

# UPDATE-UPDATE-UPDATE

## 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
		Eric Kramer	Sprints	C/D
		Evie Plude- SVSU	Distance/HS to College	Aurora
2 <sup>nd</sup> Session	8:00-8 :50	Dave Emeott Transformational Coaching		A/B
		Eric Phillips-SVSU	Distance Training	C/D
		Eric Kramer	300m Hurdles	Aurora
3 <sup>rd</sup> Session	9:00 – 9:50	Dave Emeott - Continued		A/B
		Candice Rae Price Empowering our young women		C/D
		Myles Kerner – Rotational Shot		Aurora
	10:00-12:00	Hospitality – Euchre and Corn Hole Tourney		E/F

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

7:00 AM

Registration Begins

Time	A/B	C/D	E/F	Aurora
8:00 – 8:50				
Speaker	Complete Day to Day Training for the 1600/3200 Brad Peterson	Simple but 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 "	Scaffolding for Skill: How to Build Mental Models That Make Athletes Improve Faster in the throws Jason Luke
Topic				
9:05 – 9:55				
	800m – Coaching for elite performance Brad Peterson	400m Randy Williams from Dearborn Divine Child	How to Help Officials Facilitate a Well Run Meet ATOM Officials	Tech for Throws: How to Capture, Analyze, and Coach Smarter with Video & AI Jason Luke
	A/B	C/D	E/F	Aurora

10:10-11:00	Sports Psychology “Get Rid of the Pressure Jacci Storey	110/100 m Hurdling Candice Rae Price	Proper Discus Technique Alex Rose	Everything you ever wanted to know about Adaptive Track and Field Monica Oho
11:15 – 12:05	Developing a Middle School/ or Beginner Coach Program BJ Tomanek	Sprint Relays: Handoffs and Optimal Order Carey Hammel	Discus Part II with Alex Rose	Mental Toughness Kate Kelley - Schneider
12:05 – 1:15	<b>Lunch – on your own – many restaurants, fast food within a couple of miles/hotel restaurant is also open</b>			
1:20 – 2:05	Div 1 Coaches Meeting	Div 2 Coaches Meeting	Div 3/4 Coaches Meeting	Safety in the throws Doug Grezeszak
2:15 – 3:15	Candice Rae Price – The MENTAL Game of Performance			
3:20 – 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**

**8:00 – 9:30 Past Presidents Meeting inside the Restaurant – Reunion Room**

	A/B (150)	C-D (150)	E/F (80)	Aurora (150)
8:30 - 9:30	Glide Shot Put Doug Grezeszak Part 1 2 sessions	The mental aspects of distance running Brad Peterson	Coaching the Middle School / Beginner Athlete B.J. Tomanek	No Sessions
9:45 – 10:45	Glide Shot Put Doug Grezeszak Part 2	4x800m The Ins and Outs of creating successful 3200 Relay teams B.J. Tomanek	High Jump Scott Werner and Annabelle Carmona Pewamo-Westphalia	No Sessions
11:00 -12:00	Beginner 100m Hurdles Kernie Gilliam	Coaches Roundtable Learn from your Michigan Coaches	Beginner Pole Vault Scott Werner/ Kenzie Fedewa Pewamo-Westphalia	No Sessions