

# MTCCCA Newsletter

Fall 2019 Issue



Volume 23– Issue 1

## Message from the President

### *Dear Friends, Colleagues and Coaches,*

It is hard to believe that my term on the Board is over. I feel like the time has flown by. When I was appointed to the board, I had no idea of the responsibilities of the President of our coaches' association. I just knew that at some point I would have the duty of presenting a great clinic. This year I have asked the coaches who have had the most influence on my career to come and speak to our Missouri Coaches and share their wealth of knowledge. I have been fortunate to have heard most of these presenter's multiple times and learn something new each time. These coaches have no doubt helped me become a much better coach and have been available when needed for some advice on how to move forward with a coaching challenge. I can't say thank you enough to these coaches for agreeing to come to Missouri and help our coaches improve. I also must give a great deal of thanks to Jamie Schieber who has held my hand throughout this process of putting together this event. I also want to thank Dean Hayes who has been a great guide through this journey and made sure that the template that we have used with great success for this clinic, has been improved each year. I hope that you can attend the clinic this year and are looking forward to it as much as I am. Here is a list of several presenters who will be attending along with a few words about each of them.

Vern Gambetta has been an elite coach for over 40 years. He has worked with many sports including Major League baseball and World Cup Soccer, but his heart and roots are in Track and Field. He was the former editor of "Track Technique Quarterly" which was one of the first publications to shrink the world as far as training and specific techniques in track and field. Vern now holds his GAIN Network which has the motto of "Coaching the Best to be Better." Many of the presenters here this year are on the GAIN Faculty.

Jim Radcliffe has been the Strength coach at the University of Oregon for over 30 years. He has worked with the Track and Field team along with many other sports teams. He works with the speed and power athletes as well as middle distance runners and has worked with English Gardner, Nick Symonds, Devon Allen, and many other Oregon elite athletes. Coach Radcliffe was recently a coach with USA Women's Hockey which won Gold in PyeongChang, South Korea.

Vince Anderson is one of the nation's top sprint coaches. He has coached numerous All-Americans as well as Olympians. He is an outstanding educator and lifelong learner. Vince will break down sprint mechanics and has a passion for technical excellence when it comes to sprinting.

Harry Marra has been most notably the coach of Ashton Eaton and his wife Brianna. Harry has found ways to connect with his athletes through specific "cues" that he develops through training. Harry is an outstanding technician in all events and will make you understand how to teach events in a simple way so that your athletes can learn.

Steve Magness and Jonathan Marcus are two of the top distance coaches in the country. They have coached many All Americans and Elite level runners. Steve has written the book, "The Science of Running" and he and Jonathan host the "Magness and Marcus on Coaching" podcast. They are very knowledgeable and excellent educators in the areas of running and racing.

Nick Garcia who I met at GAIN in Houston several years ago is the Strength and throws coach at Notre Dame High School in Los Angeles. Notre Dame is a perennial power in the California State Meet. Nick has coached State Champions in the Shot and Disc and is an excellent presenter. He has his finger on the cutting edge of throwing and has learned from outstanding coaches like Glen MacAtee and Art Venegas. He has studied Anatoly Bondarchuk and his training systems which he uses with his athletes. Nick hosts the "HMMR Media" podcast with Martin Bingisser and is the owner of Garcia Performance.

Tom Nuzum who is a former track athlete at Grinnell College is the owner of TheraPlus in St Louis. Tom is a consummate learner and is ahead of the curve in the rehabilitation and strength world. Tom is an innovator who builds and creates training equipment for specific strength needs. Tom has learned from many of the top professionals in the training world such as Frans Bosch, Chris Korfist and Tony Holler. Tom will be speaking on strength training and general strength progressions for younger athletes in your program. He can build strength with safety for the developmental athlete in your program.

Steve Silvey has coached at all levels of scholastic track and field. He has coached in High School and at all Collegiate levels. He has coached some of track and field's elite athletes. He will share his knowledge on long sprinting and long hurdles.

Some of our top Missouri coaches will also be presenting at this year's clinic. Bryant Wright from Festus will be speaking on his Festus Magic that has brought home numerous State Championships in Cross Country.

Sean Burris will speak about the dream season he had had with Justin Robinson from Hazelwood West and the work that went into it. He will talk about Justin's progression and all the details of this magnificent Journey.

Rick Artig will speak on the pole vault and will sit on the pole vault panel with Jeff Hartwig. Rick will be inducted into the Hall of fame this year. Jeff is a coach at MICDS as well as manager for some of the world's top athletes including pole vaulters Sam Kendrics and Sandi Morris.

I hope that this year's clinic will provide some outstanding opportunities for coaches to learn from some of the greatest coaches I have had the pleasure of knowing. They are professional and knowledgeable.

Sincerely,

*Jim Lohr*

*MTCCCA President*

# Missouri Track & Cross-Country Coaches Association

Annual Clinic and Hall of Fame Induction • Sponsored by MTCCCA  
December 12-14, 2019 • Holiday Inn Select Executive Center, Columbia, MO

## 2019 MTCCCA Clinic Speakers

### *Vince Anderson*

Vince Anderson has coached 34 years at the NCAA Division 1 level -- 15 years at Texas A&M, 16 years at Tennessee and 3 at Houston. He has trained 11 Olympians and 16 World Championship athletes since 1995, including Phyllis Francis, 2017 world champion at 400 meters.

### *Rick Attig*

In his 46 years of coaching, Rick Attig has coached 20 years at the high school level and 26 years as a collegiate coach. Rick started his coaching career at Cape Central High School then went on to Raytown South High School where his vaulters earned the distinction of the Best High School Pole Vault Trio Ever with four vaulters over 16 feet.

After Raytown South, Attig went on to University of Kansas for sixteen years and then on to Nebraska for 5 years. During that time his athletes amassed 47 Big 8/12 Individual Championships, 48 All American Rewards, 7 national champions, 8 Big 8/12 Records, 2 NCAA Records, and 1 American Record Holder. In a decision to get back closer to his son and daughter and their families, Rick taught and coached at Blue Valley North High School and is now coaching at Washburn University.

### *Sean Burris*

Sean Burris has coached some of the most elite high school athletes in our state's history. He was the coach of State record holder Samantha Levin while at Ladue and most recently he works with Justin Robinson at Hazelwood West. Burris will be speaking on his coaching journey with Robinson who has made two Junior World Championship teams as well as the senior Pan American Team. Coach Burris is an outstanding sprint coach with a sound understanding of the science of mechanics as well as the art of preparation for elite-level performance.

### *Vern Gambetta*

Vern is currently the Director of Gambetta Sports Training Systems and founder of the GAIN Network. As a pioneer in the field he is considered the father of "Functional Sports Training." He is recognized internationally as an expert in training and conditioning for sport having worked with world-class athletes and teams in a wide variety of sports. Vern's coaching experience spans 50 years at all levels of competition. His background is track & field, having coached at all levels of the sport. He has coached world class athletes from the 100 meters to the marathon and the decathlon. In addition, Vern served as the first director of the USATF Coaching Education Program. He has authored over 100 articles and seven books on various aspects of training. He received his BA from Fresno State University and his teaching credential with a coaching minor from University of California Santa Barbara. Vern attended Stanford University and obtained his MA in Education with an emphasis in physical education.

### *Nick Garcia*

Nick Garcia is one of the leading high school coaches in the country. He has served as the strength coach and throws coach at Notre Dame High School in Sherman Oaks, California since 2003. As of 2018 he has coached 17 boys over 55 feet in the shot put using both the spin and glide techniques. He has also coached two girls over 49 feet (15 meters). In total, he has produced 60 CIF finalists, 5 CIF champions, and 10 state qualifiers. Garcia was also an active shot putter himself. As a student at California State University Northridge, Garcia was a two-time Big Sky conference champion in the shot put. In ten years of post-collegiate training he increased his personal best to 18.35 meters. This was also done even though, by shot put standards, he is not the typical thrower: he measures just 170-centimeters (5-foot 7-inches) tall and has a snatch of just 105-kilograms.

### *Jeff Hartwig*

Jeff Hartwig is a two-time Olympian (96 Atlanta – 08 Beijing) and a current American Indoor Record Holder (19'9"). He is a former American Record Holder Outdoor (19'9 1/2"), four-time US Outdoor Champion (98,99,02,03), two-time US Indoor Champion (99,07) and eight-time Top 10 World Ranked Pole Vaulters 1998-2004, 2007 (2002 World Ranked #1).

### *Steve Magness*

Steve Magness writes, speaks, and coaches on health and human performance. He is a coach to some of the top distance runners in the world. He's had 6 athletes finish in the top 15 at a World Championship, most recently having Roberta Groner take 6th in the marathon at the 2019 Doha World Champs. He's served as a consultant to numerous professional teams. And is the author of three books: Peak Performance, The Passion Paradox, and The Science of Running. He currently serves as the cross-country coach at the University of Houston.

### *Harry Marra*

Marra is credited as being the Co-Creator of The Thorpe Cup- a series of annual international team decathlons between the USA and Germany. In 2012 Harry was named the Nike Coach of The Year. The combined events coach for the Nike Oregon Track Club Elite, Marra coached 2012 Jesse Owens Award winner Ashton Eaton to two world records, a World Indoor title and an Olympic gold medal in 2012 – all in just three competitions. He set world decathlon records in the 100m and long jump to set the world record of 9,039 points. Eaton then went on to London and claimed Olympic gold. His season also included setting the world record for the third consecutive year in the heptathlon in winning the World Indoor title and winning a USA Indoor championship in the long jump.

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## 2019 MTCCCA Clinic Speakers

Under Marra's guidance Ashton went on to win the World Championship in 2015 breaking his own world record with a score of 9,045 points and to a repeat performance as the Olympic Champion and record holder in the decathlon at the 2016 Rio Olympics. Ashton's wife, Brianne Theisen-Eaton earned a bronze medal for Team Canada in the heptathlon at the Rio Games. With nearly 50 years of experience in sports, he has done everything from creating kids' clubs to developing speed and fitness programs for the San Francisco Giants.

### **Jonathan Marcus**

Over a 15-year career, Jonathan Marcus has developed distance running champions at the high school, college, and professional levels. Stops have included Franklin HS (OR), Clackamas Community College (JuCo), Warner Pacific College (NAIA), University of Portland and Portland State University (NCAA D1). In 2015, he founded High Performance West, originally a post-collegiate track & field club supporting athletes to make Olympic and International Athletics teams, which has evolved to become an online information resource for coaches and athletes seeking to better coach, train and perform. In 2019, he founded the Duniway Athletic Association, a running-focused sports organization for the greater Portland Metro area which supports runners and coaches at all levels and hosts events.

Jonathan guided Tara Welling to USATF National road race titles in the Women's 15K and 1/2 Marathon in 2016. Team USA members include Kristen Rohde (Edinburgh XC Challenge, 2016) and Eleanor Fulton (IAAF World XC Championships, Mixed Relay member, 2071 & 2018). National Record holders include Daniel Herrera of Mexico who produced 3:56.13 outdoors for 1 Mile in 2017.

### **Tom Nuzum**

Tom Nuzum is a physical therapist with TheraPlus Physical Therapy in St. Louis. As a physical therapist, certified strength and conditioning specialist, and Board Certified Orthopedic Clinical Specialist he has been working to help clients Move Better, Feel Better, Perform Better for the past 23 years.

### **Jim Radcliffe**

Jim Radcliffe is currently the Strength and Conditioning Coach at the University of Oregon and been at the University since 1985. Jim has a bachelor's degree in physical education and Health from Pacific University and a master's degree from the University of Oregon in Exercise and Movement Science. He has authored/consulted on several books including Functional Training for Athletes at All Levels (2007), High Powered Plyometrics, and the Chinese National Team Middle Distance Runner Project (2018).

### **Steve Silvey**

A veteran at the national and international level for over 36 years, Steve Silvey has coached 28 collegiate national champion squads, numerous All-Americans, 17 Olympic Medalists and 20 World Championships Medalists at several of the nation's most prestigious programs including The University of Arkansas, The University of Oregon, Texas A&M University, Blinn Junior College, Texas Tech University and Mississippi State University. Coach Silvey, who was inducted as a coach into the National Junior College Hall of Fame (2005), has a unique quality of having won 19 team championships in the SEC, Big-12 and PAC-10 conferences. Individually, his resume boasts 26 World Championship Athletes, 35 Olympians and numerous NJCAA & NCAA All-Americans. Coach Silvey has achieved a rare feat in the sport of Track and Field after having coached three (3) athletes that have run 47.97 seconds or faster for the 400 Meter Hurdles. One of these athletes became a World Champion & Olympic Silver Medalist, the other one earned an Olympic Bronze Medal, and the last one became a USA Olympian!

### **Bryant Wright**

Coach Wright is in his 27th year of teaching, his 18th year as a head cross country coach, and his 16th year as an assistant Track Coach. He has coached ten District Championship teams and twenty State qualifying teams. As a head cross country coach at Festus, his teams have won nine state titles (seven boys and two girls). Coach Wright's teams have had sixteen top four finishes at the State Meet (ten boys and six girls). Under Coach Wright's leadership, the Festus Cross Country teams have seen 70 All State athletes (45 boys and 25 girls) with 4 individual state champions (three boys and one girl). As an assistant track coach, Bryant Wright has coached 58 individual All State boy athletes and 25 All State girl athletes, which includes nine individual state champions (seven boys and two girls).

### **Paul Zabler**

Paul Zabler has coached the distance events in track and field and girls cross country at MICDS high school for 11 years. During that time, he has had the privilege to work with dozens of all-state athletes and seen over 10 teams receive MO state trophies. He grew up in rural Yuma Colorado, ran at the University of NE-Kearney, and competed semi-professionally in cross country and on the road with Pearl Izumi Racing before he started coaching.

# 2019 MTCCCA Hall of Fame Inductees

## **RICK ATTIG**

Current assistant coach at Washburn University. Rick is a graduate of SEMO where he was a captain of both the football and track teams. Two years as head coach at Cape Central and seven years as an assistant at Raytown South. Stints as an assistant at both Kansas and Nebraska where he coached 48 All-Americans and a national record holder. USATF National PV Coach from 1990-1996.

## **JIM LOHR**

Head boys and girls TF coach since 2004. Nine state trophies including 3 state champion teams. 14 district champion teams. His athletes have brought home 250 state medals and include 21 state champions and 9 relay state champions. As girls CC coach since 2004, his teams have qualified for the state meet 12 times and brought home 3 state trophies and include 11 state medalists. Current president of MTCCCA and former MSHSAA advisory committee member.

## **KEITH RHODES**

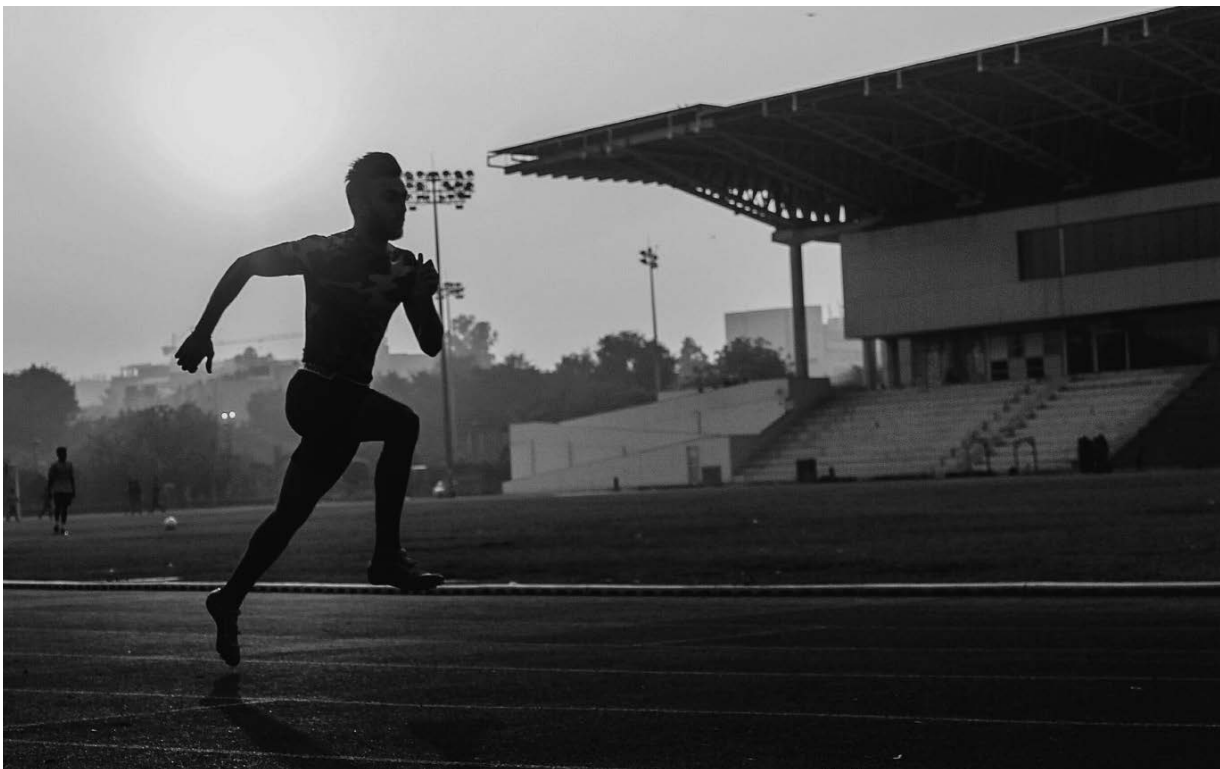
Coach at Berkeley and at McCluer South-Berkeley since 1999. Head girls' coach from 2004 to 2008 where his teams won two state championships plus a runner-up finish and two thirds. Twenty-one state champions, 11 class records and seven state records. As an assistant he has also been a part of nine state championships among 17 state trophies. Also served as CC coach for seven years with a state qualifier every year.

## **JOHN TUCKER**

He has been the New Haven boys and girls CC and TF head coach since the 1997-1998 school year. His girls' TF teams have earned 13 district plaques and 8 state trophies, including 2 state team championships. His girls have earned 198 state medals, and his boys have brought home 78 more. In both individual events and relays, he has 33 state champions. In CC, his teams have brought home 19 district plaques and 7 state trophies, including a boys' state championship. He has had 32 all-state CC runners. He was several times a member of the MSHSAA TF and CC advisory committees. He was the MTCCCA class 1 girls' coach of the year for TF in 2002 and 2017 and the boy's class 1 CC coach of the year in 2017. He was named the MOCA state girls track coach of the year in 2016-2017 and was twice a regional NFHS coach of the year for girls TF.

## **BRYANT WRIGHT**

Coach Wright is in his 27th year of teaching, his 18th year as a head cross country coach, and his 16th year as an assistant Track Coach. He has coached ten District Championship teams and twenty State qualifying teams. As a head cross country coach at Festus, his teams have won nine state titles (seven boys and two girls). Coach Wright's teams have had sixteen top four finishes at the State Meet (ten boys and six girls). Under Coach Wright's leadership, the Festus Cross Country teams have seen 70 All State athletes (45 boys and 25 girls) with 4 individual state champions (three boys and one girl). As an assistant track coach, Bryant Wright has coached 58 individual All State boy athletes and 25 All State girl athletes, which includes nine individual state champions (seven boys and two girls). Coach Wright has also coached one High School Nike All American, Jamie Kempfer. Ms. Kempfer finished 19th at the national meet in Portland Oregon in 2013. He has been named Coach of the Year for MTCCCA 10 times, the U.S. Track and Field Missouri Coach of the Year twice, and the NFHS Coach of the Year twice. He enjoys strolling through the wilderness, inspirational, nonfiction texts and rabbit hunting. He has been married 27 years to Becky K. Wright. He has a daughter, Lydia Glore, and a son Isaac Wright.



# 2019 MTCCCA Clinic Agenda

## THURSDAY, DECEMBER 12, 2019

- 5:00 pm - 9:00 pm Registration Open
- 5:00 pm - 7:00 pm Exhibits Open
- 7:00 pm - 8:00 pm Welcome / General Session I - Coaching Better,  
*Vern Gambetta, Gambetta Sports Training Systems*
- 8:00 pm - 9:00 pm General Session II
- 9:00 pm - 10:00 pm M-F Athletic Social

## FRIDAY, DECEMBER 13, 2019

- 7:30 am - 5:00 pm Registration Open
- 7:30 am - 5:00 pm Exhibits Open
- 7:30 am - 8:30 am Expanded Continental Breakfast
- 8:30 am - 9:30 am Concurrent Session I
- Slaying Sacred Cows - Training Truths and Lies,  
*Jim Radcliffe, University of Oregon and Vern Gambetta, Gambetta Sports Training Systems*
  - Traditional Training to Peak at Your Major Meet, (Throws)  
*Nicolas Garcia, Notre Dame High School*
  - Early Season Training Essentials,  
*Vince Anderson*
  - The Science of Running: Acidosis Tolerance, Sprinting, and Stamina for Distance Runners,  
*Steve Magness and Jonathan Marcus*
  - High Jump Simplified and FULLY Explained so the High School Training Season Can Be a Successful One  
*Harry Marra*
  - Developing a Learning Environment in the Pole Vault  
*Rick Attig, Washburn University*
- 9:30 am - 9:50 am Break
- 9:50 am - 10:50 am Concurrent Session II
- Plyometric Training Concepts in Speed and Power Development,  
*Jim Radcliffe, University of Oregon*
  - Long Sprints Training,  
*Steve Silvey, Championship SSE Products*
  - Choosing and Training Hurdlers at Every Level,  
*Vince Anderson*
  - The Science of Movement: Running Technique and Strength Training Could Be a Force Multiplier,  
*Steve Magness and Jonathan Marcus*
  - Long Jump...6-8 Mandates Technically for Success,  
*Harry Marra*
  - Rotational Shot-Put Teaching Progressions,  
*Nicolas Garcia, Notre Dame High School*
- 10:50 am - 11:10 am Break

- 11:10 am - 12:10 pm Concurrent Session III
- The Science of Recovery: How Rest, Recovery, and Nutrition are the Magic Bullet to Increasing Athletic Performance,  
*Steve Magness and Jonathan Marcus*
  - Justin Robinson: A Look Back: An In-Depth Discussion of His U18 400m World Record Breaking Season,  
*Sean Burris, Hazelwood West High School*
  - Using Medicine Balls to Enhance Training for All Events!  
*Nicolas Garcia, Notre Dame High School*
  - Planning for Success,  
*Vern Gambetta, Gambetta Sports Training Systems*
  - Fifteen Minutes to a Better Relationship with Impact and Gravity  
*Tom Nuzum, TheraPlus Physical Therapy*
  - Pole Vault Technique - As I See It,  
*Rick Attig, Washburn University*
- 12:10 pm - 1:30 pm Attendees on Own for Lunch
- 1:30 pm - 2:30 pm Concurrent Session IV
- How to Develop a Culture of Tradition that Includes the Process that Leads to Success in Distance Running,  
*Bryant Wright, Festus High School*
  - Progressions to Further Conquer Impact and Gravity,  
*Tom Nuzum, TheraPlus Physical Therapy*
  - Three Important Sprint Exercises Explained,  
*Vince Anderson*
  - The 300 Hurdles,  
*Steve Silvey, Parrish Community High School*
  - Triple Jump...6-8 Mandates Technically for Success  
*Harry Marra*
  - Key Factors for Success in Pole Vaulting,  
*Jeff Hartwig, MICDS*
- 2:30 pm - 3:00 pm Refreshment Break with Exhibitors
- 3:00 pm - 4:00 pm Concurrent Session V
- Javelin - Training the Basics,  
*Vern Gambetta, Gambetta Sports Training Systems*
  - Understanding and Implementing Dr. Bondarchuks Training System,  
*Nicolas Garcia, Notre Dame High School*
  - Lessons Learned from Coaching National Champions to Champions of Nothing  
*Steve Magness and Jonathan Marcus*
  - The Art of 4x100 Exchanges,  
*Vince Anderson*
  - Strength Training for Power Events,  
*Jim Radcliffe, University of Oregon*
- 4:15 pm - 5:15 pm MTCCCA Business Meeting
- 6:00 pm - 8:00 pm Hall of Fame Induction / Dinner
- 8:00 pm - 11:00 pm Exhibitor Social  
*Sponsored By M-F Athletic*

# 2019 MTCCCA Clinic Agenda

## SATURDAY, DECEMBER 14, 2019

- 8:00 am - 11:30 am      Registration Open
- 8:00 am - 10:15 am      Exhibits Open
- 8:00 am - 9:00 am      Expanded Continental Breakfast
- 9:00 am - 10:00 am      Concurrent Session VI
- Coaches Panel,  
*Harry Marra, Vern Gambetta, Vince Anderson, and Jim Ratcliffe*
  - Officials Session  
*Charley Welker*
- 10:00 am - 10:15 am      Refreshment Break with Exhibitors
- 10:15 am - 11:30 am      Concurrent Session VII
- Distance Panel,  
*Bryant Wright, Festus High School*  
*Paul Zabller, MICDS*  
*Jonathan Marcus*  
*Joe Porter, St. Louis University High School*
  - Throws Panel,  
*Nicolas Garcia, Notre Dame High School*
  - Take Flywheel Training for a Spin  
*Tom Nuzum, TheraPlus Physical Therapy*
- 11:30 am                  Clinic Adjourns

# General Information

## Clinic Fee and Registration

The advance registration fee for the clinic is \$100.00. After November 30, 2019 the registration fee is \$125.00. The fee includes clinic attendance, electronic clinic notes, Hall of Fame Induction/ Dinner and your 2020 MTCCCA dues. Clinic registration is only available online at <https://www.eiseverywhere.com/mtccca2019>

Payment for the clinic can be made by purchase order, check, or credit card (Visa, MC, or Discover).

**All payments should be made payable to:**

**Custom Meeting Planners**

**PO Box 30785**

**Columbia, Missouri 65205**

An Expanded Continental Breakfast on Friday and Saturday, Hall of Fame Dinner on Friday evening, as well as the Socials on Thursday and Friday evenings are included in the registration fee. *All attendees will receive a confirmation and invoice (if applicable) by e-mail. If you do not receive an e-mail confirmation, please contact Jamie Schieber (573) 445-2965 to confirm you are registered.*

*The first 500 registrants will receive a complimentary clinic gift.*

*Refunds will be granted if postmarked by November 1, 2019, but must be submitted in writing and emailed to [jamie@custommeetingplanners.com](mailto:jamie@custommeetingplanners.com) or faxed to (573) 445-1831. Refunds will not be granted after November 1, 2019, but substitutions will be granted. Membership dues will not be refunded.*

## Hotel Reservations

A block of rooms has been reserved at the Holiday Inn Executive Center for the MTCCCA Clinic. The discounted room rate is \$95.95 per room per night for 1-4 persons per room. Make your reservation by calling the Holiday Inn Executive Center directly at (573) 445-8531 and asking for the "MTCCCA Clinic rate". Reservations must be made prior to **November 22, 2019** to guarantee the discounted rate and is based on availability. The room block will fill up before the cut-off date so make your room reservation as soon as possible.

## Questions or Additional Information

If you have questions or need additional information, please contact Jamie Schieber at Custom Meeting Planners at (573) 445-2965.

# 2019 MTCCCA Officers & Executive Committee

### **PRESIDENT:**

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Executive Committee:

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### **WEBSITE DEVELOPMENT / INFORMATION:**

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# 2020 MTCCCA MEMBERSHIP

**(Only for use if NOT attending clinic)**

2020 MTCCCA Membership

If you cannot attend the clinic, but still want to be a member of the Missouri Track and Cross-Country Coaches Association, non-attende membership is available. Non-attende membership includes all the member benefits, and eligibility for Coach of the Year Awards.

Please complete the following information and send check made payable to "MTCCCA" to:

Dean Hays  
111 Parkway  
Hardin, MO 64035

Please check the appropriate box:

\$10.00 Introductory, First-Time Membership (for those who have never been a member of MTCCCA)

\$20.00 Former Member Renewal Membership

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_

State Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Fax Number \_\_\_\_\_

E-Mail Address \_\_\_\_\_

School Name \_\_\_\_\_

Deadline for Non-attende Membership is April 1, 2020.

