

2026 MITCA Cross Country Clinic

When: November 12,13,14

Where: Comfort Inn and Suites, Mt Pleasant Michigan

Room Cost: 104.00 plus tax

To reserve a room, call 989 772-4000. You must mention MITCA to receive the rate.

Clinic Fees: By 9-25 is 120.00

9/26 to 10/20 is 130.00

After 10/20 and at the door is 140.00

Speakers and Topics:

Todd Williams:

High School superstar from Monroe, Michigan / Led Monroe to team championships in 86 and 87

3200m Champion in 86 and 87 / 2-time United States Cross Country Champion 91 and 93

US 10k Champ 92,93,95,96 / US 3000m champ 97 / TWO TIME OLYMPIAN – 92 and 96

After his running career Todd ventured into Jiu Jitsu and has a 4th degree black belt/

This fall he is returning to Monroe High School to coach the Monroe High School CC Team

He will be covering:

Help your runners run safely – minimize the dangers -It is a Dangerous World at Times

Coaching Philosophy/Training on Coaching High School Runners in the 5k

The Ups and Downs of a career of running

Jennifer Bingle

Jennifer was a successful high school runner (4-time state champion in 300 hurdles, triple jump and relays) as well as a successful college runner at Eastern Michigan University where she earned MAC championships in the 400hurdles, triple jump and relays.

After college Jennifer has continued her winning ways with starting her own successful business called Strength Solutions. Her company focuses on developing ways to overcome problems and developing solutions to the roadblocks of life. She is also a college professor in Minnesota. She will be giving us two talks at the clinic that are going to change how you deal with your team and life.

#1 Coaching the Whole Team: Athletes, Parents, and Pressure

In this real-world session, Jennifer Bingle equips high school cross country coaches with practical tools to manage one of the toughest parts of coaching, (challenges beyond the track, or CC course).

Coaches will learn how to balance athlete training along with parent expectations. The session will help coaches communicate with clarity and confidence, and handle challenges before they become conflict. From tough conversations to building trust, this session focuses on leading with consistency while protecting team culture and your peace of mind.

#2 Winning in Dysfunction

In this engaging session, Jennifer Bingle challenges individuals to rethink setbacks. In cross country, and in life. Things won't always go as planned. Injuries, pressure, tough races, and mental battles are part of the full experience. Attendees will learn how to recognize their "default response" to challenges, reframe obstacles as opportunities, and build the mental strength needed to keep moving forward.

Key takeaway: Name the dysfunction. Claim ownership. Aim your strength. This session will help coaches lead with confidence, adapt under pressure, and turn adversity into success.

Go to MITCA.org for more information on registration

Other Sessions:

Recruiting: You have to runners to be successful. We have 3 of the best in a panel discussion to share what they do to get the kids out. Join **Jay Paupaff of St Louis, Carey Hammel of Shepherd and Kurt Kulick of Breckenridge.**

Career Success for Coaches: **Cliff Somers (Fremont) and Doug Jager (retired Grand Rapids Christian)** will be outlining the 5 items they believe every coach needs for long term success.

How to write quality workouts for an entire season: Ever wonder how one workout leads to another, how to coordinate your workouts for improvement throughout the season? Here is your chance to get answers to many of your questions. We have 3 lifelong successful coaches in a panel discussion on this workout topic. **Jeff McNeil (Walled Lake Northern) Brian Salyers (Milford) and Steve Long (Otsego).**

IMPORTANCE OF KEEPING OUR ATHLETES MENTALLY HEALTHY: This topic is in all caps because it carries a great importance in our coaching today. The pressures of doing well, outside influences and other activities place tremendous stress on today's athletes. **Kelsey Gustafson**, a mental performance coach, believes that many factors contribute to the development of a great athlete. The athletes that take time to become mentally in-tune with themselves are the athletes that become champions. Mental performance, to her, is about understanding how athletes' minds can influence their overall performance both in and out of competition. Kelsey's philosophy is centered on redefining what it means to be an athlete and how each person's goals and values can influence why they play. Kelsey also focuses on stress management, emotional control, growth mindset, visualization, relaxation, attentional focus, and reframing pressure to enhance overall confidence levels. Along with individual performance coaching, Kelsey has experience working with teams on cohesion, coach/team communication, and leadership.

It is more than just Running: **Jennifer Woodman**, who is a certified yoga teacher will be doing a session on Yoga and visualization for coaches. If we start learning how to coach the entire body, and start thinking out of the box, our teams will become stronger.

They Have to be Running to have a Successful Team: If you have coached long enough you have experienced how injury can destroy a runner's year and a coaches' yearly plan. We have **Dustin Karlik**, (PT, DPT, CSCS, LSVT BIG, Cert. MDT), Clinic Director for The Center for Physical Rehabilitation, Jenison Branch. Dustin will be leading down the path to prevent injury, and how to rehab if the injuries happen.

Successful Team Training Systems: Tim Dalton – The Northville Training System

Tim will be covering his training system that has led to multiple state championships. Come and listen to the ins and outs of what breeds success. It is obvious that whatever he is doing – IS WORKING!!

Kernie Gilliam, Clinic Coordinator Jaci Storey, Assistant

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