

PRESIDENT

Karyn S. Dzyacky
Grand Ledge

M I T C A

N E W S L E T T E R

No. 2 OCTOBER 1979

SECRETARY

Richard Tompkins
Fremont

FIRST VICE-PRESIDENT

Jack Grant
Sturgis

PUBLIC RELATIONS DIRECTOR

Don Baese
Carson City Crystal

SECOND VICE-PRESIDENT

Tom Swanson
Potterville

THE DECIDING FACTOR IN CROSS

COUNTRY IS MENTAL ATTITUDE

TREASURER

Bob Kent
Pontiac Central

MESSAGE FROM OUR PRESIDENT

Dear MITCA Members:

At this time of year one used to be able to say - "Welcome back Coaches, hope your school is going great", but I know many of you have faced cuts in athletics, due to milage failures and still others have been on the picket lines. Regardless of the obstacles however, many cross country and track coaches are out making their programs work and involving as many students as possible.

That is the spirit of MITCA too, to serve the needs of as many coaches as possible in the best way. You can help make this happen by participating in committees whenever possible or even returning questionnaires sent to you by the committees.

Tom Swanson has a great program planned for you this November at the cross country clinic and plans are well underway for the track clinic in January.

We're all looking forward to seeing you at the Hilton Inn in November and January.

Keep running,
/S/ Karyn S. Dzyacky
Karyn S. Dzyacky
President

CORRECTION ON THE DATE FOR THE TRACK CLINIC

January 18th & 19th, 1980

Lansing Hilton - Complete information in the November Newsletter.

SIXTH ANNUAL MIDWEST MEET OF CHAMPIONS

Spuller Field - Northrup High School
Fort Wayne, Indiana June 9th, 1979
1st--Michigan----155

2nd--Indiana-----149

3rd--Ohio-----104

4th--Illinois-----47

Michigan has three wins; one second; one third and one fourth.

CLASSIFICATION OF MICHIGAN HIGH SCHOOLS

Class A-1363 or more

Class B-----687-1362

Class C-----347-686

Class D----Under 347

1979 LOWER PENINSULA FINAL CROSS COUNTRY RUNS

- "A" Howell H. S.-----Bruce Powelson, Mgr.
Faulkwood Shores Golf Course
- "B" Spring Lake H. S.-----Tom Hickman, Mgr.
Crockery Golf Course
- "C" Clare H. S.-----Ron Main, Mgr.
County-Clare Golf Course
- "D" Potterville H. S.-----Tom Swanson, Mgr.
School Campus

UPPER PENINSULA FINAL CROSS COUNTRY RUNS

- A-B)
- C) Gladstone H. S.--David Lahtinen, Mgr.
- D) Gladstone Golf Club
- Girls)

ANN ARBOR PIONEER JUNIOR VARSITY INVITATIONAL

All Classes invited

4:00	11th & 12th Grade	Don Sleeman
4:30	10th Grade	994-2150--School
5:00	9th Grade	426-4348---Home

Ribbons to top 15 in each race. No team trophy - - this meet is for the many who do not make it into the State Meet

1978 CROSS COUNTRY TEAM CHAMPIONS

- UPPER PENINSULA
- GIRLS---Marquette H. S.---Coach Dale Phillips
 - A-B---Gladstone H. S. Coach David Lahtinen
 - C---Hancock-----Coach ? Henderson
 - D--Painsdale-Jeffers-----Coach Dave Witting

- LOWER PENINSULA
- GIRLS---Rochester H.S.----Coach Hal Commerson
 - A-----Brighton H S
 - B-----Holly H. S.-----Coach Duane Raffin
 - C-----Wyoming-Lee H. S.-----Coach Art Kr ai
 - D-----Akron Fairgrove--Coach Jerry Lasceski

UNIFORMS FOR CROSS COUNTRY

- A. All members of a cross country team are to wear like uniforms including color and shirt Stripe.
- B. T-shirts and sweatshirts may be worn by individuals if worn under the uniform
- C. Gloves, knee socks, hats or caps may be worn by individuals and need not be alike.
- D. Shoes are required.

CROSS COUNTRY - - 537 boys teams and 221 girls teams in Michigan in 1978.

DESERT YOUR DIET-----FEAST AT THE CLINIC

Plan on a Seafood Diet - Eat everything you see. The MITCA '79 Cross Country Clinic will center around the idea of Nutrition - Physical, Mental and Emotional Nutrition for the high school cross country coach and runner.

"Mr. High School Cross Country Coach - U.S.A.", Joe Newton from York High School, Elmhurst, Illinois will share top billing with Dr. Richard Ecker of Clarendon Hills, Illinois. Eight High School Coaches from Michigan will participate in the program.

Help yourself and your program by coming to the Lansing Hilton on Nov. 16th and 17th. The feast will do your diet in.

Tom Swanson
Potterville High School
Clinic Chairman

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STARTING TIME OF REGIONAL AND FINAL RUNS

At all Regionals and Finals, the first run will start at 10:30 a.m. Where there are two classes, they will run in the following order: (Section I will precede Section II) Girls; Class D; Class C; Class B; Class A. The second run will follow immediately after the conclusion of the first run. Team runs will precede Individual Runs for that class at all Final Run sites.

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NOTE - - NO SCHOOL IS TO PERMIT ANY OF ITS CROSS COUNTRY MEMBERS TO PRACTICE, WALK, RUN, OR TOUR IN ANY OTHER WAY THE FINAL RUN COURSE DURING THE WEEK PRECEDING THE FINAL RUN.

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MEMBERS OF THE 1979 CROSS COUNTRY COMMITTEE:

- Mel Hall-----Spring Lake
- Mike Hart-----Hoslett
- Ray Hollingsworth-----Freeland
- Ann Lilly-----Kalamazoo
- Bruce Powelson-----Howell
- Sheryl Szady-----Interlochen
- Jerry Szukaitis-----Westland

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SPRING SPORTS MAY BEGIN PRACTICE ON MONDAY OF THE WEEK OF MARCH 1.

1 9 8 0 MONDAY, FEBRUARY 25TH

- + - + - + - + - + - + - + - + -
The golden rule when reading the menu in a restaurant: If you can't pronounce it, you can't afford it."

THE MENTAL GAME - - In every athletic contest, at every level - - from beginner through professional - - the key factor affecting consistency of performance is THE MENTAL GAME. Some athletes almost always come through in clutch situations while others almost never do. There are some who never give up, but many who give up too easily. Attitude makes the difference; the mentally prepared are winners!

A coach's greatest challenge in working with athletes is to help them build the attitudes that will motivate them to do their best. But the truly superior athletes, the dependable performers don't depend on a coach for motivation; they generate the desire to achieve within themselves. No one has to motivate Pete Rose to "hustle". No one needs to give Kyle Rote, Jr. a "pep" talk". No one must urge Calvin Purphy to "try harder." Athletes of their caliber are masters of self-motivation.

What is self-motivation? An attitude. A state of mind. A refusal to give less than your best. Self-motivation is the heart of the mental game, coming easily to some, while others must work hard to acquire it. But self-motivation can be acquired!

One method of acquiring positive qualities is to associate with people who already have them. An individual with ambition and the desire to be a winner should associate with winners and learn from them. A winner's attitudes and behavior are contagious and can inspire others to seek high aspirations.

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1979 MICHIGAN AAU JUNIOR OLYMPIC CROSS-COUNTRY CHAMPIONSHIPS November 10th, 1979

Cass Benton Park...located on Hines Drive, between 6 & 7 Mile roads (west of Detroit) Northville, Michigan

The Course is hilly and grassy.
National Sponsor: SEARS ROEBUCK & CO.

Local sponsor: Motor City Track Club

Sanctioned by: Michigan AAU

Eligibility: All athletes must be a member of the Michigan AAU; application blanks will be available at the meet.....\$4.00

Entry Fee: \$2.00 per athlete; \$10.00 per term.

Meet Time: Walk Course at 10:00; first race at 11:00

Entry Deadline: Teams for club competition must be in by Nov. 4th; limited post registration from 8:30 to 9:30 a.m. day of meet.

Age: As of January 1st, 1979.

Awards: Medals 1--6; Ribbons to all finishers plus certificates. Team trophies to top three in each division.

Facilities: Restrooms will be open. Come dressed to run.

| ORDER OF EVENTS: | | Approximate Time | |
|------------------|-----------|------------------|--------|
| 11:00 | 9 & Under | Girls | 1½ mi. |
| 11:15 | 9 & Under | Boys | 1½ mi. |
| 11:30 | 10-11 | Girls | 1½ mi. |
| 11:45 | 10-11 | Boys | 1½ mi. |
| 12:00 | 12-13 | Girls | 2 mi. |
| 12:20 | 12-13 | Boys | 2 mi. |
| 12:40 | 14-15 | Girls | 2½ mi. |
| 1:00 | 14-15 | Boys | 2½ mi. |
| 1:20 | 16-17 | Girls | 3 mi. |
| 2:00 | 16-17 | Boys | 3 mi. |

THE REGION 6 JUNIOR OLYMPIC CHAMPIONSHIPS
WILL BE HELD IN MI/MISBURG, OHIO ON NOV.
17th, 1979.

NOTE: Athletes and Club Coaches must be prepared to state at the Association Meet whether they will participate in the Regional Meet (register and pay entry fee with AAU card and birth certificate).

The National Meet is December 8th, in Hitestown, New Jersey. From the region 6 Meet, qualification to the National Championship is as follows:

Top two teams and those individuals finishing in the top twelve places

ATHLETES QUALIFYING TO REGIONAL MEET CONSISTS

- OF:
1. Top twenty individual athlete winners in each age division and event.
 2. Top three Association Club Teams. (Clubs must be chartered with the AAU). A team may consist of a minimum of 5 athletes but not more than 8....first five count for scoring.

SIMPLIFIED SCORING METHOD WILL BE USED.

FOR FURTHER INFORMATION CONTACT:

Bettye Lou Robinson
 18410 Sorrento
 Detroit, Michigan 48235
 (313) 864-2108

OFFICIAL MICHIGAN AAU JUNIOR OLYMPIC ENTRY FORM (Please print - - use a separate form for each division and sex)

CLUB NAME _____

CLUB NUMBER _____ COACHES NAME _____

ADDRESS _____

CITY _____ ZIP _____

PHONE 1 () _____

| | <u>N A M E</u> | <u>AGE</u> | <u>BIRTHDATE</u> | <u>CITY</u> | <u>AAU #</u> |
|-----|----------------|------------|------------------|-------------|--------------|
| 1. | _____ | _____ | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ | _____ | _____ |
| 4. | _____ | _____ | _____ | _____ | _____ |
| 5. | _____ | _____ | _____ | _____ | _____ |
| 6. | _____ | _____ | _____ | _____ | _____ |
| 7. | _____ | _____ | _____ | _____ | _____ |
| 8. | _____ | _____ | _____ | _____ | _____ |
| 9. | _____ | _____ | _____ | _____ | _____ |
| 10. | _____ | _____ | _____ | _____ | _____ |
| 11. | _____ | _____ | _____ | _____ | _____ |

SEVENTH ANNUAL MITCA CROSS COUNTRY CLINIC

Friday and Saturday, November 16th & 18th
The Lansing Hilton, 7501 W. Saginaw
Lansing, MI 48919 1 (517) 627-3211
Single: \$36.00 Twin Double: \$41.00

NOTE: The Lansing Hilton features a large indoor pool and sauna!!!
If planning on staying overnight at the Hilton, you should make your reservations as soon as possible.

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FRIDAY, NOVEMBER 16TH

- 12:00-12:30 Registration
- 12:30--1:30 Coaching Boys and Girls Cross Country Teams Together
Hal Commerson-----Rochester High
Don Baese-----Carson City Crystal
Paul Nilsson-----Williamston
Steve Porter-----Milan
- 1:30---2:45 Building the Cross Country Coach's Mental Set
- 3:00--4:00 Mini-Clinics
"Cool Down - Why, When & How"
Chuck Janke-----Jackson High
"Factors Affecting Time Improvement"
Duane Raffin-----Holly
"Moulding Individual and Team Spirit"
John Warner-----G. R. Christian
"Term Strength from Year to Year"
Art Kraai-----Wyoming Lee
- 4:15--5:30 Physiology of Fatigue
Dr. Richard Ecker-----Consulting
Physiologist--Clarendon Hills, Ill.
- 7:00 MITCA Coach of The Year Banquet
- 9:00 Door Prizes and Hospitality Hour

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PRE-REGISTRATION FORM

NAME _____

HOME ADDRESS _____

CITY _____

HOME PHONE NUMBER 1 () _____ ZIP _____

SCHOOL _____

SCHOOL ADDRESS _____

CITY _____

SCHOOL PHONE NUMBER _____ ZIP _____

CHECK APPROPRIATE SPACE

MITCA MEMBER

Friday and Saturday

\$25.00... _____

\$30.00 at the door _____

Saturday Only

\$15.00... _____

\$20.00 at the door _____

NON-MEMBER

Friday and Saturday

\$32.00... _____

Saturday Only

\$22.00... _____

SATURDAY, NOVEMBER 17th

- 8:00--8:30 Registration
- 8:30--9:30 MITCA Business Meeting
Rob Johnson, Chairman-----Clare
- 9:45-10:45 Nutrition Program for Runners
Dr. Ecker
- 11:00-12:00 Building the Cross Country Runner's Mental Set
Joe Newton

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WE WOULD LIKE TO ASK AS MANY COACHES AS POSSIBLE TO BRING A DOOR PRIZE!

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BRING YOUR RUNNING GEAR TO THE CLINIC
SATURDAY FUN RUN (Morning)

Norb Badar and Rich Tompkins in charge
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Help Please - - We need some recommendations for the Coach of the Year Awards.

Send to: Kermit N. Ambrose
1855 Chester Road
Royal Oak, Michigan 48073
1 (313) 549-6325

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WE ARE REQUESTING COACHES TO BRING MATERIAL FOR THE DISPLAY AREA

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DETACH AND SEND PRE-REGISTRATION BELOW TO:

BOB KENT
500 SCOTT LAKE ROADS
PONTIAC, MICHIGAN 48054

MAKE CHECKS PAYABLE TO: MITCA

PRE-REGISTER BY NOVEMBER 9th

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BEST OF WISHES AT YOUR REGIONAL AND STATE MEET

MEET

PRESIDENT

Karyn S. Dzyacky
Grand Ledge

FIRST VICE-PRESIDENT

Jack Grant
Sturgis

SECOND VICE-PRESIDENT

Tom Swanson
Potterville

M I T C A
NEWSLETTER

No. 4

December 1979

SECRETARY

Richard Tompkins
Fremont

PUBLIC RELATIONS DIRECTOR

Don Baese
Carson City Crystal

TREASURER

Bob Kent
Pontiac Central

BEST OF WISHES IN 1980

THE SEVENTH ANNUAL CROSS COUNTRY CLINIC WAS A GREAT SUCCESS. The clinic was held at the Lansing Hilton on November 16th and 17th. Tom Swanson, who directed and planned the clinic, is to be complimented for the excellent show he produced. Joe Newton, York High School of Elmhurst, Illinois, became ill after arriving in Lansing and was not able to speak on Friday. Dr. Richard Ecker, Consulting Physiologist from Clarendon Hills, Illinois, filled in for Mr. Newton on Friday. Dr. Ecker spoke on "Physiology and Fatigue" and on "A Nutrition Program for Runners". Joe Newton came through on Saturday and discussed "Building A Mental Set For Cross Country Coaches" and "Building the Cross Country Runner's Mental Set". The eight Michigan high school cross country coaches are to be complimented for their work on the clinic. Hal Commerson, Rochester High; Don Baese, Carson City Crystal; Paul Nilsson, Williamston; and Steve Porter, Milan formed a panel for the discussion of "Coaching Boys and Girls Cross Country Teams Together. Mini-Clinics were conducted by Chuck Janke, Jackson; Duane Raffin, Holly; John Warner, Grand Rapids Christian; and, Art Kraai, Wyoming Lee. If you were not at the Hilton for this clinic, you missed a very good one

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- | | | |
|------------------------|------------------------|-------|
| 5. JoAnn VanRyewk | Vicksburg | 18:32 |
| 6. Kim Southworth | Jackson Northwest | 18:34 |
| 7. Joan DeMast | Grand Rapids Christian | 18:40 |
| 8. Julie Stansberry * | Yale | 18:44 |
| 9. Teresa Brink * | Okemos | 18:46 |
| 10. Lyn Walters | Fenton | 18:52 |
| 11. Mary Newhof | Grand Rapids Christian | 18:55 |
| 12. Tina Manning | Gladwin | 18:57 |
| 13. Kathy Kline | Vicksburg | 18:57 |
| 14. Benee Filistraut | Dearborn Divine Child | 18:58 |
| 15. Janine Banner | Holt | 19:01 |
| 16. Jennifer Pratt | Milan | 19:02 |
| 17. Tammi Begerowski * | Yale | 19:03 |
| 18. Melinda Roberts | Mt. Morris | 19:08 |
| 19. Laura Willson | Hillsdale | 19:08 |
| 20. Laurette Reeves | Chesaning | 19:08 |
| 21. Joan Lancraufr | Fremont | 19:09 |
| 22. Shelly Ramont | Holt | 19:10 |
| 23. Lynne Wedge * | Marysville | 19:12 |
| 24. Julie Willson | Hillsdale | 19:12 |
| 25. Diane Michael | Mt. Morris | 19:13 |
| 26. Leslie Burgess * | Anchor Bay | 19:23 |
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CLASS "B" GIRLS SPRING LAKE Sat., Nov. 3, 1979

| | |
|--------------------------------------|-----|
| 1. GRAND RAPIDS CHRISTIAN----- | 109 |
| 5 7 20 30 47 55 76 | |
| 2. HILLSDALE----- | 173 |
| 14 18 34 39 68 96 106 | |
| 3. FENTON----- | 181 |
| 6 28 38 45 64 113 114 | |
| 4. DEARBORN DIVINE CHILD----- | 184 |
| 10 21 40 46 67 81 91 | |
| 5. FREMONT----- | 190 |
| 16 32 41 44 57 87 -- | |
| 6. MILAN----- | 223 |
| 12 22 31 75 83 85 89 | |
| 7. JACKSON NORTHWEST----- | 231 |
| 4 43 54 60 70 71 84 | |
| 8. VICKSBURG----- | 241 |
| 3 9 49 73 107 112 118 | |
| 9. LINDEN----- | 241 |
| 24 25 33 69 90 116 -- | |
| 10. HOLT----- | 263 |
| 11 17 61 74 100 103 104 | |
| 11. JACKSON LUMEN CHRISTI----- | 272 |
| 35 51 52 62 72 77 98 | |
| 12. MADISON HGHTS. BISHOP FOLEY----- | 274 |
| 26 50 53 65 80 89 101 | |
| 13. MT. MORRIS----- | 274 |
| 13 19 56 92 94 95 105 | |
| 14. CARLTON AIRPORT----- | 281 |
| 27 48 58 66 82 88 97 | |
| 15. ALMA----- | 292 |
| 2 29 42 108 111 121 --- | |
| 16. GLADWIN----- | 295 |
| 8 36 37 99 115 119 DNF | |
| 17. CHESANING----- | 314 |
| 1 15 79 102 117 120 --- | |
| 18. CROSSWELL-LEXINGTON----- | 316 |
| 23 59 63 78 93 109 110 | |

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- | | | |
|----------------------|------------|-------|
| 1. Cheryl Scheffer * | South Lyon | 17:59 |
| 2. Kelly McMillen * | Dexter | 18:00 |
| 3. Kim Kavack | Chesaning | 18:14 |
| 4. Lisa Last | Alma | 18:23 |

CLASS "B" BOYS SPRING LAKE Sat., Nov. 3, 1979

| | |
|---------------------------------------|-----|
| 1. JACKSON LUMEN CHRISTI----- | 53 |
| 2 3 5 15 28 35 103 | |
| 2. HOLT----- | 95 |
| 4 7 14 17 53 129 146 | |
| 3. CHARLOTTE----- | 150 |
| 8 19 21 39 63 96 153 | |
| 4. FREMONT----- | 179 |
| 10 12 33 50 74 87 135 | |
| 5. GULL LAKE----- | 239 |
| 36 40 49 54 60 99 147 | |
| 6. GRAND RAPIDS CHRISTIAN----- | 249 |
| 9 29 64 67 80 100 104 | |
| 7. DEARBORN DIVINE CHILD----- | 266 |
| 30 45 57 59 75 108 121 | |
| 8. WYOMING ROGERS----- | 274 |
| 18 37 47 84 88 97 119 | |
| 9. ST. JOHN'S----- | 296 |
| 23 31 38 76 128 130 165 | |
| 10. WYOMING PARK----- | 303 |
| 41 55 58 71 78 131 DNF | |
| 11. PORT HURON CENTRAL----- | 312 |
| 11 22 66 89 124 136 145 | |
| 12. CARO----- | 318 |
| 6 16 86 90 120 127 138 | |
| 13. CADILLAC----- | 337 |
| 1 52 73 95 116 123 155 | |
| 14. FLINT AINSWORTH----- | 343 |
| 32 62 81 83 85 93 126 | |
| 15. UNI. OF DETROIT HIGH----- | 360 |
| 13 43 72 107 125 132 135 | |
| 16. LUDINGTON----- | 371 |
| 24 61 79 94 113 118 DNR | |
| 17. CARLTON AIRPORT----- | 274 |
| 20 25 70 122 137 163 164 | |
| 18. MADISON HEIGHTS BISHOP FOLEY----- | 411 |
| 27 42 101 107 134 143 149 | |
| 19. OTSEGO----- | 414 |
| 51 56 92 105 110 111 141 | |
| 20. HARTLAND----- | 415 |
| 26 69 102 106 112 151 157 | |
| 21. CHESANING----- | 470 |
| 34 77 82 133 144 160 161 | |

| | | | | | | | | |
|----------------------------------|----|----|-----|-----|-----|-----|-----|-----|
| 22. LAKESHORE----- | 44 | 65 | 115 | 117 | 140 | 142 | 166 | 481 |
| 23. MONROE CATHOLIC CENTRAL----- | 48 | 68 | 91 | 152 | 154 | 158 | 162 | 513 |
| 24. NEW BOSTON HURON----- | 46 | 98 | 114 | 148 | 150 | 156 | 159 | 556 |

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|-------------------|-----------------------|-------|
| 1. Mark Smith | Cadillac | 15:09 |
| 2. Mike Hood | Jackson Lumen Christi | 15:13 |
| 3. Kurt Russell | * Flint Powers | 15:17 |
| 4. Tim Cannon | * Cranbrook Schools | 15:20 |
| 5. John Adams | Jackson Lumen Christi | 15:22 |
| 6. Bill Stone | Holt | 15:23 |
| 7. Matt Stack | * Holly | 15:24 |
| 8. Donald Fiero | Jackson Lumen Christi | 15:26 |
| 9. Vince Pruit | Caro | 15:26 |
| 10. Tom Ostrowski | * Kenowa Hills | 15:33 |
| 11. David Hinkle | * Mason | 15:34 |
| 12. Bruce Brogue | * Robichaud | 15:36 |
| 13. Tom Clark | Holt | 15:36 |
| 14. Tracy Althide | * Lapeer East | 15:36 |

M I T C A CROSS COUNTRY COACHES OF THE YEAR-----1979

| CLASS | W O M E N | M E N |
|-------|---|------------------------------------|
| "A" | Gary D. Meehan
Brighton | Bob Stallcup
Grand Blanc |
| "B" | John D. Warners
G. R. Christian | Pat Arpino
Jack. Lumen Christi |
| "C" | Stephen Siekmann
Mt. Clemens
Lutheran North | Jerry Mayer
St. Louis |
| "D" | Francie Goodridge
A. A. Greenhills | John Goodridge
A. A. Greenhills |

MITCA NOMINEES FOR CROSS COUNTRY COACH OF THE YEAR----1979

| | W O M E N | M E N |
|-----|--|-------|
| "A" | Hal Commerson-----Rochester High
Willard L. Root-----Grand Haven | |
| "B" | Raymond A. Campbell-----Fenton
Pat Pastula-----Hillsdale | |
| "C" | Rob Johnson-----Clare
Barry Kloenhamer-----DeWitt | |
| "D" | Brian Conover-----Flint Holy Rosary
Phyllis Silvernail-----Kingston | |
| "A" | Don Rolston-----Bloomfield Hills Lahser
Larry Wiltse-----Flint Kearsley | |
| "B" | Jerry L. Gillett-----Holt
Ron Schultheiss-----Charlotte | |
| "C" | Ray Hollingsworth-----Freeland
Gary Smith-----Springport | |
| "D" | Rock Campbell-----Lansing Christian
Robert G. Glover-----Kingsley | |

OLYMPIC TRIALS---JUNE 21-29, 1980-----EUGENE, OREGON
 Hayward Field, University of Oregon (site of the '72 & '76 Trials).
TICKETS: Write to Athletic Ticket Office, University of Oregon, Eugene, Oregon 97403. You can expect to spend more than \$50 to see all 8 days.
HOUSING: Write Eugene Chamber of Commerce, Box 1107, Eugene, Oregon 97401 for information.

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|-----------------|-------------------------------------|--------------|
| Sat. Jan. 19th | E.M.U. Invitational | 1:30 & 6:40 |
| Sat. Jan. 26th | Uni. of Mich. Relays | |
| Sat. Febr. 2nd | W. M. U. Relays | |
| Sat. Febr. 9th | Michigan State Relays | 12:30 & 6:30 |
| Fri. Febr. 15th | U. of M. Central Collegiates | 4:00 |
| Sat. Febr. 16th | U. of M. Central Collegiates | 12:00 |
| Sat. Febr. 23rd | E.M.U. Track Classic | 11:00 & 1:00 |
| Sat. March 1st | W.M.U. Mid-America Invitational | |
| Fri. March 7th | U. of Mich. Wolverine Invitational | |
| Fri. March 14th | NCAA Indoor Joe Louis Arena Detroit | |
| Sat. March 15th | NCAA Indoor Joe Louis Arena Detroit | |

15th Ferris State College Indoor High School Invitational
 Track and Field Meet March 21 A & B Schools
 March 22 C & D Schools
 Contact Coach Ray Helsing, Ferris State College, Big Rapids, Michigan 49307 (616) 796-9971 Ext. 405

- HURON RELAYS** Class "A" Sat. March 29th
 Class "B" Fri. March 28th
- SPARTAN RELAYS** Class "A" Sat. April 5th
 Class "B" Fri. April 4th
- CENTRAL MICH. UNI. INDOOR H. S. RELAYS** Thurs. April 3rd
- MANSFIELD RELAYS** April 11th & 12th
- C.M.U. "CHIP" RELAYS** April 25th and April 26th
- Fri., May 2nd Mott Relays Flint Northwestern H. S.
 Sat., May 3rd West Bloomfield Girls Invitational
 Sat., April 26th West Bloomfield Boys Invitational
 Sat., May 3rd Redford Union Observerland Relays
 Sat., May 10th Royal Oak Shrine Invitational 10:00
 Sat., May 10th Bloomfield Hills Lahser Relays 4:00
 Fri., May 16th Regional Championships
 Sat., May 17th Regional Championships
 Sat., May 31st State Championships
- MID-WEST MEET OF CHAMPIONS** SPULLER FIELD
 NORTHRUP HIGH SCHOOL FORT WAYNE, INDIANA
 SATURDAY, JUNE 7th AFTERNOON
- Sat., June 14th Joe Newton's International H. S. Meet
 Chicago Area

ATTENTION: COACHES OF WOMEN'S INDOOR CLUB TEAMS PLANNING TO COMPETE IN THE MITCA WINTER MEETS, MUST REGISTER YOUR CLUB WITH LEE AVERILL
 1105 Atlantic Street
 Milford, Michigan 48042
 (313) 685-1245

Lee is in the process of setting up the indoor track schedule for the women for the 1980. There is separate registration for men and women and a separate schedule for each.

Enclosed is a registration blank for women clubs only. Return the registration form along with your fee to Lee Averill and the women's schedule will be sent to you. **MAKE CHECKS PAYABLE TO MITCA.**

REGISTRATION FEES: Before January 19th - - \$ 5.00
 After January 19th - - \$10.00
 After February 10th - - \$25.00

 * R E G I S T R A T I O N F O R M * NUMBER
 * M I T C A T R A C K C L U B *
 * CLUB NAME _____ *
 * SCHOOL AFFILIATE _____ *
 * COACH'S NAME _____ *
 * COACH'S ADDRESS: STREET _____ *
 * REGISTRATION CITY _____ ZIP _____ *
 * FEE ENCLOSED _____ *
 * \$ _____ HOME PHONE NUMBER 1 () _____ *

SOUTHWESTERN MICHIGAN CROSS COUNTRY COACHES ASSOCIATION
 The 2nd annual mini-clinic will be held at Mattawan Elementary school from 6:30 to 8:30. The Date: January 30th. The program will feature Coach Joe Newton of York High School, Elmhurst, Illinois. Contact Tim Roach, Mattawan CC Coach for further information.
