

# MIHS Track and Field Parent Meeting



# The Coaching Staff

**Amy Posner Wolff** - Head Coach, Sprints/Hurdles

**Stacy Edwards** - Head Coach, Sprints/Relays

**Susan Empey** - Distance

**Lindsey Blaine** - Javelin

**Nicole Nelson** - Sprints and Jumps

**Mike Grady**- Pole Vault

**Enrique Hernandez** - Shot/Disc

**Piper Casey** - Sprints and Jumps

**Victor Yan** - Pole Vault

**Victor Gamboa**- Sprints

**John Janusson** - Shot/Disc

**Alli Cash** - Distance

**Jary Krauser** - Distance

# 2023 Team Captains

**Carson Shiller** - Distance

**Anne Xie** - Distance

**Quinn Shavey** - Sprints

**Maddy Sung**- Sprints

**Mackenzie Monen** - Sprints

**Sam Hill** - Sprints

**Ari Nguyen**- Sprints

**Lila Saloranta** - Shot/Disc

**Max Murphy** - Shot/Disc

# MIHS T&F Philosophy

**Track and Field** is a **fun, challenging, and rewarding** sport for all participants. There are **opportunities for all** student-athletes to **achieve success** no matter their ability. It is our goal to provide student-athletes with opportunities for **positive, personal growth** as they transition from adolescence into young adulthood. **Practicing healthy habits; Setting challenging and achievable personal goals; Improving communication skills; Working as a team towards common goals, Developing positive relationships; Achieving success with hard work, determination, and grace.** The Mercer Island Track and Field program is a varsity sport of integrity with high expectations of all our participants.

# 2023 Schedule

Wednesday, March 15th, TEAM PHOTOS

Thursday, March 16th @ Jamboree @ Skyline

Tuesday,, March 21st vs Bellevue

Wednesday, March 29th MI & Juanita @ Hazen (Renton Stadium)

Wednesday, April 5 @ LW

April 10-14 Spring Break (practice for those in town)

Saturday, April 22nd @ Eason Invite Snohomish

Friday, Saturday, April 21st, 22nd Oregon Relays

Wednesday, April 26th MI & Liberty @LW

Saturday, April 29th @ Shoreline Invitational

**Thursday, May 4th vs Mt Si SENIOR NIGHT**

Friday, May 5th Twilight Meet @ Liberty (distance athletes)

Friday, May 5th Last Chance meet @ LW

**\*\*Friday & Saturday, May 12th-13th KingCo @ Renton Stadium**

Wednesday Prelims/Friday Finals, May 17th & 19th Districts TBD

Thursday, Friday, Saturday, May 25th-27th STATE @ Mt Tahoma

## Pasta Feeds

Wednesday, March 29

Tuesday, April 25

Wednesday, May 3



# Expectations

**Academics** - maintain eligibility with passing grades. (grade check run 2-3 times season).

**Effort** - On time and **full effort daily**. Set **personal goals** and work hard towards achieving those goals on and off the track.

**Respect** - always show respect to peers, coaches, staff, officials, and competitors, home and away

**Team** - Track and field is a TEAM sport! As a team member, it is expected that all student-athletes support each other

**NO Outside coaching** (club teams or private coaching) shall interfere, coach, or instruct athletes during the high school season. Any recommendations from outside sources must be communicated prior to the start of the season. To provide clear and concise coaching it is imperative that athletes don't receive conflicting information. It is against WIAA policy to be coached in WIAA competition by non-WIAA a coach.

**RELAYS** will be determined by the top 4 times run during the current season. With this said, the coaches ultimately make the relay team decision based on times as well as merit, ie. commitment to the team, seniority, and attitude.

**Wash Uniforms Weekly** – Lane stickers are worn during races. Please be sure to remove the stickers right after your race and place them in the trash. Students will be fined for uniforms being turned in with sticky residue.

# Attendance

**\*\*Joining MIHS Track & Field means committing to Monday-Friday practices 3:15-5:15\*\* “Get in, Get out”**

## ATTENDANCE

- Athletes will be on time to practice/meets
- Athletes will remain at practice until excused by their event coach
- Leaving a practice or a meet without prior approval of a coach will be considered an absence

## ABSENCES

- Absences and tardies must be excused by a parent (or teacher if academically related), done by email including the athlete, coach and parent or teacher. Academic PERFORMANCES supersede practices. The in-season sport, Track and field, supersedes all other commitments.
- Medical (mental or physical) appointments are excused
  - Weekly commitments such as other sports, tutoring, music, robotics, work are NOT excused (based on WIAA rules)
  - Injured athletes shall continue to show up or check in with their event coach
  - Three unexcused absences will result in removal from the team.
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# Meet Transportation

- All athletes must ride the bus to and from meets (van option for invites)
- Buses leave at 2:30 & 3pm
- We ask that all athletes stay for the full meet. In the event an athlete needs to leave early, (with their parent only) the parent sign out their child with a coach
- Most weekday meets start at 4PM with the goal of finishing around 7PM





# Meet Attendance

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All attendance policies outlined for practices apply to meet attendance as well

- Athletes must ride the bus to and from meets (students may not drive themselves)
- Athletes are expected to stay until the end of the meet
- In the event an athlete needs to leave early from a meet, the **parent/guardian must** sign their child out with the coach. A student is only allowed to leave with their own parent/guardian
- WAMO's for no more that 15 minutes early release from last period class

Must attend 60% of classes in order to be eligible for practice and competition that day

\*\*\*Enjoy bonding with your team and coaches at pre-meet pasta feeds\*\*\*

# Consequences for Failure to Meet Expectations and Attendance Policy

Failure to follow team expectations, attendance policy, athletic code, and school rules can result in your suspension or dismissal from the team. The head coach has the right to immediately remove an athlete from the team if the severity of the incident warrants it.

NOTE: We will be running grade checks

1<sup>st</sup> offence – Verbal Warning

2<sup>nd</sup> offence – Meeting w/parent & athlete

3<sup>rd</sup> offence - Removal from the team



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# Athletic Wear and Nutrition



- Running shoes/Spikes
- Long sleeves & pants
- Rain gear
- Hydrate all day
- Healthy snacks
- Nutrition - whole foods
- SLEEP-Recovery
- Shin splint Prevention
- Puberty & Growth Spurts

# JV/PE Credit



## JV/PE Credit

To receive PE credit, student-athletes are required to be, at minimum, a JV athletes. JV athletes must comply with all criteria below.

- Compete in at least 4 meets
- Have no more than 3 unexcused absences
- Meet all team expectations outlined above

# Varsity



## Varsity Lettering Pathway #1

- Place in the top 6 in 1 event at the KingCo Championship Meet
- Have no more than 3 unexcused absences
- Meet all team expectations outlined above

\*May be amended in the case of extreme medical illness or injury, a note from parent/doctor, and communication with the head coach. Coaching staff reserves the right to amend policies as needed for special circumstances.

## Varsity Lettering Pathway #2

The coaching staff may award a letter to athletes who meets and exceeds team expectations; Attend all practices/optional practices, attend team social events, give exceptional effort at practice and meets, support and motivate teammates.

# Communication



- **BAND App (Please Join!)**
- **Amy.Wolff@MercerIslandSchools.org**
- **Stacy.Edwards@MercerIslandSchools.org**
- **Booster Newsletter - [mixcinfo@gmail.com](mailto:mixcinfo@gmail.com)**
- **[Athletic.net](http://Athletic.net)**
- **[www.micx.tf.com](http://www.micx.tf.com)**

**Please scan to join  
the BAND APP**



# Volunteers at Home Meets



- Only sport where coaches have to work the competition
- At least 25 people to run a successful meet
- 17 boys events
- 18 girls events
- **ALL HANDS ON DECK**



# <https://www.mixctf.com>

## ALL THINGS TRACK!

- Link to the Schedule & Results, **Athletic.net**
- Order of Events
- MIHSTF Handbook
- Coaches Bios
- Link to photos
- Volunteer & Donation opportunities
- Cross Country & IMS track information
- Newsletters



# Additional Coaches Remarks

# Mercer Island XC and Track Club

## YOUR SUPPORT COVERS COSTS NOT COVERED BY ASB FEES

- **TEAM SPIRIT EVENTS, SNACKS, LUNCHESES COACHES' GIFTS**
- **POST SEASON PARTY**
- **STATE AND INVITATIONAL PARTICIPATION CONFIDENTIAL FINANCIAL SUPPORT FOR ELIGIBLE ATHLETES**
- **ADDITIONAL COACHING STIPENDS**
- **EQUIPMENT AND UNIFORMS**

## Give at any level

- \$50 KingCo Qualifier
- \$100 District Championships
- \$250 State Competitors
- \$500 Personal Best

OUR TARGET IS \$100 PER FAMILY

Questions?