MITCA Awards and Recognition Fall 2026

MITCA is pleased to announce the following award winners...
We hope will join us at the Cross Country Clinic to help us honor these coaches.

The following coaches will be honored at the MITCA Clinic Cross Country Clinic on November 13, 2026

Page 1. Rick Bauer of Saugatuck - Hall of Fame/Ambrose Award Winner

Page 2. Emily Kloss / Harbor Springs - Hall of Fame Inductee

Rick Cahoon / Shepherd - Hall of Fame Inductee

Page 3. MITCA Members Inducted into the 2026 MHSCA Hall of Fame

Emily Kloss - Harbor Springs High School

Adam Burhans - Clare High School

Other MITCA Award Announcements:

MHSCA Coach of the Year –Honored on November 8th In Midland.

Michigan USTFCCCA T&F Coach of the Year

MITCA Mr. and Ms. Track and Field

Page 4. Kermit Ambrose 101 Club Information

Rick Bauer / Saugatuck High School
2026 MITCA Kermit Ambrose Award Recipient



The Kermit Ambrose award is the highest coaching honor bestowed by the MITCA organization. This year's recipient exemplifies outstanding service to the sport and epitomizes the definition of "Coach". Rick Bauer has coached at Saugatuck High School since 2007. Rick and his wife Angelina are both MITCA Past President's. Rick in 2022 and Angelina in 2015. Rick now joins his wife as the only couple to earn the Ambrose Award. Angelonia won the award in 2022 and will make the presentation to Rick at this years clinic. Rick's stellar record includes, 7 MHSAA State Championships (4 CC, 3 Track), 6 State Runner-Ups, 20 Regional Championships, and 1 MITCA Team State Championships in 2016. Rick has earned 8 MITCA Coach of the Year awards and was a nominee 16 times. Other Coach of the Year honors include: MHSCA Track COY 2015, and a NHSACA National Finalist honor that same year. He was awarded the USTFCCCA Michigan COY in 2016. Congratulations to both Rick and Angelina for a true team effort.

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MITCA is pleased to announce the following award winners...

MITCA Hall of Fame Induction

November 13, 2026 Comfort Inn Mt. Pleasant

Emily Kloss / Harbor Springs High School
2026 MITCA 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 2008, 2009 with Runner- Up honors 2007, 2010**
- **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**
- **MHSCA Hall of Fame 2026**

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.

Congratulations Coach Kloss!

Rick Cahoon / Sheperd High School
2026 MITCA Hall of Fame Inductee



Cross Country Coaching Highlights and Accomplishments

- **27 years of coaching all at Shepherd High School.**
- **19 Conference Championships between 2001 and 2025.**
- **7 Regional Titles and 9 Regional Runner-Ups**
- **2008 State Championships and three top three finishes.**
- **6 top 5 finishes at State and 12 top 10 finishes at State**

Coach Cahoon has an equally impressive Track & Field Resume.

" Having had Rick as my own high school coach and then coaching alongside him for 24 years I can attest that he is an amazing coach but an even better person. His coaching focuses on helping student athletes be their best in both sports and life. Everything we do at Shepherd stems from his commitment to excellence." Carey Hammel - Athlete, Coach and MITCA Executive Board Member.

A favorite quote: Iron sharpens Iron

Congratulations Coach Cahoon!

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

Emily Kloss / Harbor Springs 2026 MHSCA Hall of Fame Inductee

Adam Burhans / Clare High School 2026 MHSCA Hall of Fame Inductee

MITCA Coaches Association Honors

Congratulations to our MHSCA 2026 Coach of the Year:

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

Women's Track and Field: Stephanie Stephenson / East Kentwood HS

Men's Cross Country: Michael Nikkila / Hillsdale Academy HS

Women's Cross Country: Casey Livingston / Whitmore Lake HS

These coaches will be honored on November 8, 2026 at the MHSCA Awards Banquet and are eligible for regional and national honors.

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

Kermit Ambrose 101 Club

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 10 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 Midwest Meet of Champions (track & field), the Mideast Meet of Champions (cross country), and the Kermit Ambrose Scholarship. Both championship meets and teams are underfunded and the Executive Board has made this a priority for the future. Kermit was instrumental in establishing these 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 by November 13, 2026 to be eligible for your Ambrose Sundae at the clinic.

Thank for your support,

Steven R. Porter
MITCA Public Relations

State Non-Profit Identification Number : 705219
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

You can also donate with your online registration for any MITCA Clinic or click below.

Ambrose 101 Club Donation – Michigan Interscholastic Track Coaches Association (mitca.org)

Return to: Steven Porter MITCA PR
1250 Mooreville Rd.
Milan, MI 48160

name _____ home phone_____

address_____ e-mail _____

city_____, state_____ zip code_____

amount of donation $101.00 or _____