

2026 was MITCA's 67th Track Clinic. The event was very well received. If you attended, we hope learned some new things and enjoyed the fellowship.

The MITCA Executive Board looks forward to the upcoming track season and future events. Stay tuned to www.mitca.org and your email for future announcements and events. Use the links on the last page of this newsletter for awards and forms.

Good Luck this season.

MITCA 2026 Track & Field Clinic Highlights

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MITCA 2026 Hall of Fame

Carey Hammel of Shepherd High School 2026 Charles Sweeney Award Winner

Coach Carey Hammel from Shepherd High School is our 2026 Charles Sweeney Award recipient. He is a member of the MITCA Executive Board and has an extensive list of service to the organization and the MHSAA. His track and cross country 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, 22 at Hillsdale Academy. Mike has coached all four of his daughters (pictured at the left). His three oldest now all run at Hillsdale College and were members of his State Champion 4x8 Relay. 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 Mike!



Don 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. Coach Bender is a member of several Hall of Fames, the Football Coach Association (1997) with a 197 and 47 record, the MHSCA (1979) and now the MITCA Hall of Fame. Don and his son Steve (pictured with his wife Amy) are one of only two father/son duos in the MHSAA Hall of Fame. Don Bender passed in 2010. Receiving his Hall of Fame Pyramid was his son Steve. Congratulation Coach Don Bender and his family!



2025 MITCA Track & Field Coach of the Year Winner and Nominees

Winners: ***Underlined and Bold***

D-1 Boys Team

Northville

Grand Haven

Novi

Detroit Catholic Central

East Kentwood

Coach

Tim Dalton

John Tarr

Danny Taylor

Tony Magni

Dave Emeott

D-1 Girls Team

Holland West Ottawa ***Kyle Barnes***

West Bloomfield

Rockford

Rochester

East Kentwood

Coach

Nick Stration

Sean O'Brien

Larry Adams

Stephanie Stephenson

D-2 Boys Team

Parma Western

New Boston Huron

BC Harper Creek

Flint Powers Catholic

BC Harper Creek

Coach

Lucas Sponsler

Cassandra Roupe

Larry Quick

Leo Foley

Larry Quick

D-2 Girls Team

Sturgis

Stevensville Lakeshore

Dearborn Divine Child

Spring Lake

Otsego

Coach

Lesley Starkey

Stacey Hengy

Danny Foster

Marina Samp

Justin Scott

D-3 Boys Team

Chesaning

Pewamo-Westphalia

Reed City

Lawton

Traverse City St Francis

Coach

Dylan Harrington

Scott Werner

Theresa Sims

Mike Meyer

Julie Duffing

D-3 Girls Team

Olivet

Lansing Catholic

Pewamo-Westphalia

Kalamazoo Christian

Remus Chippewa Hills

Coach

Brian Lincoln

Tim Simpson

Scott Werner

Jeff Offringa

Zach Hatfield

D-4 Boys Team

Southfield Christian

Kalamazoo Hackett

Hillsdale Academy

Fowler

Coach

Todd Crouch

Charissa Dean

Mike Roberts

Brett Schafer

D-4 Girls Team

Fowler

Frankfort

Kalamazoo Hackett

Addison

Hillsdale Academy

Coach

Neil Hufnagel

Ed Schindler

Charissa Dean

Katrina Vescelius

Mike Roberts

2025 MITCA Coach of the Year Winners



Boys Coach of the Year

(left to right) Dylan Harrington / Chesaning D-3, Larry Quick / BC Harper Creek D-2, Tim Dalton / Northville D-1



Girls Coach of the Year

(left to right) Neil Hufnagel / Fowler D4, Lesley Starkey / Sturgis D-2

Special Awards

go to www.mitca.org for Awards Forms



MITCA Assistant Coach of the Year
Brad Moore / Novi High School



Grant - Averill Award
Mike Sudroveh / Oxford HS

MITCA Regional

Coach of the Year D1 & D2

Division 1 Girls

Libby Shutler - Traverse City West

Sean O'Brien - Rockford

Stephanie Stephenson - East Kentwood

Brian Harrod - Okemos

Jake Hammerle - Woodhaven Brownstown

Tim Dalton - Northville

Diane Montgomery - Grosse Pointe North

Larry Adams - Rochester

Andrew McDonald - Lake Orion

Mike Timpa - Macomb Dakota

Division 1 Boys

Andrew Plude - Midland

John Tarr - Grand Haven

Dave Emeott - East Kentwood

Rich White - Grand Ledge

Corbin Brown - Saline

Tim Dalton - Northville

Bryan Stewart - Warren De La Salle

Larry Adams - Rochester

Nebojsa Stojkovic - Walled Lake Central

Mike Timpa - Macomb Dakota

Division 2 Girls

Kernie Gilliam - Gladwin

Rob Bosma - Hudsonville Unity Christian

Lawrence Fisher - East Grand Rapids

Lesley Starkey - Sturgis

Nicole Rial - BC Harper Creek

Jessica Rickli - Chelsea

Danny Foster - Dearborn Divine Child

David Wilson - Detroit Country Day

Jason Castle - North Branch

Michael Snyder - Frankenmuth

Division 2 Boys

Sandra Thomas - Petoskey

Kirk Mikkelsen - Whitehall

Dan Hoekstra - GR Christian

Jonathan Rodriguez - Berrien Springs

Larry Quick - BC Harper Creek

Cassandra Roupe - New Boston Huron

Randolph Williams - Dearborn Divine Child

David Wilson - Detroit Country Day

David Castle - North Branch

Scott Jacobs - Frankenmuth

MITCA Regional

Coach of the Year D3 & D4

Division 3 Girls

Cam Ward - Elk Rapids
Julie Duffing - TC St. Francis
Angelina Bauer - Saugatuck
Jeff Offringa - Kalamazoo Christian
Clay Schiman - Hillsdale
Brian Sills - Blissfield
James Wade - Almont
Ron Abner - Charyl Stockwell Prep Academy
Timothy Warneck - Elkton Pigeon Bay Port
Scott Werner - Pewamo- Westphalia

Division 3 Boys

Paul Walderzak - Standish Sterling
Theresa Sims - Reed City
Phil Friesner - North Muskegon
Stephanie Winter- Parchment
Clay Schiman - Hillsdale
Kurt Hillegonds - Clinton
James Wade - Almont
Ron Abner - Charyl Stockwell Prep Academy
Jeff Sember - Caro
Dylan Harrington - Chesaning

Division 4 Girls

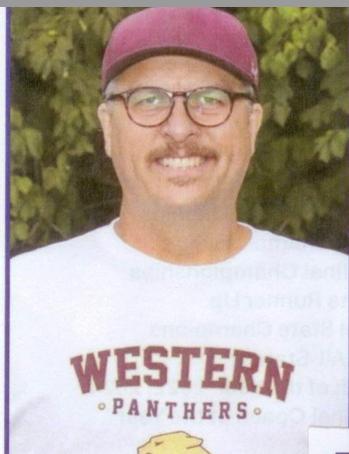
Chloe Smeltzer - Indian River Inland Lakes
Ed Schindler - Frankfort
Kim Sinke - Onekama
Charissa Dean - Kalamazoo Hackett
Michael Roberts - Hillsdale
David Jordon - Concord
Neil Hufnagel - Fowler
Debbie Anderson - Harbor Beach
Casey Livingston - Whitmore Lake

Division 4 Boys

Adam Taglauer - Indian River Inland Lakes
Jason Bradford - Maple City Glen Lake
Richard Laninga - Holland Calvary Christian
Charissa Dean - Kalamazoo Hackett
Hillsdale Academy - Michael Roberts
Stacy Almquist - Potterville
Brett Schafer - Fowler
Debbie Anderson - Harbor Beach
Todd Crouch - Southfield Christian

2025 MHSCA Coach of the Year

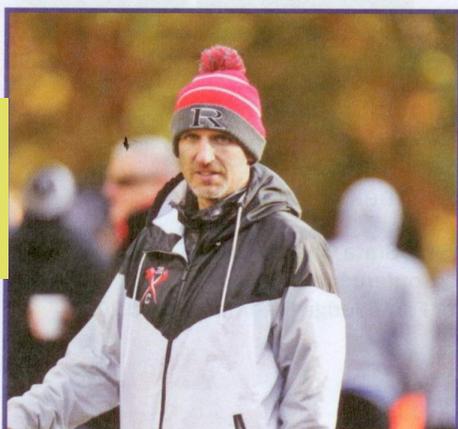
The following MITCA coaches were recognized on November 9, 2025 and their regional and national Coach of the Year honors are listed.



Track-Boys
LUCAS SPONSLER
Parma Western High School

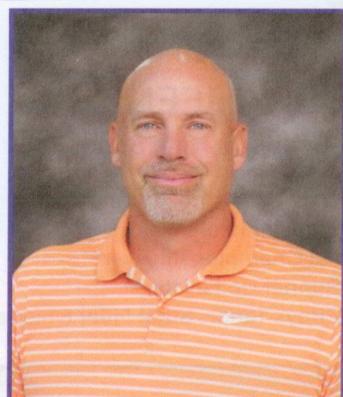
8 Conference Championships
3 Regional Championships
2 MITCA Runner Up Finishes
5x Top Ten Finishes at MHSAA Championship
2025 MHSAA State Championship
7 Individual State Champions
Jackson Citizen Patriot Dream Team Coach of the Year 2009

Coach Buslepp is a National Federation Sectional Coach of the Year



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

Coach Lincoln is a National High School Athletic Coaches Association Coach of the Year Finalist

Coach Dalton is a National Federation Sectional Coach of the Year and a National High School Athletic Coaches Association Coach of the Year Finalist

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



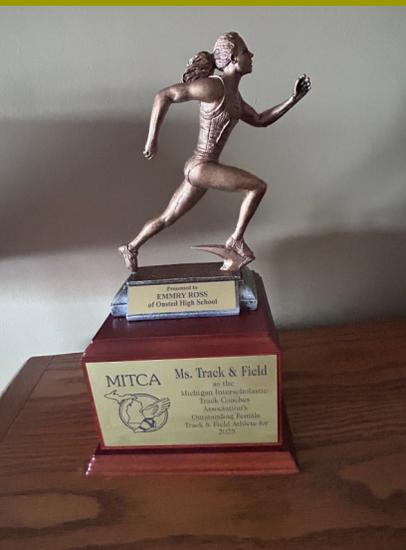
**2025 Ms. Track and Field
Emmry Ross
of Onsted High School
Now running for the
University of Michigan**

MITCA Honors our Outstanding Seniors

Track and Field Athletes of 2025

**Mr & Ms Awards Sponsored by
Recognition Inc. Battle Creek**

(269) 968-1865



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

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

2026 MITCA Track Clinic Prediction Run 1/31/26

3.66 mi.

Crowne Plaza Hotel, Lansing, MI

7 Feels Like 1

Sponsored by Kevin Behmer and Ann Arbor Race Timing

Race Pl	Finish Pl	name	Predicted Time	Finish Time	Time Diff
2	1	Austin Enns	22 30	22 25	00:05.0
1	2	Brantley VanOverloop	22 30	22 17	00:13.0
4	3	Asa Kelly	27 40	26 30	01:10.0
5	4	James Spencer	34 17	31 51	02:26.0
3	5	David Jordon	28 10	24 10	04:00.0

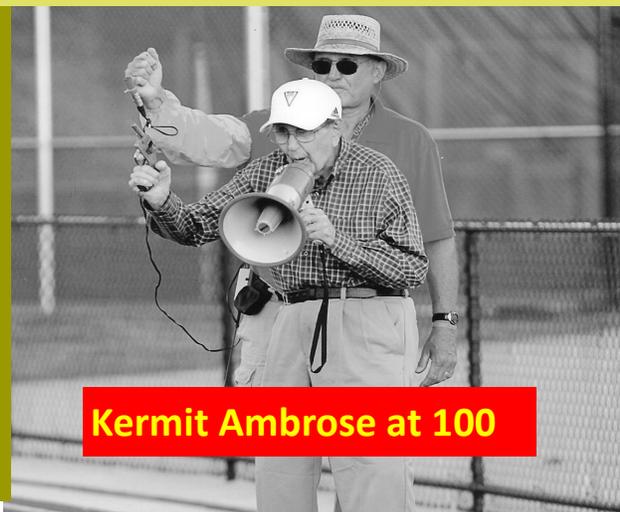


**MITCA's
New Prediction Run
Award Mug
"I Got Mugged
at the MITCA
Predication Run"
Sponsored by
Kevin Behmer
and
A2 Race Timing**

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

