

# M I T C A

## NEWSLETTER

APRIL 1981

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### MITCA MEMBERS - - PLEASE NOTE

Your MITCA Newsletters will not be sent by first class mail. If you move or change positions, it is your responsibility for notifying the Newsletter writer of this change. Your letters will not be forwarded or sent back to me, so there is no way that we would know you are not receiving them.

My address: 1855 Chester Road  
Royal Oak, Michigan 48073  
1 (313) 549-6325

### 27TH ANNUAL EASTERN MICHIGAN UNIVERSITY HURON RELAYS CLASS "A" SATURDAY, MARCH 28th, 1981

1. Detroit Central	57	Two Mile Relay-----8:06.3 *
2. Detroit Cass Tech	39	Flint Kearsley (Craig Dickinson, Dave Marsh, Craig Adas & Cavin Councilor)
2. Flint Kearsley	39	60 Yd. High Hurdles---:07.3 **
4. Detroit Cooley	38	Mike Boyd - Lansing Hill
5. Flint Northern	26	Two Mile Run-----9:26.3
5. Detroit Cody	26	Mike Ulrich - Clio
7. Flint Northwestern	22	High Jump-----6' 4"
7. Lansing Hill	22	Mark Smith - Lansing Sexton
9. Dearborn High	20	Sprint Medley Relay-3:37.6
10. Taylor Center	17½	Flint Northwestern (Gerald Benlore, Derrell Lawson, Clayton Alexander & David Johnson)
11. Ann Arbor Huron	17	Shuttle Hurdle Relay--:29.6 **
11. Lansing Sexton	17	Lansing Hill (Andre Truss, Chris Todd, Steve Smith & Mike Boyd)
13. Grosse Pointe North	16	60 Yard Dash-----:06.3
14. Flint Central	15	Don Anderson - Detroit Cody
15. Detroit Pershing	14	One Mile Run-----4:23.9
15. Ann Arbor Pioneer	14	Craig Dickinson - Flint Kearsley
15. Mt. Clemens	14	Distance Medley Relay-10:44.6
18. Detroit Redford	12	Flint Kearsley (Dave Marsh, Jeff Mowery, Cavin Councilor & Craig Dickinson)
18. S. C. S. Lakeview	12	Long Jump-----23' 2 3/4" *
20. Redford Bishop Borgess	11½	Thomas Wilcher - Det. Cent.
21. Detroit Henry Ford	11	Pole Vault-----12' 6"
21. East Lansing	11	Dave Read - East Lansing
23. Grand Blanc	10	880 Yard Relay-----1:33.4
24. B'Ham. Brother Rice	8½	Detroit Central (Marc Jett, Steve Jones, William White & Demetrius Hallums)
25. Clio	8	Shot Put-----52' 8½"
25. Troy High	8	Brad Morse - Troy High
27. Walled Lake Western	7	One Mile Relay-----3:24.0 *
28. Clarkston	5½	Detroit Central (David Beasley, William White, David McGibbon Demetrius Hallums)
29. Cleveland West Tech	5	* NEW MEET RECORDS
30. Adrian	4	** TIES MEET RECORD
30. Ferndale	4	
30. Highland Park	4	
30. Livonia Stevenson	4	
34. Detroit Mumford	3	
34. Hazel Park	3	
34. Howell	3	
34. Jackson	3	
34. Toledo Rogers	3	
39. Bridgeport	2	
39. Livonia Bentley	2	
41. Berkley	1	
41. Pontiac Northern	1	
41. Trenton	1	
41. Wayne Memorial	1	

(31 schools failed to score)

"Don't be afraid to take a big step if one is indicated."  
"You can't cross a chasm in two small jumps."  
David Lloyd George

The five qualities that make for success: Integrity,  
Industry, Intelligence, Knowledge and Courage.

### CLASS "B" FRIDAY, MARCH 27th, 1981

"Here's a fact that's worth the knowing, so treasure it and mark it well: When the mind is through with growing, then the head begins to swell."

If you can't have the best of everything make the best of everything you have

P  
M  
A  
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POSITIVE  
MENTAL  
ATTITUDE

1. Detroit St. Martin de Porres-54	
2. Flint Beecher-----46½	
3. Ecorse-----42	
4. Holly-----31	
5. Uni. of Detroit High-----27	
6. Amherst Steele (Ohio)-----25	
6. Toledo DeVilbiss (Ohio)-----25	
8. Ypsilanti Lincoln-----22	
9. Lexington (Ohio)-----19 1/3	
10. Lutheran West-----19	
11. Jackson Parkside-----18	
11. Oxford-----18	
13. Jackson Lumen Christi-----17	
14. Ashland (Ohio)-----14	
15. Dearborn Heights Robichaud---13	
16. Detroit DeLaSalle-----10	
16. Inkster Cherry Hill-----10	
18. Avondale-----9	
18. Mason-----9	
18. Toledo Libby (Ohio)-----9	
18. Owendale Gagetown-----9	
22. Corunna-----8	
22. Lake Fenton-----8	
22. Southgate Schafer-----8	
22. Wyoming Park-----8	
22. Ypsilanti Willow Run-----8	
27. Clinton-----7	
28. Lodi Cloverleaf (Ohio)-----6	
28. Manchester-----6	
30. Loudonville (Ohio)-----5 1/3	
31. Maumee Valley Country Day (Oh)5	
31. Woodhaven-----5	
33. Garden City West-----4 1/3	
34. Marysville-----4	
34. Ontario (Ohio)-----4	
34. River Rouge-----4	
34. Sturgis-----4	
34. Williamston-----4	
39. Rogers City-----3	
39. New Boxton Huron-----3	
39. Shelby (Ohio)-----3	
42. Detroit Country Day-----2	
42. Tecumseh-----2	
42. Saline-----2	
45. Port Clinton (Ohio)-----1½	
46. Saginaw Douglas MacArthur---1	
(31 Schools failed to score)	
Two Mile Relay-----8:11.0 *	
Amherst Steele (Fred Clayton, Paul Wagner, Tim Welte & Jeff Mann)	
60 Yard High Hurdles-----:07.7	
Jim McGrath - Southfield Schafer Tied meet record (:07.6) in a preliminary race Gregory Blade - Ecorse also tied the meet record in a preliminary race	
60 Yard Dash-----:06.5	
Derrick Tolliver - Ypsilanti Lincoln	
Long Jump-----22' 3½"	
Anthony Charleston - Jackson Park- side	
Pole Vault-----13' 9"	
Jonathon Bartos - Corunna	

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Distance Medley Relay-----10:50.0 \*  
 Holly (Don Houston, Kyle Cathey, Matt Stack & Brian Smith)

Two Mile Run----- 9:25.4 \*  
 Dave Hinkle - Mason

High Jump----- 6' 7" \*  
 Louis Cox - Lutheran West  
 Anthony Abbott - Toledo Libby

Sprint Medley Relay----- 3:43.9  
 Detroit St. Martin de Porres (Greg Henderson, Kevin Bozeman, Todd Gailliard & Ray Robinson)

Shuttle Hurdle Relay----- :30.7\*  
 Ecorse (Brian Pope, Sean Bailey, Kelvin Moore & Greg Blade)

One Mile Run----- 4:28.6  
 Phil Boyer - Ashland

Shot Put----- 55' 3 1/2"  
 Jeff Milligen - Lexington

880 Yard Relay----- 1:36.2  
 Flint Beecher (Kevin Croom, Jeff Davis, Lonnie Young & Issac Coolson)

One Mile Relay----- 3:32.6  
 Ecorse (Jamie Weathers, Rodney Nedd, Michael Dunlop & Willie Thomas)

**CO-EDUCATIONAL DISTANCE RUNNING CLINIC AND SEMINAR**

**FEATURING NEW ZEALAND'S WORLD RENOWNED DISTANCE COACH**

**ARTHUR LYDIARD**

HOSTED BY: Mattawan High School----Coach Tim Roach  
 Loy Norrix High School--Coach Don Lukens  
 Cross Country Teams

DATE: Fri., Sat., Sun., June 12th, 13th & 14th

TOTAL COST OF THREE DAY CLINIC IS JUST:

\$25.00----Pre-Registered  
 \$35.00----At the Door

LODGING: Separate supervised sleeping areas for men and women.

MEALS: All meals are included in your entry fee.

FOR CLINIC BROCHURE WITH COMPLETE DETAILS CONTACT:

Tim Roach 57 Apple Lane  
 Mattawan, Michigan 49071  
 1 (616) 668-2945

**18TH ANNUAL MICHIGAN STATE SPARTAN RELAYS**

**CLASS "A" SATURDAY, APRIL 4th, 1981**

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 1. Detroit Central.....64           | 33. Monroe..... 4                 |
| 2. Flint Northern.....38            | 33. Bloomfield Hills Andover... 4 |
| 3. Taylor Center.....30             | 33. Bridgeport..... 4             |
| 3. Detroit Cooley.....30            | 33. Brighton..... 4               |
| 5. Lansing Hill.....28              | 37. Jackson High..... 3           |
| 6. Holt.....23                      | 37. Detroit Catholic Central... 3 |
| 7. Flint Kearsley.....20            | 37. Grand Rapids Union..... 3     |
| 7. Lansing Sexton.....20            | 37. East Lansing..... 3           |
| 9. Grosse pte. North.....17         | 41. Holland..... 2                |
| 9. Dearborn High.....17             | 41. Redford Union..... 2          |
| 11. Detroit Cody.....15 1/2         | 43. Birmingham Groves..... 1      |
| 12. Detroit Osborn.....14 1/2       | 43. Lansing Eastern..... 1        |
| 13. Pontiac Northern.....14         | 43. Northville..... 1             |
| 14. Ann Arbor Pioneer.....13 1/2    |                                   |
| 14. Detroit Bishop Borgess...13 1/2 |                                   |
| 16. Livonia Stevenson.....12 1/2    |                                   |
| 17. Ann Arbor Huron.....12          |                                   |
| 17. Detroit Redford.....12          |                                   |
| 19. Troy High.....11 1/2            |                                   |
| 20. Grand Rapids Union.....11       |                                   |
| 21. Highland Park.....10            |                                   |
| 22. Livonia Churchill..... 9        |                                   |
| 23. West Bloomfield..... 8          |                                   |
| 24. Clio..... 7                     |                                   |
| 24. Detroit Henry Ford..... 7       |                                   |
| 24. Flint Northwestern..... 7       |                                   |
| 24. Wayne Memorial..... 7           |                                   |
| 24. Temperance Bedford..... 7       |                                   |
| 24. Flint Southwestern..... 7       |                                   |
| 30. Farmington..... 6               |                                   |
| 31. Birmingham Brother Rice... 5    |                                   |
| 31. Westland John Glenn..... 5      |                                   |
- Shot Put-----55' 4 1/2"  
 Daniel Kenwell---West Bloomfield
- Pole Vault-----13' 0"  
 Jeff Hyman----Livonia Stevenson
- Long Jump-----23' 2 1/2" \*  
 Thomas Wilcher---Detroit Central
- High Jump-----6' 6"  
 Mark Smith-----Lansing Sexton
- 60 Yard Dash-----:06.2  
 Don Anderson-----Detroit Cody
- 60 Yard High Hurdles-----:07.2 \*  
 Mike Boyd-----Lansing Hill
- 60 Yard Low Hurdles-----:06.7 \*  
 Mike Boyd-----Lansing Hill
- One Mile Run-----4:27.6  
 Bill Stone-----Holt
- Two Mile Run-----9:30.4  
 Carl Allen-----Ann Arbor Huron
- \* NEW MEET RECORD

**NATIONAL HIGH SCHOOL TRACK AND FIELD SELECTIONS FOR 1980**

**ALL-AMERICAN (MICHIGAN ATHLETES)**

**BOYS DIVISION**

100 meters-----Larry Jordan-----Detroit St. Martin de Porres

800 meters-----Andres Laut-----Dexter

110 meter high hurdles-----David Johnson-----Flint Northwestern

300 intermediate hurdles-----Mike Boyd-----Lansing Hill

Long jump-----Jerome Rivers-----Detroit Northern

Honorable Mention:  
 Derek Harper-----Pontiac Northern

Honorable Mention:  
 Donald Anderson-----Detroit Cody  
 Erskin Farrow-----Detroit Northern  
 Doug Tolson-----Wayne Memorial  
 Walt Reynolds-----East Lansing  
 Donald Biscupski-----Tecumseh  
 James Browne-----Birmingham Brother Rice  
 David Beasley, Steve Jones, George Brooks, Demetrius Hallums, Thomas Wilcher, Andre Topp & Jeff Hardy-----Detroit Central  
 Rob Granger-----Portage Central  
 Mike Vells-----Grosse Ile

**GIRLS DIVISION**

100 meters-----Kory Gifford--Bloomfield Hills Andover

200 meters-----Kory Gifford--Bloomfield Hills Andover

100 meter low hurdles  
 Tonya Lowe-----Flint Northern

High jump-----Ellie Hayden-----Capac

Honorable Mention:  
 Levy String, Yvonne Lee, Lagretta Riley & Leteia Hughley-----Flint Northern  
 Cheri Laycock-----Clio  
 Joan DeMatt-----Grand Rapids Christian  
 Jenny Weil-----East Lansing  
 Michelle Pfeiffer-----Davison  
 Delores Bennett-----Pontiac Central

**STATE TRACK AND FIELD MEET LOCATIONS**

Class "A" Flint Northwestern  
 Class "B" Sturgis  
 Class "C" Clare  
 Class "D" Caro

**UPPER PENINSULA**  
 "A-B", "C" & "D"

MARQUETTE

Distance Medley Relay-----10:47.8  
 Dearborn High (David Smith, Michael Gaas, Douglas Swancutt & William Courtney)

Two Mile Relay----- 8:04.8  
 Flint Kearsley (Craig Dickinson, David Marsh, Matt Britt & Cavin Councilor)

Sprint Medley Relay----- 2:27.1 \*  
 Detroit Cooley (James Johnson, Ricky Simpson, Randy Brisker & Alex Hall)

880 Yard Relay----- 1:31.9  
 Detroit Cooley (James Johnson, Ricky Simpson, Randy Brisker & Ray Calloway)

One Mile Relay----- 3:22.1 \*  
 Detroit Central (David Beasley, Dave McGibbon, Demetrius Hallums & William White)

Shuttle Hurdle Relay----- :28.4  
 Lansing Hill (Andre Truss, Chris Todd, Steve Smith & Mike Boyd)

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 MAKE "SATURDAY" YOUR -----EVERYDAY

Dear Mr. Menoch,  
 I'd like to tell the guys something Saturday and its not because I want them to feel sorry for me, but maybe it can help them. Its my new Philosophy-- "Do what you can today, you never know what's going to happen tomorrow--Wrestle, run, whatever because it may be the last time you'll be able to do it.

Next page, please

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Hopefully this might help someone win a match they normally won't because they never thought of it that way.

Good Luck Saturday.

Sincerely,

John

The above letter was written to the Birmingham Seaholm wrestling team and their coach by John Biegen, a young man who would like very much to wrestle and run track and cross country. He is a Senior and has participated in these sports. As I write this, he is in Beaumont Hospital in Royal Oak and on chemotherapy. At the close of cross country season last fall it was discovered that he had bone cancer in his left leg. After many trips to Rochester, Minnesota and additional hospitalization at Beaumont, his left leg was amputated at the hip. His spirit is fantastic and he has to be the "guttiest" young man I have ever known.

Maybe some of you coaches have some athletes that could use some of John's philosophy. "Do what you can today, you never know what's going to happen tomorrow." "It may be the last time you'll be able to do it."

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**18TH ANNUAL MICHIGAN STATE SPARTAN RELAYS**  
**CLASS "B-C" FRIDAY, APRIL 5th, 1981**

**\* NEW MEET RECORDS**

1. Detroit St. Martin de Porres.....	56
2. Ecorse.....	50
3. Ypsilanti Lincoln.....	41
4. Flint Beecher.....	39½
5. Uni. of Detroit High.....	39
6. Detroit Lutheran West.....	19
7. Holly.....	17
8. Oxford.....	16
9. Cranbrook.....	15
10. River Rouge.....	14
11. Detroit East Catholic.....	13
11. St. Mary's of Redford.....	13
13. Detroit DeLaSalle.....	11
13. Remus Chippewa Hills.....	11
13. Marysville.....	11
16. Lake Fenton.....	10
16. Covert.....	10
18. Wyoming Rogers.....	9
18. Wyoming Park.....	9
20. Corunna.....	8
20. Cadillac.....	8
20. Houghton Lake.....	8
23. Ypsilanti Willow Run.....	7
23. Manchester.....	7
25. Mason.....	6
25. Peck.....	6
25. Stockbridge.....	6
25. Dearborn Hgts. Robichaud.....	6
29. Clinton.....	5
30. Plainwell.....	4
31. Grand Rapids West Catholic....	3
31. Hemlock.....	3
33. Inkster.....	2
33. Saginaw Douglas MacArthur.....	2
33. Sparta.....	2
33. Williamston.....	2
37. Caro.....	1
37. Farmington Harrison	

**MICHIGAN HIGH SCHOOL COACHES ASSO.**

**HONORS TRACK AND CROSS COUNTRY COACHES AT IT'S 22ND ANNUAL BANQUET AT THE UNI. OF MICHIGAN, SATURDAY, MARCH 21st, 1981**

Girls Track-----	Karel Bailey
	North Muskegon
Boys Track-----	Marty Crane
	Flint Beecher
Girls Cross Country-----	Gary Meehan
	Brighton
Boys Cross Country-----	Charles King
	Concord

**50TH ANNUAL MANSFIELD MEHOCK RELAYS APRIL 10th & 11th**

Detroit Central, coached by "Woody" Thomas, becomes the second school from Michigan to win this prestigious meet. Pontiac Central has won this meet on two occasions and tied for first once. They won in 1956 and 1958 and tied for first in 1968. Detroit Central won with 52 points. Scoring for other Michigan schools:

9. Flint Kearsley	16	<u>100 Meter Dash</u>
11. Flint Northern	14	2. Demetrius Hallums
11. Ecorse	14	Det. Cent. :10.6
11. Cranbrook	14	4. Roy Calloway
14. St. Martin de Porres	13	Det. Cooley :10.8
16. Southgate Schafer	10	5. Phil Mitchell
16. Remus Chippewa Hills	10	Flint S.W. :10.8
21. Bishop Borgess	8	6. Rick Simpson
21. Corunna	8	Det. Cooley :10.8
21. Grosse Pte. North	8	<u>High Jump</u>
28. Uni. of Detroit High	7	1. Jay Jewell 6' 8½"
36. Detroit Cooley	5	Remus Chippewa Hills
40. Flint Central	4	6. Greg Hornsby
40. Mt. Clemens	4	Midland 6' 6½"
40. Cadillac	4	<u>110 Meter High Hurdles</u>
46. Detroit DeLaSalle	2	1. Tom Wilcher :13.6
46. Detroit Cass Tech	2	Detroit Central
46. Clinton	2	3. Brian Vier :14.4
46. Flint Southwestern	2	<u>1500 Meter Run</u>
59. Midland ½		3. Tim Cannon 3:55.7
		Cranbrook
		5. Craig Dickinson
		Kearsley 3:56.8

<u>Long Jump</u>	
1. Tom Wilcher-Det. Central	23' 4"
2. Paul Bialowicz-Bish. Borgess	22' 10½"
3. Eric Foster-Uni. of Det. High	22' 8"

<u>Discus</u>	
5. Mike Krauss-Clinton	169' 7"

<u>400 Meter Dash</u>	
1. Dave Beasley-Det. Central	:48.7
4. Jamie Weathers-Ecorse	:49.1

<u>300 Meter Low Hurdles</u>	
1. Jim McGrath-Southgate Schaf.	:36.9
2. Greg Henderson-DePorres	:36.9
4. Tony Veasley-Flint Northern	:38.2
5. Brian Vier-Grosse Pte. North	:38.4

<u>200 Meter Dash</u>	
3. Demetrius Hallums-Det. Cent.	:22.2

<u>Pole Vault</u>	
2. John Bartos-Corunna	14' 6"

<u>3000 Meter Run</u>	
2. Tim Cannon-Cranbrook	8:33.0
4. Bill Brady-Mt. Clemens	8:43.6
5. Pat McGinnis-Det. DeLaSalle	8:44.1

<u>Shuttle Hurdle Relay</u>	
1. Flint Northern	:59.9
Stan Latham, Ray Hall, Tony Veasey & Mel Brannon	
2. Ecorse	1:00.3
4. Flint Central	1:01.0
5. Detroit Cass Tech	1:01.4

<u>6400 Meter Relay</u>	
1. Flint Kearsley	17:56.9
Craig Dickinson, Kevin Gummerson, Greg Adas & Kevin Councilor	

<u>3000 Medley Relay</u>	
4. Cadillac	7:47.2
6. Uni. of Detroit High	7:49.6

<u>3200 Meter Relay</u>	
4. Flint Kearsley	7:58.7
6. Det. St. Martin de Porres	8:01.5

<u>1600 Meter Relay</u>	
2. Detroit Central	3:21.0
4. Det. St. Martin de Porres	3:22.5
5. Ecorse	3:24.0

<u>Shot Put</u> -----	52' 2"
Gary Norton-----	Shepherd
<u>Pole Vault</u> -----	14' 0"
John Bartos-----	Corunna
<u>Long Jump</u> -----	21' 7 3/4"
Lamont Foster--Uni. of Det. High	
<u>High Jump</u> -----	6' 8½" *
Louis Cox----Det. Lutheran West	
<u>60 Yard Dash</u> -----	:06.5
Curt Miller-----	Houghton Lake
<u>60 Yard High Hurdles</u> -----	:07.4 *
Greg Henderson----Det. de Porres	
<u>60 Yard Low Hurdles</u> -----	:07.2 *
Greg Henderson----Det. de Porres	
<u>One Mile Run</u> -----	4:28.1
Tim Cannon-----	Cranbrook
<u>Two Mile Run</u> -----	9:16.1 *
Mark Smith-----	Cadillac
<u>Distance Medley Relay</u> -----	10:43.8
Holly (Don Houston, Kyle Cathey, Matt Stack & Brian Smith)	
<u>Two Mile Relay</u> -----	8:14.1
Detroit de Porres (Garfield Lemonious, LeBron Campbell, Bobby Lynch & Ray Robinson)	
<u>Sprint Medley Relay</u> -----	2:28.1 *
Ecorse (Jamie Weathers, Rodney Nedd, Michael Dunlop & Willie Thomas)	
<u>880 Yard Relay</u> -----	1:34.2
Detroit de Porres (Darren Warner, Greg Harrison, Clint Childs & Calvin Kozeman)	
<u>One Mile Relay</u> -----	3:25.9 *
Detroit de Porres (LeBron Campbell, Keith Harris, Garfield Lemonious & Greg Henderson)	
<u>Shuttle Hurdle Relay</u> -----	:29.1 *
Ecorse (Brian Pope, Calvin Moore, Shawn Bailey & Greg Blade)	

**MIDWEST MEET OF CHAMPIONS**

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>
Michigan	3	1	2	1
Indiana	2	3	2	0
Ohio	2	2	3	0
Illinois	0	1	0	3

Fort Wayne, Indiana June 13, 1981

Senior Athletes Only - - If you have an athlete you think would qualify for this meet, contact Don Marsh, Flint Kearsley High School, who is the Michigan Meet Chairman. Coaches of Girls, contact Lee Averill, West Bloom.

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