



TRACK & FIELD: WEEK 6 UPDATES

COACHES UPDATES

Greetings MI Track & Field!



We had rain, we had sun, we had a rainbow at Lake Washington last week. Typical spring track in the Northwest! Next week's meet was moved to **Tuesday at Interlake at 3:30** to ensure an official timing system. The weather again looks cold and rainy. PLEASE remind your athletes to pack for any kind of weather. I fielded a ton of emails about sick kids last week. Standing in the cold rain did not help.

There will be practices during spring break. Check the Band app for the times. If your kids are heading out of town for the break, please remind them to run/exercise/swim/move! Nine days of no running will really set back an athlete. The next meet after spring break is our only home meet on Tuesday, April 19th. This means we only have one day of practice before we compete. In addition, we still need parent volunteers to help this meet run smoothly. It takes a village to run an efficient track meet so **PLEASE sign up** for our **ONE** home meet by [clicking here](#).

Following spring break there are only three regular-season meets and two invitationals left before KingCo. For the Eason meet in Snohomish on Saturday, April 23rd, we will enter athletes on the 19th and learn who makes it into the meet on Wednesday the 20th. Please have your athlete let us know if they are unable to compete on the 23rd. More information on invitationals to follow.

See you at Interlake on Tuesday!

[Click here](#) to see the order of events.

Coaches Amy & Stacy

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

[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.

BE A "VOLUNTEERO!"



Do you have a discus, javelin, shot put, long/triple jump or high jump athlete? Get a front row seat as a **volunteer when we host our only home meet on April 19th** from 3:30pm-7pm. Click on the [SignUp Genius](#) link to see volunteer opportunities!

PASTA FEEDS



Pasta feeds are back! These evening events are a favorite tradition among athletes, and we have 3 Pasta Feed Dinners planned for this season. It's a great way for athletes to bond and parent volunteers to meet.

We are still in need of a host and helpers for the Pasta Feed on May 3rd. Click the [SignUp Genius](#) link to sign up and volunteer for this fun evening!

THANK YOU'S

And a special shout out to **Jenelle Evanoff** and **Mary Anne Eng** for continuing to put our signs out

IMPORTANT DATES

Our next pasta feed will be hosted by the Schiller family **tomorrow, April 4th @ 6pm**
Location: 4032 West Mercer Way

Athletes, please park up on 76th Ave SE if West Mercer is full and please remember to bring your designated items.

- Freshman: Bread
- Sophomores: Salads
- Juniors: Dessert
- Seniors: Beverages

Senior Night - April 19th @ 3:30pm
Pasta Feed - April 27th @ 6pm
Pasta Feed - May 3rd @ 6pm
Team Banquet-June 6th @ 6pm in the MIHS Commons

DONATIONS

[DONATE](#)

Take care of your [MI Track and Field donation](#) by logging onto our website [mixctf.com](#) to pay with PayPal Giving or Zelle!

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

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around the island!

IMS CORNER

Official practices start **Monday, March 28** after school and our first meet of the season is Thursday, April 21 at Islander Middle School (vs. Twin Falls MS). I am attaching the ***recently updated*** [2022 Season Schedule](#) to this email along with an FAQ sheet that gives you the [TOP 10 details](#) about Track & Field at IMS. The eligibility packets are available on the school website at: <https://www.mercerislandschools.org/Page/6977>

I also want to let you know about the **MIXC and Track Booster Club**. This fantastic, parent-run organization helps our team out with funding for extra coaches, team transportation, equipment, uniforms and even pizza parties! They need your help to fund these great efforts, so please think about a donation to the booster club. You can access their website at <https://www.mixctf.com/ims> to make a donation or to find out more about what they do for our program.

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:
<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.

Questions for the Board: email [Faith Sandmaier](#)

Meet the MIXCTF Booster Board Members:

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