



2026 MITCA Summer Newsletter

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Association Abbreviation in this Newsletter:

MITCA-Michigan Interscholastic Track Coaches Association

MHSCA-Michigan High School Coaches Association (all sports)

NFHS-National Federation of High Schools (Awards and Rules)

NHSACA-National High School Athletic Coaches Association (Awards)

MHSAA-Michigan High School Athletic Association (MI Governing Body)

USTFCCCA-United States Track & Field and Cross Country Coaches Association (Awards)

If you knew them all, you get a free beverage at the next clinic hospitality hour!

MITCA Summer Newsletter

Summer Message from MITCA President Josh Vork

Dear MITCA Members,

Whether you find yourself at a cottage on an inland lake, the shores of a Great Lake, tucked away in the woods, pounding the pavement of the concrete jungle, or simply in your (hopefully) air conditioned home, I hope you are making time to relax and recharge this summer. For me, summer has always been a time to reflect, reevaluate, and reinvent my coaching practices and no state in the union offers a better variety of landscapes from which to gain inspiration than Michigan does. Even as many of us have already begun summer xc workouts, there is still time to enjoy the spoils of the mitten state this summer, so get out there and take advantage of all there in our great state. And if you're looking for something to read, here's a little update on what the executive board has been up to in the first half of 2026.

My presidential year started out hot with the announcement from the MHSAA that they would not be allowing coaches on the infield at the Track & Field State Finals this year. The Executive Board went straight to work to set up a time to meet with Cody Inglis (the MHSAA representative for track & field) to share our concerns and offer our assistance in finding an adequate solution to the problem. While, ultimately, the MHSAA did not change their policy regarding coaches on the infield, we were able to work with Cody to ensure that there was a designated space for coaches near the track at each Finals location. The adequacy of that solution is debatable (and many debates have been had) and we plan to continue to work with Cody and the MHSAA to find the best solution that works for all concerned parties.

In an effort to increase awareness and excitement around track & field, this spring we debuted the Mr. & Ms. Track & Field watchlist. This was an idea that came out of the Track & Field committee and the Executive Board was excited to give it a try and see how it goes. While there may be some adjustments to the rubric that are needed, the addition of the watchlist certainly increased conversation (and debate) throughout the spring - a win for the sport!

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President Letter Continued:

For the first time, the Executive Board voted to announce and present the Mr. and Ms. Track & Field awards at the end of the MHSAA season rather than waiting until the Track & Field clinic the following winter. Inevitably, the recipients have not been able to receive the award in person due to competing their indoor season when it was done at the clinic; the decision to award it sooner allowed us to hand the trophies to the recipients in person. Congratulations to both Zaccheus Brocks and Katie Blue on earning this year's Mr. and Ms. Track & Field! (see photos on page 5)

We were able to celebrate many more of our great Michigan athletes at the Champions of Champions meet at Davison High School again this year. And again this year, we saw a large increase in the number of participants and many meet records broken. As we continue to grow the event and provide an increasingly premium competitive experience for our athletes, you can expect to see even more improvements in the meet next year.

While the track & field season keeps the Executive Board plenty busy on its own, we've also been focusing our efforts on strengthening the structure of our organization to ensure that it will continue to stand the test of time. Some of this work includes some much overdue revision of job descriptions and duties for board members. Over the years, we've added new responsibilities to specific people due to their individual skill set, but that don't necessarily need to be tied to that position. We are currently in the process of re-evaluating all the duties of the Executive Board to better align with the position that they have been voted into, finding where the gaps are in those duties, and rewriting the job descriptions to ensure all duties are covered by the position that is most logical for them to fall under. This work is not necessarily exciting or flashy work, but it is foundational work that will keep the organization sound and operating at a high level for many years to come.

As an Executive Board, we are committed to several other initiatives and improvements that you will see and reap the benefits of, but are not developed enough to promote at this time. As July is winding down, I can confidently say that both our organization and our sports are very healthy right now and we look forward to a great fall of cross country. Enjoy the rest of your summer and we'll see you soon!

Josh Vork-MITCA President

These MITCA Coaches are the newest addition to the MHSCA Hall of Fame

Emily Kloss - Harbor Springs 2026 MHSCA Hall of Fame Inductee



Coaching Highlights and Accomplishments (here are just a few)

- 34 years of coaching all at Harbor Springs High School.
- Conference Championships -7 Girls Track, 10 Girls Cross Country.
- Regional Titles – 4 Girls Track, 12 Girls Cross Country.
- State Championships – Girls Cross Country 2015
with Runner- Up honors 2007, 2010, 2015
- State Champion - Girls Track 2015
- MITCA Coach of the Year - 2008, 2009
- MHSCA Coach of the Year - 2016
- NHSACA National Coach of the Year Finalist -2017

Coaches Comments - One of the best things about coaching is taking a step back and watching kids grow. When an athlete achieves something they did not think they could, it's rewarding to see.

Adam Burhans Clare High School 2026 MHSCA Hall of Fame Induc-

Coaching Highlights and Accomplishments (here are just a few)

- 25 years of coaching all at Clare High School.
- Conference Championships –18 Straight Boys Track (2004 to 2022), 12 Boys Cross Country.
- Regional Titles – 11 Boys Track, 2 Boys Cross Country.
- State Championships – Boys Track 2024
with Runner- Up honors 2018
- MITCA Team State Championships 7 (2017-2024), Runners-Up 2X
- MITCA Coach of the Year - 2018

Coaches Comments - I have been blessed to be surrounded by great family members and coaches who share similar views in adding value to the lives of athletes. In the end, memories are all we have, and the memories have simply been amazing.



Congratulation to Coaches Emily Kloss and Adam Burhans class of 2026 MHSCA Hall of Fame . They will be inducted on September 27 at the Comfort Inn in Mt. Pleasant

Congratulations to 2025 MHSCA Coach of the Year:

Men's Track and Field: Lucas Sponsler Parma Western High School

NFHS Regional Coach of the Year

Women's Track and Field: Brian Lincoln Olivet High School

NHSACA National Coach of the Year Finalist

Men's Cross Country: Tim Dalton Northville High School

NHSACA National Coach of the Year Finalist

Women's Cross Country: Mike Buslepp Romeo High School

The 2026 MHSCA Coaches of the Year will be named in the fall.

2026 USTFCCCA Michigan Track Coach of the Year.

Men's Track and Field: Mike Roberts Hillsdale Academy HS

Women's Track and Field: Charissa Dean Kalamazoo Hackett HS

2026 MITCA Mr/Ms Track and Field Awards

Sponsored by Recognition Inc. Battle Creek, MI



**Mr. Track and Field
Zacchaeus Brocks -
Detroit Catholic Central HS
Attending Ohio State University**

**Ms. Track and Field
Katie Blue - Grand Ledge HS
Attending Michigan State
University**



2026 MITCA Cross Country Clinic (tentative speaker lineup)

When: November 12,13,14

Where: Comfort Inn and Suites, Mt Pleasant Michigan

Registration is now Open at mitca.org (go to ONLINE SIGN-UP)

Speakers and Topics:

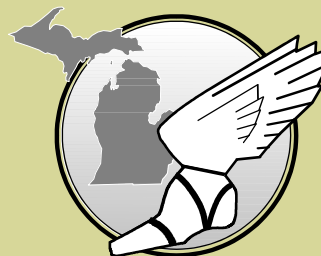
Todd Williams:

High School superstar / Led Monroe to team championships in 86 and 87
3200m Champion in 86 and 87 / 2-time United States Cross Country Champion 91, 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 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, (relationship and challenges beyond the track, or CC course).

#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.

Other Sessions:

Recruiting: You have to have runners to be successful. We have 3 of the best in a panel discussion. 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 We have 3 life long 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.

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 (that once understood can also be used with your athletes).

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, 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.

Working hard to bring you what you need.
Kernie Gilliam, Clinic Coordinator Jacci Storey, Assistant
Grant Woodman, 1st Vice-President

As a MITCA Member you are also a MHSCA Member and have a General Liability Insurance Policy through Loomis & Lapann, Inc. (see flyer below)

Attention Cross Country Coaches - If you host a camp please consider contacting Loomis & Lapann about camp insurance, better safe than sorry!



GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the Michigan High School Coaches Association and its members.

CARRIER

HDI Global Specialty (A Rated)

POLICY PERIOD

August 1, 2026 – August 1, 2027

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.

CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

PROCEDURE FOR CAMP INSURANCE

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ Waivers: Signed waivers showing indemnification language
- ❖ Participant/Accident Insurance: You must have Participant/Accident coverage in place for all participants attending sports camps.

PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: <https://www.loomislapann.com/sports-camps-athletic-events/>

INSURANCE ADMINISTRATOR

LOOMIS & LAPANN, INC.

INSURANCE SINCE 1852

www.loomislapann.com

(P) 800-566-6479 | (F) 518-792-3426

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Disclaimer: This is an insurance overview for summary purposes only; for complete policy terms and conditions please refer to the NOCAD Master Policy.

MHSAA Fall Dates: Practice Begins - Aug. 10, First Contest - Aug. 19
LP Regionals - Oct. 30-31
LP Finals - Nov. 7 @Michigan International Speedway, Brooklyn
UP Finals - Oct. 24 Site TBD

2026 MITCA Track and Field Coach of the Year Nominees

Division 1-BOYS

Team	Coach
East Kentwood	Dave Emmeott
Detroit Catholic Central	Anthony Magni
Kalamazoo Central	Tyler Germain
Grand Haven	John Tarr

Division 1-GIRLS

Team	Coach
East Kentwood	Stephanie Stephenson
West Bloomfield	Nick Straiton
Grand Ledge	Fred Hutchinson
ROCKFORD	Sean O'Brien

Division 2-BOYS

Team	Coach
Otsego	Steven Long
Parma Western	Lucas Sponsler
Flint Powers Catholic	Leo Foley
Corunna	Jeff Sawyer

Division 2-GIRLS

Team	Coach
Spring Lake	Marina Samp
Ludington	John Lipa
GR Christian	Sarah Knoester
Stevensville-Lakeshore	Stacy Hengy

Division 3-BOYS

Team	Coach
Monroe St. Mary CC	Roman Smith
Elk Rapids	Cam Ward
Reed City	Theresa Sims
Lansing Catholic	Tim Simpson
Ithaca	Daryl Dawe

Division 3-GIRLS

Team	Coach
Olivet	Brian Lincoln
Lansing Catholic	Tim Simpson
Pewamo-Westphalia	Scott Werner
Saugatuck	Angelina Bauer

Division 4-BOYS

Team	Coach
Hillsdale Academy	Mike Roberts
Royal Oak Shrine	Tracy Dawson
Kalamazoo Hackett	Charissa Dean
Maple City Glen Lake	Jason Bradford

Division 4-GIRLS

Team	Coach
Kalamazoo Hackett	Charissa Dean
Frankfort	Ed Schindler
Fowler	Neil Hufnagel
Whitmore Lake	Casey Livingston
Gobles	Andy Wood

***Note the MITCA Coach of the Year Nominees are determined by:**

- 1. The Coach must be a MITCA Member by May 1, 2026**
- 2. The top four MHSAA State Meet Finalist that are members are selected. Ties are included.**
- 3. The MITCA Team State Winning Coach is included if a member and not in the top 4 selected top above in #2**

Kermit Ambrose 101 Club

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Dear MITCA Member,

As a MITCA member your donations to the Kermit Ambrose 101 Club is just as important and needed as ever. Coach Kermit was one of the founding father of MITCA, served as President, Secretary, News Letter Editor and President Emeritus. Kermit passed away eight years ago after a glorious 101 years. MITCA would not be the fine organization it is today if not for the service of Kermit Ambrose. The MITCA Executive Board would like to help honor and continue Kermit's memory by establishing the Kermit Ambrose 101 Club and Kermit Ambrose Foundation. Kermit lived 101 years, so we are seeking contributions of \$101.00 to match his dedication to the MITCA origination. Your contributions will be used to help fund Team Michigan competing at the Mideast Meet of Champions (cross country), and the Kermit Ambrose Scholarship. Team Michigan is underfunded and the Executive Board has made this a priority for the future. Kermit was instrumental in establishing this meets as a MITCA responsibility and it is only fitting that the support of this organization comes in his name. Your contributions are tax deductible and our identification numbers are listed below. The MITCA Board and the Team Michigan Athletes, thank you for your generosity.



Please return the form below with a \$101.00 donation A.S.A.P.

Thank for your support,

Steven R. Porter

State Non-Profit Identification Number : 705219

MITCA Public Relations

Federal Identification Number : 38 2493122

Kermit Ambrose 101 Club and Foundation Donation Form

please detach and return with your donation

Please make your check out to: MITCA, Ambrose 101 Club

Return to: Steven Porter MITCA PR

1250 Mooreville Rd.

Milan, MI 48160

**You can also donate with your
online registration for any
MITCA Clinic.**

name _____

home phone _____

address _____

e-mail _____

city _____, state _____ zip code _____

amount of donation \$101.00 or _____