

# MITCA Track Clinic 2026

January 29<sup>th</sup>, 30<sup>th</sup> and 31<sup>st</sup>

Thursday 29th	6:00- 7:30 - Registration			
	Time	Speaker	Topic	Room
1 <sup>st</sup> Session	7:00 7:50	Curtis Bell - CMU How can Coaches help their runners understand the new NCAA rules/regulations on Recruiting		A/B
		Evie Plude- SVSU	Distance Training	C/D
		GVSU	Sprints	E/F
2 <sup>nd</sup> Session	8:00-8 :50	Dave Emeott Transformational Coaching		A/B
		Eric Phillips-SVSU	Distance Training	C/D
		GVSU	300m Hurdles	E/F
3 <sup>rd</sup> Session	9:00 – 9:50	Dave Emeott - Continued		A/B
		Candice Rae Price	Empowering our young women	C/D
	10:00-12:00	Hospitality – Euchre and Corn Hole Tourney		E/F

## Friday January 30<sup>th</sup>

7:00 AM Registration Begins

Time	Distance Room & More	Sprints/Hurdles Room	Other Training	Shot and Discus Roomm
8:00 – 8:50	A/B	C-D	E/F	Aurora
Speaker	Complete Day to Day Training for the 1600/3200 Brad Peterson	Simple & Effective Sprint Training Carey Hammel	Building a PROGRAM Fred Hutchinson and Greg Stevens "The Whole Program Approach at Grand Ledge: What's Worked for Us and What We've Learned"	Scaffolding for Skill: How to Build Mental Models That Make Athletes Improve Faster Jason Luke
Topic				
9:05 – 9:55	800m – Coaching for elite performance Brad Peterson	400m Randy Williams from Dearborn Divine Child	Why you need to become an official, and rules questions Charlie Parker John Greathouse ATOM	Tech for Throws: How to Capture, Analyze, and Coach Smarter with Video & AI Jason Luke

10:10-11:00	Long Jump Approach to Landing Larry Myricks	110/100 m Hurdling Candice Rae Price	“I am an Athlete Too “ In depth info on adaptive track and field Monica Oho	Shot Put and Discus Safety Doug Grezeszak
11:15 – 12:05	Workouts for better long jumping Larry Myricks	Sprint Relays: Hand Offs & Optimal Order Carey Hammel	Mental Toughness Kate Kelley - Schneider	Proper Discus Technique Alex Rose
12:05 – 1:15	Lunch – on your own – many restaurants, fast food within a couple of miles/hotel restaurant is also open			
1:20 – 2:05	Div 1 Coaches Meeting	Div 2 Coaches Meeting	Division 3/4 Coaches Meeting	Discus Part II with Alex Rose
2:15 – 3:15	Candice Rae Price – The MENTAL Game of Performance			
3:35 – 4:35	Business Meeting			
6:30 – 9:00	Banquet and Awards			
Saturday January 31 <sup>st</sup>				
8:00 Registration				
7:30 Prediction Run – 7:30 in registration area – Steve Porter				
	A/B (150)	C-D (150)	E/F (80)	Aurora (150)
8:30 - 9:30	Glide Shot Put Doug Grezeszak Part 1 2 sessions from Beginner	The mental aspects of distance running Brad Peterson	Long Jump for Beginners Larry Myricks	
9:45 – 10:45	Glide Shot Put Doug Grezeszak Part 2	4x800m The Ins and Outs of creating successful teams Brian Tomanek	Beginner High Jump Scott Werner and P-W Staff	
11:00 -12:00	Coaches Roundtable Learn from your Michigan Coaches		Beginner Pole Vault Scott Werner and P-W Staff	