

2026 MITCA Track and Field Clinic

Get Ready to learn from some of the best!!!

Registration is not open yet and you will be notified as soon as we are up and running at MITCA.ORG, so keep checking our home site.

These are our highlight speakers as of now with many more to come!!!

Our very own **Alex Rose**, fresh off his stunning performance at the World Championships. Alex will be sharing his knowledge of all it takes to be a great discus thrower. Alex will be presenting two sessions!

Candice Price – a silver medalist at the 2008 indoor World Champs in the 100m hurdles. This Ann Arbor Pioneer standout has also done it as a coach. She is the first woman to lead a Division 1 boys team (Belleville) to a state title. Candice also is a leader in inspiring Young Athletes. Candice started her own athletic brand called "Wildchild Athletics." She advocates for young women to aspire to achieve those things that seem un-reachable.

Larry Myricks – A long jumping SUPERSTAR!!!

1987 World Outdoor Championships – Bronze Medal

1987 World Indoor Championships – Gold Medal

1988 Olympic Games – Bronze Medal

1989 World Indoor Championships – Gold Medal

Simply Amazing!! You have to attend his sessions if you want to learn about Long Jump training.

We will be introducing a session where coaches will be able to discuss the items of concern in their own divisions. We will be bringing back our Euchre and Corn Hole tournaments on Thursday Night!! Visit MITCA.ORG for more information. Hoping to see all of you there!!

Registration Info is Below

Get signed up now!!!

HOTEL INFORMATION

Where: Crowne Plaza West, 925 S.Creyts Rd, Lansing, MI 48917
When: January 29,30,31
Room Cost: \$145.00 plus tax
Call 877-322-5544 - Group Code is MIT
You can also book online, just use the code MIT

Registration: Will take place with Run Sign Up, and information can be found on MITCA.ORG soon.

Payment Schedule:

Register by December 24th	115.00
December 25th to January 12th	125.00
January 13th and at the door	135.00

Get a Euchre Team ready and a Corn Hole – We are bringing back two of our well attended events from the past!!!!

We will also be having a session where D1, D2, and D3/4 will meet to discuss what your divisions would like to see in the future for track and field.

Topics such as mental toughness, Throws Safety, and this year we will be bringing back our Beginner Series. These beginner sessions are set up for high school coaches who are learning a new event and for Middle School coaches with just a few years of experience.

As more info is available it will be found on MITCA.ORG and posted in many places.