

MITCA 2026 Cross Country Clinic

Thursday			
	All Sessions in room A - D		
7- 7:50	Liesle Elsey -Programming to Improve Performance by Building a Stronger Pelvic Foundation		
8-8:50	Jay Puffpaff, Carey Hammel, and Kurt Gulick – Panel discussion on recruiting		
9-9:50	Five Things you need as a coach for long term successful CC Program Cliff Somers, Doug Jager		
10:00 – 12:00	Hospitality in breakfast area		
Friday			
8:30 – 9:20	Todd Williams – How to have your runners run safe – you are responsible		
9:35 – 10:25	Injury Treatment and Prevention – Newest info -- Dustin Karlik		
10:40 -11:30	Jennifer Bingle - 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). 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.		
11:45 – 1:30	Lunch and Business Meeting		
1:35 – 2:25	Tim Dalton/Jack Dalton/Chris Inch – The Northville Training System		
2:35 – 3:25	Mental Health of our Athletes – Kelsey Gustafson		
3:40 – 4:40	Jennifer Bingle - 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. Name the dysfunction. Claim ownership. Aim your strength. This session will help coaches lead with confidence, adapt under pressure, and turn adversity into success.		

6:00 – 6:30	Todd Williams – The Ups and Downs of a Running Career		
6:30 – 9:00	Banquet		
9:00 – 12:00	Hospitality	Todd Williams / posters / Autographs	
Saturday			
7:30	Prediction Run / Steve Porter		
8:30 – 9:30	Round Table Discussions – 7 at a table – Assorted Topics		
9:45 – 10:45	The art of designing workouts – Jeff McNeil, Brian Salyers, Steve Long		
	YOGA and Visualization - Jennifer Woodman -		
11:00 – 12:00	Todd Williams – How to train High School Runners for a 5k Cross Country Race		

If you want to know more of about each speaker go to MITCA.org
 Navigate to clinics, then info on 2026 CC 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

To sign up for the clinic go to:

<https://runsignup.com/TicketEvent/MITCAXC>