congratulation Coach Don Bender!



2025 MITCA Track & Field Coach of the Year Nominees

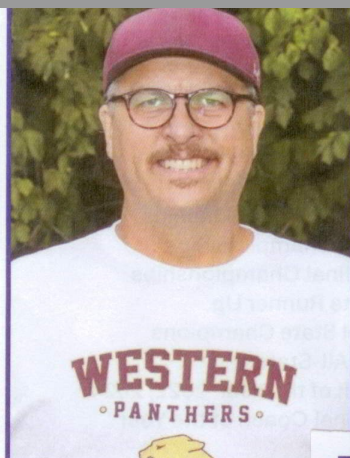
D-1 Boys Team	Coach	D-1 Girls Team	Coach
Northville	Tim Dalton	Holland West Ottawa	Kyle Barnes
Grand Haven	John Tarr	West Bloomfield	Nick Stration
Novi	Danny Taylor	Rockford	Sean O'Brien
Detroit Catholic Central	Tony Magni	Rochester	Larry Adams
East Kentwood	Dave Emeott	East Kentwood	Stephanie Stephenson
D-2 Boys Team	Coach	D-2 Girls Team	Coach
Parma Western	Lucas Sponsler	Sturgis	Lesley Starkey
New Boston Huron	Cassandra Roupe	Stevensville Lakeshore	Stacey Hengy
BC Harper Creek	Larry Quick	Dearborn Divine Child	Danny Foster
Flint Powers Catholic	Leo Foley	Spring Lake	Marina Samp
BC Harper Creek	Larry Quick	Otsego	Justin Scott
D-3 Boys Team	Coach	D-3 Girls Team	Coach
Chesaning	Dylan Harrington	Olivet	Brian Lincoln
Pewamo-Westphalia	Scott Werner	Lansing Catholic	Tim Simpson
Reed City	Theresa Sims	Pewamo-Westphalia	Scott Werner
Lawton	Mike Meyer	Kalamazoo Christian	Jeff Offringa
Traverse City St Francis	Julie Duffing	Remus Chippewa Hills	Zach Hatfield
D-4 Boys Team	Coach	D-4 Girls Team	Coach
Southfield Christian	Todd Crouch	Fowler	Neil Hufnagel
Kalamazoo Hackett	Charissa Dean	Frankfort	Ed Schindler
Hillsdale Academy	Mike Roberts	Kalamazoo Hackett	Charissa Dean
Fowler	Brett Schafer	Addison	Katrina Vescelius
		Hillsdale Academy	Mike Roberts

**Coaches, if you can't attend the Coach of the Year Banquet,
please ask a friend to pick up your plaque.**

**2025 MITCA
Regional Track & Field
Coaches of the Year
will be posted here.
Check back for an update!**

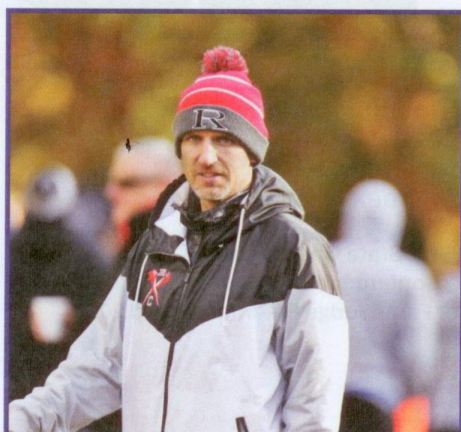
2025 MHSCA Coach of the Year

The following MITCA coaches were recognized on November 9, 2025 and are eligible for regional and national Coach of the Year honors.



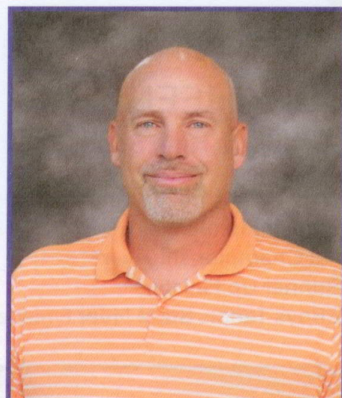
Track-Boys
LUCAS SPONSLER
Parma Western High School

8 Conference Championships
3 Regional Championships
2 MITCA Runner Up Finishes
5x Top Ten Finishes at MHSAA Championship
2025 MHSAA State Championship
7 Individual State Champions
Jackson Citizen Patriot Dream Team Coach of the Year 2009



Cross Country-Girls
MIKE BUSLEPP
Romeo High School

11 Conference Championships
10 Macomb County Championships
5 Regional Championships
1 State Runner Up
2 MHSAA Championships
Cross Country Coach of the Year (Boys) 2020
Cross Country Coach of the Year (Girls) 2023, 2024
USTFCCCA Coach of the Year 2024
19x Macomb County Cross Country Coach of the Year

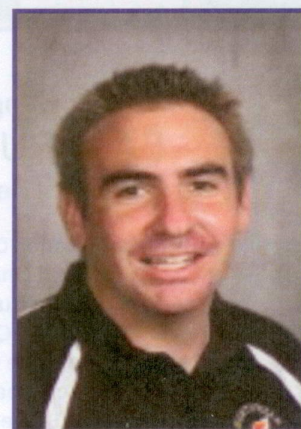


Track-Girls
BRIAN LINCOLN
Olivet High School

10 Conference Championships
2 Regional Championships
2 Top Five Finishes MITCA
1 MITCA Championship
1 MHSAA Championship
4x Regional Coach of the Year
5x Lansing State Journal Coach of the Year

Cross Country-Boys
TIM DALTON
Northville High School

17 Division Championships
17 Conference Championships
22 MHSAA Regional Championships
2 MHSAA Runner Ups
MHSAA Championships 2022, 2023, 2024
11x MITCA Coach of the Year Finalist
4x MITCA Coach of the Year
22x MHSAA Regional Coach of the Year



MITCA Mr & Ms Track and Field Award



**2025 Ms. Track and Field
Emmry Ross
of Onsted High School
Now running for the
University of Michigan**

**MITCA Honors our Outstanding Seniors
Track and Field Athletes of 2025
Mr & Ms Awards Sponsored by
Recognition Inc. Battle Creek, MI**

**2025 Mr. Track and Field
Will Jaiden Smith
of Belleville High School
now running for the
University of South Florida**



2025 MITCA Track & Field Academic All-State Team Champions

(Based on GPA from MITCA Team State Meet)

NAME OF SCHOOL	DIVISION	GENDER	Team GPA
Bedford High School	1	BOYS	3.977
Macomb Dakota High School	1	GIRLS	3.982
Alma High School	2	BOYS	3.9575
Freeland High School	2	GIRLS	3.971
Manton High School	3	BOYS	3.9453
Blissfield High School	3	GIRLS	3.98775
Hillsdale Academy High School	4	BOYS	3.959
Hillsdale Academy High School	4	GIRLS	3.989

Plaques will be awarded for the above team at the clinics business meeting. Coaches if you can't attend please make arrangements for a fellow coach to pick it up.

MITCA Track & Field Clinic Awards and Recognition

We will recognize the following awards and honors at our clinic.

2025 Coach of the Year and Nominees

2025 Regional Coach of the Year

2025 Academic All State Teams

2026 Scholarship Winners (3 @ \$500).

2025 Mr. and Ms. Track and Field

2025 MHSCA Coach of the Year

2025 USTFCCCA Michigan Coach of the Year

Other Special Awards include: Assistant Coach of the Years, Averill-Grant Award, Hall of Fame and Sweeney Award

Forms for future Special Awards and Scholarships are Available at www.mitca.org





2026 Ambrose 101 Club Members (as of 12/22/25)

It's not too late to join! See next page 8 to sign up!

Kevin Behmer

Doug Jager

Brian Salyers

Tim Dalton

Steve & Martha Linn

Don Sleeman

Chris Elsey

Tom MacNaughton

Kim Spalsbury

David Farley

Tony Magni

Ben Watson

Kernie Gilliam

Lou Miramonti

Grant Woodman

Steve & Kim Porter

Congratulations 2025 USTFCCCA Michigan Coach of the Year

Men's Track and Field: Dylan Harrington - Chesaning Union

Women's Track and Field: Lesley Starkey - Sturgis

Men's Cross Country: Tim Dalton - Northville

Women's Cross Country: Casey Livingston - Whitmore Lake

2026 MITCA Scholarship Winners (3x\$500)

Arpino Scholarship #1: Julia Peuhl – GVSU (Daughter of Derek Gonzales)

Arpino Scholarship #2: Macey Emeott - SVSU (Daughter of Dave Emeott)

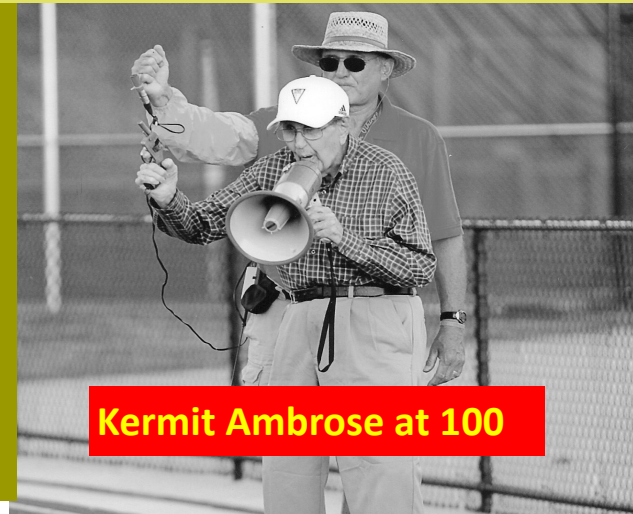
Ambrose Scholarship: Ava Iverson – Aquinas (Daughter of Shane Iverson)

Forms for future Special Awards and Scholarships are available at www.mitca.org

Kermit Ambrose lived 101 glorious years, so MITCA is seeking contributions of \$101.00 to match his dedication to this organization. Your contributions will be used to help fund Team Michigan competing in both Track and Cross Country, and the Kermit Ambrose Scholarship. Donations are tax deductible and our identification numbers are listed below. Kermit was instrumental in establishing MITCA, served as President, Secretary, News Letter Editor and President Emeritus. The MITCA Board and the Team Michigan Athletes, thank you for your generosity.

State Non-Profit Identification Number : 705219

Federal Identification Number : 38 2493122



Top 10 reason to contribute to the MITCA Elite Kermit Ambrose 101 Club

10. The entire MITCA organization will think you're really cool.
9. You'll get this neat 101 Club ribbon to wear at the clinic.
8. It's a great way to give back to the sport.
7. We'll put your name on the nice list for Christmas.
6. Remember Kermit Ambrose is watching.
5. Our Senior All-Star athletes deserve a quality experience.
4. Your son or daughter might win a \$500.00 scholarship
3. You'll feel good inside and that will make you a better coach.
2. Tax Deductible.
1. You get an Ambrose ice cream sundae at the clinic (with sprinkles)

Thank you from all of MITCA and the Team Michigan All Stars

Kermit Ambrose 101 Club and Foundation Donation Form please detach and return with your donation or go to clinic sign up and register your donation on that link and clam your Ambrose 101 Sundae at the next MITCA Clinic.

Please make your check out to: MITCA, Ambrose 101 Club

Return to: Steven Porter MITCA PR
1250 Mooreville Rd.
Milan, MI 48160

name _____ home phone _____

address _____ e-mail _____

city _____, state _____ zip code _____

amount of donation \$101.00 or _____



Michigan High School Coaches Association—mhsca.org

MHSCA Hall of Fame Application best to submit this online

MHSCA Service Award Application

For the Service Award you must submit both forms *

MHSCA Service Award Worksheet

Contact Steve Porter at coachporter51@gmail.com with questions

Michigan Interscholastic Track Coaches Association

All important association forms, clinic information and related material are available at www.mitca.org or use the following links:

All MITCA Special Award Forms

Use the above link for:

Ambrose and Sweeney Awards

Hall of Fame

High School Assistant Coach of the Year

Middle School Coach of the Year

Finish Line Award

Averill-Grant Award

Scholarship Form

**Contact Steve Porter at
coachporter51@gmail.com
with questions**

