



MIXC: SEASON STARTS AUGUST 21ST

COACHES UPDATES

Greetings MIXC families!

I hope you're all enjoying a fantastic summer. We've had great attendance at our summer practices and fun Strava posts when people are traveling. This consistency bodes well for another strong season. If you haven't started running yet, let's go!!

August 1st marks the beginning of official captains' practices. While a coach can (and will) pop in to say hello, these practices are essentially led by our fearless and fantastic leaders: **Nikesh Woerner, Sophia Fan, Durham French, Megan Sandoval, Clark Koopman, Addie Schiller, Owen Powell and Linus Hykes.** Our team is in great hands.

They will meet **Monday thru Friday at ICP (Island Crest Park) 9:00 - 10:30** and I cannot emphasize enough how valuable these practices are. Not only will building fitness before the season begins be hugely helpful, connecting with teammates before the season and school begins is indeed another benefit to XC pre-season training.

Below are some key dates to have on your calendar as well as practice times the first 10 days of the season. The meet schedule is also coming together (but not yet finalized). [Click here to see Schedule.](#)

August 1 - 18. 9:00 - 10:30 @ ICP Captains' practices (weekend running is on your own)
August 21 - 9:00 - 11:00 @ ICP Season begins. Registration needs to be submitted to the Athletics office (not a coach) in order to attend practice. And even though school has not yet begun, these are official, mandatory practices

REGISTRATION INFO

Registration is open. There is a new system utilizing Final Forms. Thankfully it seems less arduous than the previous system. [Click Here to Register.](#) And for step-by-step instructions to set up your Final Forms account, [Click Here.](#)

Note: **Registration closes August 18th.**

Sports fee payments will still be made through our online payment system: <https://wamercerisland.intouchrecepting.com>
 Please note: Sports payments for the 2023/2024 school year will open on August 1st.

And PLEASE, if your runner is due for a physical (every other year), I would appreciate asking the pediatrician specifically for a blood test and a **serum ferritin test.** Ferritin is a key measurement for long distance runners to know; if levels are low, we want to work on increasing it ASAP. While "normal" for the general population is >12 ng/mL, endurance athletes need >= 30 ng/mL (and ideally >40). Fatigue and injuries can be a direct result of low ferritin levels. Even if your runner does not need a physical this year, I still recommend asking for this blood test. It is a good benchmark to have.

COMMUNICATION

This newsletter will be distributed weekly once the season begins. If you are reading a forwarded version of this, please email mixcinfo@gmail.com to be added to the distribution list.

and count towards PE credit, varsity status, meet availability etc.

August 22 - 9:00 - 11:00 @ ICP (Juniors and Seniors will want to hit the afternoon session of Fee & Photo)

August 23 - 8:00 - 11:30 - Tiger Mountain! Buses leave from MIHS @ 8:00. The highly coveted shirts go to all who complete it - thank you Boosters! (Sophomores have their Fee & Photo session in the morning but can attend either Tuesday or Wednesday afternoon sessions).

August 24 - 9:00 - 11:00 @ ICP. 3k Time Trial @ Pioneer Park. Volunteer opportunity.

August 25 - 9:00 - 11:00 @ Super Jock N Jill in Redmond. This is our “Spike Night” (in the morning) where runners can get fitted for running shoes, spikes and apparel. Everything is 15% off for MIXC and sale items are 50% off. We’ll run on the Sammamish River Trail for practice. And regarding spikes, these are not necessary to have - but good running/ training shoes are a must.

August 26 - 9:00 - 10:30 - Newcastle Beach/ Eastrail Trail (all Saturday practices are optional but strongly encouraged)

August 27 - OFF

August 28 - 9:00 - 11:00 @ ICP

August 29 - 9:00 - 11:00 @ ICP

August 30 - First Day of School! Practice @ MIHS 3:15 - 5:15 (every weekday through the rest of the season).

August 31 - 3:15 - 5:30 @ MIHS Registered Nutritionist will present to our team 4:30 - 5:30. Attendance is mandatory.

September 1 - Uniform distribution - Volunteer opportunity!

Sept 2-3 Team Retreat @ Fort Worden. Limited to 45 runners with priority given to those who trained throughout the summer.

Thanks for sticking with this through the end. Hopefully it’s enough to get you ready and excited for the season! And if you have any questions, the best way to reach me is at susan.empey@mercerislandschools.org

Beyond excited for another fantastic season and looking forward to seeing new and old teammates on the 21st!

Go MIXC!

Coaches Empey, Goldhammer and Cree

The Band app is the most timely and frequent form of communication. It is *ESSENTIAL* for your runner to have it, and as a parent, it is useful to have. First download the Band app (it’s free!) and then request to join MIXC.



For all the information you need in one central place, visit www.mixctf.com. This website provides links to the season schedule, including the upcoming week’s focus—schedule for meets, pasta feeds, events, volunteer opportunities and registration.

THANK YOU!



MIHS: Many thanks to Katie Kolpa for spearheading a post-run, pancake breakfast on Thursday and to her parents, Ben Kolpa and Angie Paladin, for agreeing to host our athletes. And a big thank you to those families who brought berries, bacon, veggie sausages, hashbrowns, syrup, whip cream and beverages, including: Capinpin, Chapuis, Henderson, Hykes, Koopman, Nelson, Sandoval and Woerner.

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