



TRACK & FIELD: WEEK 2 UPDATES

COACHES UPDATES

Greetings MI Track & Field!

The season started with torrential downpours to needing sunglasses and stripping down to t-shirts. A typical start to spring sports in Washington. Despite the manic weather, the kids keep showing up and working their tails off! The coaches are very impressed with the effort and focus we are seeing from the athletes. We ran distance, intervals, hills, ladder drills, worked on running form, moved equipment and had fun! After the interval workout, a freshman came up to me with a smile and said, "That was really hard and I really liked it." That comment filled my bucket! We finished the week on Friday with a full squad (distance, throwers, sprinters, jumpers) workout. The athletes rotated between four stations where they were introduced to event specific drills while also getting a cardio blast. Fun was had by all!

We have a record number of kids on the roster this season, tipping well over 100! Thanks to Coach Scott, for creating a scanning attendance system. Taking roll has become a piece of cake. Please note the following attendance policy...

****Joining MIHS Track & Field means committing to
Monday-Friday practices 3:15-5:30**
Saturday practices are optional and encouraged**

Absence Policy:

-Absences and tardies must be excused by a parent (or teacher if academically related), done by email to:

amy.wolff@mercerislandschools.org including athlete, coach and parent/teacher.

-Academic PERFORMANCES supersedes practices. The in-season sport, Track and field, supersedes all other commitments.

-Three unexcused absences will result in removal from the team.

We have told the athletes, whether they have turned out for track for the PE credit, to improve themselves or to make it to State, we expect the same commitment and effort from all participants every day. Our favorite part of

POP UP SHOP

Pop Up Shop is Back Open for a limited time! Check out the cool **MI Track & Field** gear - now including youth sizes for our **MI Gators**. Orders must be placed by **March 14th**. [Click here to order!](#)

Mandatory Parent Meeting Tomorrow Night!

Our Track & Field coaches look forward to meeting the parents tomorrow night at the mandatory Spring Sports Parent meeting.

Where: Performing Arts Center (PAC)

When: 6pm

This will be a great opportunity to learn about the Track & Field program, athlete expectations, volunteer opportunities, ask questions you may have as well as showing your support by making a [donation](#) to the **MIXCTF** Booster Club.

TEAM PHOTOS

Photos on Thursday March 17th are available for online ordering by using Picture Day ID: **EVTQBG4B** through www.mylifetouch.com.

*NOTE photos will be mailed directly to families now**

VOLUNTEERS

Hello Parents! In order for our **Track and Field** events to run smoothly, our coaches are looking for volunteers to help with several events. Please consider being a part of our [parent volunteer team](#) and have the opportunity to cheer on and support our athletes. Thanks in advance for your consideration and please [contact me](#) if you have any questions.

-Niyati Krauser

coaching is seeing the improvements and self-esteem increase when an athlete experiences the satisfaction of reaping the results of hard work and dedication. There is no app for that.

Please have a look at the meet schedule on Ahtletic.net and address any conflicts ASAP. There are two Saturday Invitationals. We try to take as many athletes as possible. Please have your child let us know if they are unable to make those meets (April 23 and 30).

Looking ahead, NEW this year, the KingCo Championship meet will be a three day meet. May is a busy time a year, so please plan accordingly. It is a bummer when kids work hard all year, then have a conflict and can't compete (like SAT testing, graduations stuff). May 11th-13th. Those who do not make the KingCo Championship meet will have one more chance to compete at the JV KingCo meet on May 10th at LW. We always see great PR's at this meet.

Coaches Amy & Stacy

Meet 2 of our assistant coaches:

Nicole Nelson

Coach Nicole has been coaching the jumps (high, triple, and long) at MIHS for over 10 years. She competed in track and field, soccer, and basketball in high school and went on to play soccer for Willamette University. Nicole is a Doctor of Physical Therapy with board certification as a Sports Clinical Specialist, and she currently focuses on pediatrics. She and her MIHS alum husband Adam have three children. Nicole loves being part of the MIHS track and field team and is looking forward to a full length season this year!

Michael Grady

Michael is a former Councilmember for Mercer Island, where his focus was on sustainability and parks and recreation issues. He is the founder Éireann Emerald Solutions, which works with Tribal Governments and First Nations to develop clean energy and green infrastructure.

He has a diverse sports background. In high school, he played football and basketball and ran track, high jumped and pole vaulted. In college he continued to pole vault, but also played rugby. His junior year he tried out for the U.S. Luge Team and continued with luge when he was a pilot in the Air Force.

Michael is the proud father of 5 children and actively volunteers and coaches for local schools, churches, the YMCA and the Boys and Girls Club. He continues to run and pole vault in local masters' meets and can be seen after a good snow storm lugging with the neighborhood kids on the icy hills and roads of south Mercer Island!

Click [here](#) to read all the Coach bios!

Important Dates:

Click on the [SignUp Genius](#) link to see volunteer opportunities!

DONATIONS

Take care of your [MI Track and Field donation](#) ahead of time by either writing a check and bringing it with [your form](#) to the parent meeting or log onto our website mixctf.com to pay with PayPal Giving or Zelle! We are also taking credit card payments with Square at the [mandatory parent's meeting on Monday, March 7th at 6pm!](#) If you pay ahead of time, bring your form to parent night to receive your parent swag! There will be a bonus gift of an MI Track and Field custom buff for every person who shows up to parent night and has already made a payment or makes a payment to the club the night of the parents meeting! Thanks for your financial support of our **MIXCT&F** family!

Thank you to everyone who has donated to **MIXCTF!**

MIHS:

Laurie Snyder & Mitch Eide
Janelle Evenaoff
Danica Knievel
Aaron Koopman
Alison Monen
Sharon Nguyen
Faith & Jason Sandmaier
Sarah Smith

Corporate Donors:

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IMS CORNER

Hey Gators - get ready for the 2022 Track and Field Season by ordering your own customized gear, now available in youth sizes. **Sale ends on March 14th** so [click here](#) to order yours!

Season starts [March 28th!](#) Look for updates here and on TeamSnap for registration information.

-Coach Rennie

STAY IN TOUCH

Parents and athletes, please keep your BAND App active throughout the year as we will continue to communicate through it regarding preseason training and meetings.

MITF Long Distance group Band App:

Monday, March 7 @ 3:15-3:45 Athletic Code Talk
- PAC - All spring sport athletes must attend.

Monday, March 7 @ 6 in PAC Mandatory Spring
Sports Parent Meeting

Monday/Tuesday, March 14/15 Uniform check
out

Wednesday, March 16 inter-squad meet during
practice (**NEW DATE**)

Thursday, March 17 @ 3:15 pictures in the
stadium

[T & F Field meet schedule](#) can be found here.
(check back frequently as dates/locations may be
added or changed). All meets begin at 4pm.

<https://band.us/n/a7a96ee9q0N8I>

T & F group **Band App:**

<https://band.us/n/a5a65bp2k2YeR>

Website: mixctf.com

Email Updates: To be added to the distribution
list, send an email to mixcinfo@gmail.com.
Generally, updates are monthly until the season
begins.

Meet the MIXCTF Booster Board Members:

Amy Posner Wolff, Co-Head Coach MI Track &
Field

Stacy Edwards, Co-Head Coach MI Track & Field

Susan Empey, Head Coach MI Cross Country

Stephen Rennie, Head Coach IMS Cross Country
and Track & Field

Faith Sandmaier, President

Sarah Smith, President Elect

Julie Duffie, Treasurer

Aaron Koopman, Fundraising and Swag

Niyati Krauser, Volunteer Coordinator

Karen Weeks, Volunteer Coordinator

Chantel Zettel, Newsletters

Leslie Lawrence, IMS Representative
