



MIXC SEASON: WEEK 2 UPDATES

COACHES UPDATES

Greetings MIXC!

What a fantastic first week! A few highlights:

- 56 kids up and down Tiger Mountain - with no twisted ankles. Thanks Boosters for our shirts!
- Fastest 3k time trial on record from top to bottom. So much good energy it bodes REALLY well for our season.
- Super turnout at Super Jock 'n Jill for Spike Night in the morning. Thanks for making the effort to get your kids there. And hopefully now everyone has good training shoes, spikes (if wanted), AND black shorts.
- Just under 80 on our roster. Love it!

Athletic.net is current and has *most* of the season's meets. We will discuss a few different ones at the meeting Monday. Check it out [HERE](#).

Thanks for a great start to the season. If the next several weeks are as good as this one, we're going to be a force to be reckoned with.

Go MIXC!

Coach Empey

THIS WEEK'S SCHEDULE

Another busy week on deck before we settle into a more consistent routine for the rest of the season.

Monday - 9:00 - 11:00 @ LUTHER BURBANK + Mandatory Athlete's meeting at the PAC @ MIHS (3:15-3:45) + Parents meeting @ the PAC @ 6:00. We'll break into sports' specific rooms where I strongly encourage you to attend. Meet the coaches, captains and learn what we have planned for the season. It's all good!

Tuesday - 9:00 - 11:00 @ ICP

Wednesday - FIRST DAY OF SCHOOL (!!). Practice after school at 3:15 - 5:15. Meet at the JV Football fields. We will distribute uniforms during

ATTENTION MIXC FAMILIES:

Mandatory Parents Meeting Monday, August 29th 6:00 - 7:30pm starting @ the PAC. Breakout meeting with Coach Empey ~6:30. Important season details will be shared with your firsthand. See you there!

Take care of your [MIXC donation](#) ahead of time by either writing a check and bringing it with [your form](#) to the parent meeting or pay with Paypal or Zelle [on our website](#)! We are also taking credit card payments with Square on Monday night! 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 MIXC water bottle 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 MIXC family!

You can find the **2022 MIXC Meet Schedule** [HERE](#)

THANK YOU!

Thank you from the MIXC Family to everyone who volunteered the first week of practice!

Tanya Su and **Angelisa Paladin** made sure that our athlete's had chocolate milk and cups, aiding a quick recovery after the Tiger Mountain run!

The time trial was facilitated by our volunteers: **Andrea Holtan**, **Leslie Lawrence** and **Mickey Schiller**.

Many thanks to **Jenelle Evanoff** and **Manuela Sousa** for maintaining the MIXCTF signs, communicating upcoming meets.

We couldn't make the program have the impact it does without you. You are appreciated!

FORT WORDEN RETREAT

Looking forward to a retreat full of training, goal

practice.

Thursday - Class Jamboree @ Marymoor Park. Athletes with 8 practices will race, those under 8 will still come to the meet to run the course and cheer on their teammates. Freshmen and sophomores (who are racing) and those with a free last period on the 2:30 bus, everyone else on the 2:45 bus. Whammos will be required since we need to head out before the end of school.

Friday - 3:15 - 4:45. Short and sweet practice.

Saturday/ Sunday - Retreat @ Fort Worden for those who are signed up

Monday (Labor Day) - no practice but I will provide a suggested run on the Band App.

setting, team bonding and games. It's not too late to register as we have a couple of spots open. Your payment of \$150/ runner includes bus and ferry transportation, lodging, afternoon snacks, and pasta dinner.

Need to Know

- Saturday 9/3: Meet the bus at MIHS at 8:00am
- Sunday 9/4: Bus returns to MIHS at 4:00pm
- Other:
 - Be prompt. We have a ferry to catch, so departure is timely
 - Don't forget a bag lunch for the first day.

VOLUNTEER CORNER

Calling on our parents - we need you!

MIXC Families,

Our program works smoothly thanks to our volunteers. Please click on the link below to see ways you can be involved this season. Thank you!

[Snacks and Meet Volunteer Sign Up](#)

Pasta Feeds are Back! This is a highlight for all our runners and the perfect way to fuel up the night before a race while relaxing with their teammates. Pasta Feed host families provide plates/napkins/forks/cup and garbage/recycling bins while coordinating with 3 helpers for sauces and pasta. The runners provide the sides based on grade.

We have an immediate need for the September 7th Pasta Feed host, as we as 1 additional co-host. Please sign up below!

[Pasta Feed Sign Up](#)

IMS CORNER

Hot off the press! We are so excited to start practices on **Wednesday, August 31st**. If you haven't registered already, click [here](#) to complete your paperwork. There will also be two home meets this year. One vs. Chief Kanim MS on Sept 22nd and the second vs. Snoqualmie MS on Oct 6. To see the full IMS meet schedule, click [here](#). **Go Gators!**

Coach Rennie

STAY IN TOUCH

Timely Updates and the Best Way to Reach Coach Empey:

The MIXC team page on the Band App has the most timely updates. This is our primary communication channel and the best way to reach Coach Empey. She uses the chat function regularly. Athletes **NEED** to be on it, and parents, if you want to stay dialed into the details, you should be on it too. If you or your athlete is not on the app, please download the Band app and join the MIXC group



Email Updates: The registrar will provide us with your contact information, so that you can receive the MIXCTF newsletter.

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