

M.I.S.C.A.



62nd Annual Coaches Clinic

Friday, September 15th, 2023

PROUD PARTNER with **arena**

Clinic Schedule

7:00-8:00 AM	Executive Meeting
8:00-9:00 AM	Registration
9:00-9:45 AM	Todd Larkin <i>Maximizing Potential</i>
9:45-10:00 AM	BREAK/VENDOR TIME
10:00-10:30 AM	Todd Larkin <i>Core 4(Culture, Mission, Growth, & Mindset)</i>
10:30-10:40 AM	Break / Vendor Time



10:40-12:00 PM	General Membership Meeting
12:00-12:15 PM	Andi Osters - MHSAA
12:20-2:00 PM	Awards Luncheon
2:00-2:15 PM	BREAK / Vendor Time
2:15-3:00 PM	Stefanie Kerska <i>Working Towards High Performance</i> Mental Training for Divers
3:00-3:10 PM	Break / Vendor Time
3:10-3:40 PM	Hannah Burandt <i>Tapering for the 100 to the 1000.</i> Diving Video Analysis
3:40-3:50 PM	Break / Vendor Time
3:50-4:20 PM	Coaches Panel
4:20-4:30	Break / Vendor Time
4:30 - 6:00	Stefanie Kerska Live Stream <i>Stroke drills with Q & A.</i> Diving Coaches Round Table
6:15 - 8:00	Coaches Social Buffalo Wild Wings



Todd Larkin
Head Coach St. Xavier High School, Louisville, KY and author Culture Delivers Excellence

One of the most celebrated and accomplished coaches in high school swimming, Todd Larkin has made a career of inspiring and motivating young men to maximize their potential in and out of the pool. As the current Head Coach of Saint Xavier in Louisville, Kentucky this past season Coach Larkin led the Tigers to their 35th consecutive KHSAA State Championship title (tied for longest boy's consecutive streak in the nation), their 59th title in team history (most of any program in the nation) and back-to-back national championships in 2021 and 2022. A talented motivational speaker and author of the highly regarded hardcover: *Culture Delivers Excellence*, this 2-time National Coach of the Year finalist has become a "go to" authority on building a championship culture and a championship team.

TODD LARKIN by the numbers:

He has won the Kentucky State Championship in all 14 seasons as head coach for the national powerhouse Saint Xavier Tigers Swimming and Diving program.

The architect of one of the most dominant national runs in high school swimming history finishing national runner up in 2020, national champion in 2021, national champion in 2022 and 3rd in the national standings in 2023.

Coached over 150 High School All-Americans and multiple Olympic trial qualifiers.



Stefanie Kerska
Head Coach Ann Arbor Pioneer

Coach Kerska has coached swimming for the last 30 years. Stefanie is currently in her ninth year with the Ann Arbor Pioneer men and women. Both the men and the women have won the last 3 State Championships and in 2021 Stefanie was voted the NFHS National Coach of the Year.

Stefanie served as Assistant Women's Swim Coach at the University of Michigan from 1997 to 2012. She was awarded the CSCAA Assistant Coach of the Year Award in 2012. From 2008-2016, she volunteered as manager for Team USA at numerous international swim competitions including the 2014 Pan Pacific Championships in Brisbane, Australia, the 2015 World Championships in Kazan, Russia, and the 2016 Olympic Games in Rio, Brazil. She is currently a member of the World Aquatics (formerly FINA) development team that provides coaching clinics to underserved countries.

Coach Kerska is a native of Ann Arbor and a graduate of Pioneer High School. While at Pioneer, she was a 2-time state champion in the 100-yard backstroke, high school record holder and was ranked the 2nd fastest nationally in the backstroke out of high school. She swam for the University of Michigan where she was a 7-time Big Ten Conference champion and 4-time NCAA All-American.

She has a Bachelor of Arts degree in German and Communications from the University of Michigan and a Master of Business Administration in Marketing from Western Michigan University.



Hannah Burandt
Head Coach Cleveland State University Men's & Women's Swimming

Hannah Burandt enters her fifth season as the head coach of the Cleveland State University men's and women's swimming & diving programs. Under her direction, the men have had ten individuals, two relays, and one diver win Horizon League Championships. On the women's side, she has aided in one individual champion. This past season, in 2022-23, the men finished third and the women fifth at the Horizon League Championships. In 2021-22, Burandt led the men's team to their fourth straight runner-up finish at the Horizon League Championship.

Prior to CSU, Burandt had spent the past six years as a Division I assistant. She returned to Cleveland after spending the past four seasons as the assistant swimming and diving coach at Houston, playing a significant role in the revitalization of the program. Burandt played a large role in Houston going from worst to first in just two years in the American Athletic Conference. In her first season on staff, the Cougars leaped from last place to third place as the program produced six individual conference champions. In the 2016-17 season, Houston won its first conference title in program history.

Burandt was a four-time Mid-American Conference champion at Eastern Michigan University and achieved NCAA 'B' cuts in the 200 freestyle, 500 freestyle and 800 freestyle relay. She was a Mid-Major All-America Honorable Mention selection and helped set school records in all three freestyle relays. She also played a role in helping the Eagles claim their first two MAC titles in program history in 2006 and 2007.

COACHES PANEL

- Michael McHugh, Dexter High School
- Steven Bowyer, Holland West Ottawa
- Mojo Murett, Ann Arbor Skyline High School
- Mitch Alters, Oakland University
- Hannah Burandt, Cleveland State University

REGISTRATION IS NOW OPEN

At www.miscaonline.net

Hotel Reservations

Holiday Inn Detroit Northwest
17123 N. Laurel Park Drive
Livonia, MI 48152
(734) 245-4700

This year MISCA will be giving away one MISCA Golf Outing at A-Ga-Ming Golf Resort and one coaches laptop with swimcloud subscription.



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- Team Academic All-State Recognition
- Individual Academic All-State Recognition
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- MISCA Swimmer and Diver of the Year Awards
- MISCA Coach of the Year Awards
- MISCA Zone Coach of the Year Awards
- Outstanding Service Awards
- MISCA Coach Spotlight
- Matt Mann Award – Swimming Coaches Highest Award
- Bruce Harlan Award – Diving Coaches Highest Award
- Membership to the Michigan High School Coaches Association
- \$1 Million General Liability Insurance Coverage
- Being part of our Coach Mentor Program



You can register for NISCA through MISCA

www.miscaonline.net

2024 MISCA GOLF OUTING

MAY 3 - 4

A-Ga-Ming Golf Resort



Information coming soon!



arena / MISCA PROMO

The first promotion:

- 35+ suits ordered will get you \$500 in arena gear
- 20-34 suits ordered will get you \$300 in arena gear
- Under 20 suits ordered will get you \$200 in arena gear

The second promotion:

MISCA members that put their teams in arena will receive an equipment package in addition to FREE arena merchandise.

The third promotion:

MISCA / arena fall membership BLITZ! Sign up for MISCA and order your arena suits by September 1st and receive an arena warmup jacket and then you will have the option of either a lace up hoodie OR a shirt and shorts. These can be picked up at the clinic.

