

March 2, 1965

Dear MITCA Member:

I am happy to report to you that all the items that appeared on your ballot with a favorable response, were considered and passed by the Track and Field Committee on Monday, February 15, 1965.

It is up to you to contact your representative in your area on the executive council and discuss the items that you want approved. It is only through this personal contact that you can be sure that our work will not go for naught.

Congratulations to the following coaches for being named "Coach of the Year" in cross country by the MITCA Membership. They will receive placques appropriately inscribed at our "hospitality hour" in Detroit on March 12 and 13.

Richard Zulch- A- Royal Oak Kimball
Tom Horn- - - B- Vicksburg
John Osler- - - C&D- Reece

Our hearty congratulations to our newly elected officers for 1965-66 year.

President - John Tenbusch - U. of Detroit H. S.
Vice Pres.- John Osler - Reece
Secretary - Chuck Janke - Milford
Treasurer - Charles Sweeney - Eastern H. S. Lansing

We had a very fine clinic this year at Ypsilanti, and from your response on pre-registration indications were that we would surpass last year's record turn-out. Then came the terrible weather! Need I say more--it really cut our attendance; but, the people who were able to make it, commented that it was really worth while--George Dales and George Marshall were terrific--plus Tom Olson taught all of us plenty we didn't know about the Fiberglass pole.

In conclusion, I wish to thank all the officers for the fine jobs they did this year in preparing the clinic. Plus all the past officers and members who helped to make this a fine year for MITCA. I know if our new officers receive this type of cooperation, next year will even be bigger and better for Track and Field in Michigan--and MITCA.

Thank you all very much,

Carl W. Krieger

Carl W. Krieger
President MITCA
Flint Central H. S.

President

John Tenbusch
U of D High School

NEWSLETTER

Secretary

Chuck Janke
Milford

Vice President

John Osler
Reece

Treasurer

Chuck Sweeney
Lansing EasternCross Country Clinic

An informal clinic on cross country will be held at the U. of D. High School on Tues. Sept. 21 at 8:00. This should be especially good for coaches new to cross country as meet management and organization of practice will be two of the areas covered. It is also planned that an informal discussion by all coaches present will follow. The U. of D. High School is located on West Seven Mile about half-way between Livernois and Wyoming. Use the gym entrance.

M.I.T.C.A. has been approached to become affiliated with the Michigan High School Coaches Association. Bob James, the President, will be present at the clinic to discuss this proposal and answer any questions that the members of J.I.T.C.A. might have.

Regional Qualifications

It has been established that beginning this fall three teams instead of two will qualify from each Class A and B regional to the State Finals in cross country.

It has also been established that Regionals will be held in Class C and D.

Both of these measures were advocated by M.I.T.C.A.

Junior High School Rule Changes

At last - the junior high boy has become strong enough to run over 110 yards. At the meeting this past May of the Representative Council it was adopted that the 880, 440, and the 880 relay be added to the junior high track events. M.I.T.C.A. would like to thank Jack Cotton of Farmington, the junior high representative to the Council, for his part in making these additions possible.

Two Mile and Discus

The Council did not see fit, however, to pass the two mile run and the discus as additions to the Michigan High School Track and field program. The two mile was turned down because:

- (1) it is too great a distance (?),
- (2) it is too time consuming (?),

(3) it is opposed by coaches in the smaller schools (?). Take your pick! If one of these three points would make you, as a coach, oppose the two mile run than you, as an individual, should re-evaluate your entire program.

The discus was ruled out because of the danger involved. Last year a boy in Texas was killed by a discus. It seems to me there were also some death in the United States in football! Has football been dropped from the sports program in Michigan? Granted, there is danger involved, but if the discus is coached properly and a few simple safety precautions taken, it should not be so dangerous as to keep it out of the program. Michigan remains as one of only two states in the U.S. that does not have the discus in the high school track and fields program. As track coaches let's work to educate the public that these events can be handled properly by good coaches and that they should be a part of Michigan High School Track.

Look Out!!

Royal Oak Kimball, the defending Class A State Cross Country Champions, have five-5-of their top seven of last years team back for this year.

January 14 and 15

Mark these dates! They have been tentatively set up as the dates for the annual track clinic. The clinics in the past have been especially good, and we hope by increasing it from one to two days will make it even better. Make these dates known to coaches in your league and other leagues in your area.

Congratulations

Forddy Kennedy who has moved to Delta College in Bay City.

Roy Danley who has been named X-C Coach at Farmington High School.

Dave Myers, newly named track and X-C coach at Mr. Pleasant High School.

If anyone has any information they would like to have in the NEWSLETTER send it to: Chuck Janke, Milford High School, Milford, Michigan.

President
John Tenbusch
U of D High School

M.I.T.C.A.

Secretary
Chuck Janke
Milford

Vice President
John Osler
Pontiac Northern

NEWSLETTER

Treasurer
Chuck Sweeney
East Lansing

X-C RESULTS

A couple of familiar names head the list again this year as the final results were tabulated. In Class 'A' Royal Oak Kimball again reigns as champion and in Class 'B' it's Dearborn Riverside. The Class 'C-D' champion is Springport.

M.I.T.C.A. would like to extend congratulations to these teams and their respective coaches-- Dick Zulch, Ron Horning, and Henry Tinkham. The top five teams in each class are as follows:

Class A	
Royal Oak Kimball	63
Wyandotte Roosevelt	76
Jackson Parkside	124
Pontiac Northern	155
Birmingham Brother Rice	158

Class B	
Dearborn Riverside	73
East Grand Rapids	147
Livonia Clarenceville	152
Okemos	164
Wyoming Rogers	179

Class C-D	
Springport	84
Haslett	126
Napoleon	137
Shepherd	170
St. Marys Orchard Lake	173

M.I.T.C.A. ALL STATE

For the first time in our history M.I.T.C.A. would like to officially recognize an ALL STATE CROSS COUNTRY. The ALL STATE selections are based on the 15 top times in each class. Up to this time there has been no state wide recognition of Cross Country ALL STATE selections as is done in other sports. A list of these boys has been released to the newspapers and we hope that this recognition will continue in future years.

Following is the M.I.T.C.A. ALL STATE

CROSS COUNTRY:

Class A

Ivan Scholl	Roseville	9:59.9
Kim Hartman	Southfield	10:05
Jack Magelsson	Fl. Ainsworth	10:06
Al Ruffner	Wyandotte R.	10:06.9
Ken Leonowicz	Hazel Park	10:07.3
Jim Love	Fl. Central	10:13
John Bennett	St. Clair Shor.	10:13
Paul Baker	Wyandotte R.	10:17
Calvin Williams	Det. N' eastern	10:18
Jim Autman	Muskegon Heights	10:18
Bill Lautenback	G.R. Christian	10:19
George Jenkins	Det. Central	10:20
Alan Garnsey	Royal Oak Kim.	10:20
Dan Ryan	Liv. Franklin	10:21
Charles Gorman	Seaholm	10:21.1

Class B

Robert Crocker	Paw Paw	10:08.8
Wally McClarren	Dear. Riverside	10:09
Ronald Strang	Lutheran West	10:13
Tom Yunck	Okemos	10:14
Larry Bucheit	Liv. Clar.	10:20
Gary Bisbee	G. R. Kentwood	10:20
Warren Berridge	Chesaning	10:21
Gary Powers	Det. St. Anth.	10:23
Rich Stevens	Dear. Riverside	10:23
Bob Woodliff	Wyoming Godwin	10:24
Denny Burns	Vicksburg	10:24
Thomas Johnson	Bishop Gallagher	10:26
Norman Cepela	Wyoming Rogers	10:27
Terry Jacht	Sparta	10:29
Jay Muller	G. R. E. Christian	10:29.5

Class C-D

Edward Scholsser	Haslett	10:19.1
Richard Towne	Morenci	10:32
Jim Gibbs	Springport	10:46
Roger Towne	Morenci	10:47
Tom Payne	Wyoming Lee	10:50
John Dziuba	O. L. St. Marys	10:52
Manuel Rangel	Reese	10:53
W. Stebelton	Shepherd	10:54
Keith Schultz	Napoleon	10:56
Jim Fugate	Springport	10:59
Tom Riley	Springport	11:02
John Pearson	A. A. St. Thomas	11:03
Ward Collins	Hartford	11:03.1
Curt Sloane	Springport	11:04
Nick Welburn	Lawton	11:05

President
John Tenbusch
U of D High School

M.I.T.C.A.

Secretary
Chuck Janke
Milford

Vice President
John Osler
Reece

NEWSLETTER

Treasurer
Chuck Sweeney
East Lansing

Congratulations

Selected by the M.I.T.C.A. members as
Cross Country Coach of the year:

Class A Richard Zulch
Royal Oak Kimball

Class B Tom Horn
Vicksburg

Class C-D John Osler
Reece

George Dales and his W.M.U. Cross
Country Team--N.C.A.A. Champions.

Also to the newly elected officers of
M.I.T.C.A.

For those of you who plan to stay
over night, the Pick-Fort Shelby has granted
special rates for M.I.T.C.A. members.
Single \$7, double \$10, double with twin beds
\$11, three in a room \$3.50 per, four in a
room \$3 per. Address reservations to:

Mrs. Fontane Van Vleck
Pick-Fort Shelby Hotel
525 W. Lafayette
Detroit 26, Michigan

Be sure to state that you are a M.I.T.C.A.
member. These room rates are available to
members only.

Rules Meeting

The track and field rules committee
will meet Monday, February 15 in Lansing.
Members on the committee are urged to push
for the changes voted upon by the
M.I.T.C.A. members. A list of these
measures and the voting results are listed
in the notes from the January 1965 clinic.

M.I.T.C.A. Registration

There will be a registration booth at
the N.C.A.A. Meet for coaches who have not
yet registered in M.I.T.C.A. Membership
will entitle you to a copy of our clinic
notes and also to the M.I.T.C.A. sponsored
hospitality room Friday night. In the
future the newsletter will be sent to
members only.

M.I.T.C.A. Clinic

The number of coaches turning out for
the clinic this year was very heartening.
Due to the bad weather many of you were
kept at home, but about 100 coaches did
turn out.

We were enlightened by an exceptional
talk and demonstration on the fiber glass
pole. Tom Olson of Thermo Flex was the
speaker and he did an excellent job. The
other speakers were George Marshall of
E.M.U. who spoke on the hurdles, and
George Dales of W.M.U. speaking on distance
running.

N.C.A.A. Indoor Championships

Immediately following the preliminaries
on Friday night, M.I.T.C.A. is
sponsoring a hospitality hour(s) for its
members and the college coaches in the
Terrace Room of the Pick-Fort Shelby Hotel.
The hotel is just two blocks from Cobo
Hall. Refreshments will be served. If
you are going to the clinic and the prelims
don't miss the Terrace Room.

Best Performances

In the two indoor meets this winter
the following are some of the best perfor-
mances turned in by high school runners:

Mile	Sage	Reece	4:31.2
	Kearney	Bloomfield Hills	4:40.2
	Brown	Redford	4:41.8
	Bradley	Seaholm	4:43.7
880	Sage	Reece	2:01.1
	Smith	Redford	2:02.9
440	Kingscott	Seaholm	52.7
300	Sullivan	Redford	33.4
	Matteson	Roseville	33.7
	Wilson	Roseville	33.9
600	Smith	Redford	1:16.0
	Kingscott	Seaholm	1:17.3
Mile Relay		Seaholm	3:34.6
		Redford	3:35.3
880 Relay		Redford	1:36.5
Long Jump			
	Slater	Loy Norrix	22'6"
16 lb. Shot Put			
	Squires	Redford	47'1"
	Harris	Ypsilanti	46'1"
	Snyder	Seaholm	45'8"

Bishop Gallagher Clinic

The clinic held at Bishop Gallagher High School February 20 was attended by over 350 high school athletes and coaches. The purpose of this clinic was to educate and stimulate the high school track and field performers. The clinic was co-sponsored by the Catholic Coaches Association and M.I.T.C.A. The speakers included:

Kermit Ambrose	Birm. Seaholm	Pole Vault
Norb Badar	Flint Northern	High Jump
Jim Curlett	Grosse Pointe	440
Bob Parks	WMU	Hurdles
Irv Petross	Det. Chadsey	Sprints
Bruce Waha	Det. Redford	880-mile
Dean Wilson	Pontiac Central	Shot Put
Lorenzo Wright	Det. Eastern	Long Jump

Summer Training Program

Beginning this summer, in Detroit there will be a summer track program for all boys interested. The program will run daily beginning June 28 for 8 weeks. Any boy who is a resident of the city of Detroit may attend at a charge of \$1 per week. Any boy who is not a resident of Detroit will be charged \$2 per week.

This program will give track and field athletes an excellent opportunity to co-ordinate their summer training with the summer track meets. It also gives the boys who are not involved in an organized summer program a chance to work out under the guidance of qualified personnel.

The program will be run at two different sites. On the east side the probable location will be Pershing High School. On the west side it will be Redford High School. The program will be run by Bruce Waha of Redford, and Lorenzo Wright of Eastern. If you are interested in this program and want more information contact:

Bruce Waha
 Redford High School
 Home address--16891 Glenmore
 Home phone--Ke 2-4965

Lorenzo Wright
 Eastern High School
 Home address--4309 Clements
 Home phone--834-8699

Additional Times

MILE

Moore	Case Tech	4:26.4
Giachino	U High of A.A.	4:26.6
Schall	Roseville	4:35.5
Brown	Redford	4:37.5

880

Wehrwein	Roseville	2:03.7
DeMolder	Roseville	2:04.6

440

Wilson	Roseville	51.9
Bristol	Thurston	52.0
Slater	Loy Norrix	53.0

Additional Notes

Check rule books for all rule changes, especially note the extension of the relay zone to 30 meters.

The name broad jump has been officially changed to Long Jump.

Apologies to Chuck Sweeney for mistake on the heading of the newsletter--Mr. Sweeney is not at Easy Lansing, but at Lansing Eastern High School.

See you March 12 and 13 at Cobo Hall.

President
John Tenbusch
U of D High School

M.I.T.C.A.

Secretary
Chuck Janke
Milford

Vice President
John Osler
Pontiac Northern

NEWSLETTER

Treasurer
Chuck Sweeney
Lansing Eastern

M.I.T.C.A. Clinic

This is the final NEWSLETTER for 1965 and again we would like to emphasize the clinic. This will kick-off the track season for 1966. The clinic this year, as in the past, will be of the highest quality as we have acquired some outstanding people as speakers. I would like to encourage all track coaches to attend this clinic. It is my opinion that no coach can find a better way to keep abreast of new techniques than by attending these instructional clinics.

We must also elect the new officers for 1966 and the Cross Country Coach of the year for 1965. The clinic is being held in Detroit at U. of D. High School which is located on West Seven Mile Road between Wyoming and Livernois. Pass the word--college coaches, high school coaches, junior high school coaches--all coaches are welcome. Registration will be from 8:30 a.m. to 9:00 a.m.

Coaches selected by the nominating committee for the Cross Country Coach of the Year honor are as follows:

Dave Fultz	Jackson Parkside
Don Horning	Dearborn Riverside
Al Pingel	Wyandotte Roosevelt
John Osler	Pontiac Northern
Dick Zulch	Royal Oak Kimball

of M.I.T.C.A. will also be members of M.H.S.C.A. This should prove no problem since most of us are already members of M.H.S.C.A. The dues for M.I.T.C.A. are \$2.00 per year and the dues for M.H.S.C.A. are also \$2.00 per year. Both of these may be paid at the clinic on January 15.

Motor City Classic

The Motor City Classic which is set for January 14 at Cobo Hall will include some events for high school runners along with the regular program. Hayes Jones has a mailing list of the M.I.T.C.A. coaches and more information pertaining to this meet will be sent to you by him.

Congratulations

Coach George Dales, assistant Bob Parks, and the Western Michigan University Cross Country Team on their second straight NCAA Cross Country Championship. This is a great tribute to Coach Dales and his fine squad, as well as a fine honor for Western Michigan University. All the Michigan High School Coaches are proud to see a Michigan team achieve this great distinction.

Track Dates

Jan. 14	Motor City Classic	Cobo Hall
Jan. 15	M.I.T.C.A. Clinic	U of D
Jan. 29	U.S.T.F.F. Open Meet	WMU
Feb. 4	U.S.T.F.F. Open Meet	U of M
March 4-5	Big 10 Indoor	MSU
March 11-12	NCAA Indoor	Cobo Hall
March 25-26	Huron Relays	EMU
April 1-2	Spartan Relays	MSU

M.I.T.C.A. joins M.H.S.C.A.

M.I.T.C.A. was asked to become a part of the Michigan High School Coaches Association and has accepted. By being associated with the state coaches association we will receive many of the benefits of this fine organization. It will be assumed that all members

M. I. T. C. A. CLINIC

The annual M. I. T. C. A. Track and Cross Country Clinic will be held at U. of D. High School on Saturday, January 15. The speakers have been corralled and it promises to be another outstanding clinic for Michigan Coaches. Make note of the date and pass the information along to anyone who might be interested. Attendance should be a record high this year and with the fine list of speakers everyone will gain greater insight into the technique of the various events. Registration will begin at 8:30 a.m.

Not to be overlooked, we must also select our new slate of officers and elect the Cross Country Coach of the Year. Following is a list of the speakers:

Don Graham R.P.T.

Of the Wright Clinic in Detroit. Don will speak on 3 areas:
Athletic Conditioning
Nutritional Aspects and
Proper recognition and treatment of Athletic Injuries.

Joe Newton of York Community High School in Elmhurst Illinois.

Joe will speak on distance running. His X-C TEAMS were State Champs in '62 and '65 and were runner-up in '64. His record since 1960 in track and X-C is 304 victories and 38 losses. Last year he had 25 runners under 5 minutes in the mile.

Other speakers include:

Jack Harvey	Shot Put
Jim Oliphant	High Jump
Dennis Holland	Long Jump
Roger Shepler	Pole Vault
Dave Schultz	Long Sprints
Norb Badar	Sprints
Carl Krieger	Hurdles
Max Berry	Relays and Track Gimmicks

More information on the clinic will follow in the December NEWSLETTER.

A. A. U. MEET

On January 14 there will be an A. A. U. Meet at Cobo Hall. This meet is sponsored by the Detroit Varsity Club and is being organized by Hayes Jones. Many of the top track and field athletes in the nation will be present. This is the Friday night prior to the M. I. T. C. A. Clinic. Make it a Track Week-End: Friday attend the meet at Cobo Hall and on Saturday the clinic at U. of D. There will be more information about this meet in the December NEWSLETTER.

FEDERATION MEETS

Two Federation Meets have been scheduled for this winter. January 29 at Western Michigan University and February 4 at the University of Michigan. These meets are open to high school runners. For more information contact Bob Parks at Western and Dave Martin at the U. of M.

POINTS OF INTEREST

For those of you who are not aware of the M. I. T. C. A. membership - we are proud to have as a member Dr. Jack Rose, Track and Cross Country Coach of Long Beach State College in California. M. I. T. C. A. would like to extend our heartiest welcome to Jack and to also acknowledge him for his interest in Track and Field and in M. I. T. C. A. We are looking forward to seeing him at Cobo Hall this spring.

Bob Lake, formerly of Kalamazoo Central, Michigan State and coach at Thurston High School is now a member of the Peace Corp and is on tour in Jamaica. Bob would undoubtedly like to hear from his coaching friends here in Michigan. Address: 7½ Lewis Street, Savanna-La-Mar, Jamaica, West Indies.

DON'T FORGET ** M. I. T. C. A. CLINIC

JANUARY 15 AT U OF D HIGH SCHOOL IN

DETROIT

APPROVED TRACK EVENTS *For 1966*

February 20	Catholic Coaches and M.I.T.C.A. Sponsored Track Clinic	Bishop Gallagher
March 26-27	Detroit News Huron Track Relays	Ypsilanti
April 2	Class A Central Michigan Indoor Invitational Track Meet	Mt. Pleasant
April 2-3	Lansing State Journal-Spartan High School Track Relays	East Lansing
April 10	Sixth Annual Invitational High School Indoor Track Meet	Marquette
April 10-11	Thirty-Fourth Mansfield Relays	Mansfield, Ohio
April 23	Second Annual Northwest Track Relays	Jackson-N.W.
April 24	Bellaire Relays	Bellaire, Ohio
April 20-May 1	Central Michigan Relays	Mt. Pleasant
May 1	Calvin College Christian High School Track Meet	Grand Rapids
May 1	Eagle Invitational Track Meet	Jackson-Parkside
May 1	Hastings Relays	Hastings
May 1	Saline Relays	Saline
May 1	Seventh Annual Tecumseh Jaycee Relays	Tecumseh
May 1	Ecorse Relays	Ecorse
May 2	Fifth Annual Orchard Lake St. Mary Track and Field Invitational Relays	Orchard Lake
May 8	Dale R. Sprankle-Albion College High School Invitational Track Relays	Albion
May 8	Davison Invitational Track Relays	Davison
May 12	Portage Optimist Invitational Track Relays	Portage
May 15	Regional Track Meets	
May 22	State Finals	
May 25	Junior High Track and Field Meet	Saginaw
May 28	Oakland County Meet	Hazel Park
May 29	Port Huron Times Herald Champions Invitational Track and Field Meet	Port Huron

CALIFORNIA STATE COLLEGE AT LONG BEACH

LONG BEACH, CALIFORNIA 90804

Dear Chuck,

Just a short note to let you know how the only California member of the Michigan I.T.C.A. is doing, and to pass along an idea.

I enclose a copy of the results of our Eighth Annual Long Beach Invitational Cross Country Championships. This is the first meet of the season and is in the schedule to give the athletes something to keep running for all summer.


We have organized it to give every one a chance to run, and against people his own level, from Junior Varsity all the way to Olympic Class Runners. As you can see we had over 1,200 men run approximately 5,000 miles during the two days of the Meet.

We had Eight Races in the High School Division. Four for the Junior Varsity boys and Four for Varsity. The Schools were divided into Four races relative to the number of students in the school. Thirty Nine School attended which made about 75 in each race. We start at 3:00 pm and finish with a Fun Run at 5:00 pm This Fun Run idea comes from the fact that many teams out here have over 100 out in an attempt to make the seven man Varsity and Junior Varsity teams. As you can guess, a much greater turnout than for Football. In order to give these boys a chance to run on the same course so as to get a time we allow all who haven't had a chance to run go in this so called Fun Run.

What a sight to see over 500 athletes lined up at the starting line for one race (this Fun Run). On Saturday we go with the colleges. Four run at the Junior College and College-Open levels followed by another Fun Run at Noon.

I will attempt to keep in contact with you throughout the season. Maybe we can help each other by this type of an exchange of ideas. I only hope you guys back there try this Fun Run, it's great.

Very truly yours,


Jack W. Rose
Track, X Country
Coach.