



MIXC SEASON: WEEK 11 DISTRICTS

COACHES UPDATES

Congratulations to all who competed at the very blustery District meet! The boys were 3rd behind powerhouses Blanchet and Seattle Prep and comfortably in front of everyone else. As Coach Cree noted, we WON the public school division (which obviously doesn't really exist, but it does feel good). More importantly, the boys punched their ticket to Pasco which has been their season-long goal - since basically the end of last season. As a coach it is so gratifying to see months of hard work and dedication to this sport - and to each other -- pay off.

For the girls to qualify for State, we would have needed a bit of magic, which I think the wind blew away. An unfortunate move back to NJ by our #1 girl, an injured foot for our #2, and then a slew of ill-timed illnesses wreaked havoc on most others, making it a long shot for us to qualify. Happy they made it to District, and being 2nd at KingCo was an accomplishment in and of itself, but their season came to an end Thursday. Hopefully they're fired up to put in some good work next summer/ fall. I know I am!

For all still wanting to run, we will continue having practices at school Monday - Thursday 3:15 - 4:45. The boys leave Friday morning for Pasco and race at 2:30 on Saturday at Sun Willows Golf Course. It's a long day of driving for fans but an absolutely electric and inspiring atmosphere, so we encourage anyone who can make it to join us there. And we always stop for burgers and shakes in Ellensburg on the way home Saturday evening.

We'll look forward to celebrating this fantastic season at our banquet November 9, 5:00 - 7:00 where we will also grab the remaining uniforms that weren't turned in last week.

Thanks for a great season, and let's keep it rolling boys! Go **MIXC!**

Coach Empey

MIHS ATHLETICS FUNDRAISER

Phenomenal Success - Please read!

Our student athletes worked hard in 2021 and their results showed it. MIHS was ranked the #1 winningest high school in Washington when you look at combined post season sport results. [Read more here](#)

Last year MIHS sent athletes to state in cross country, baseball, golf, tennis and lacrosse, to name a few. This kind of success stresses the athletic department because they fund transportation, hotel rooms and food for post season travel.

The MIHS Athletic Department is running a See's Candy Fundraiser, to support all the athletic programs. The fundraiser ends Nov 26th, and they'd love to your support. This could be the perfect hostess gift for upcoming holiday.

Here is the link to their storefront: [See's Candy Fundraiser](#)

MIHS Athletics appreciates the support of our parents and community members.

IMS CORNER

Even though the smokey weather in Snoqualmie cancelled the League Finals, IMS athletes and families were thrilled to have one last chance for a showdown on our home course (in reverse!) on Tuesday. We appreciate the coaches organizing a last minute coed "Fun Final" by grade level. Thank you to the parents who were able to provide snacks and set-up support to make the races go smoothly: Julien Kern, Pooja Sachan, Emily Arnsdorf, Kate Knecht, Deb Larsen, Jessica Apodaca, Chung Youn, Anna and Jim Becker, Jessica and Nate Moch.

A final thank you to all of our IMS families who chipped in for the End of Season Party and coaches gifts. The 4 XC coaches received Gator sweatshirts and generous gift cards for their time and dedication. Be on the lookout for upgraded

END OF SEASON CELEBRATION NOVEMBER 9TH

Join us in celebrating your athletes!

- Wednesday, November 9th
- 5pm-7:30pm
- MIHS Commons

Your generous donations allow the Boosters to serve a Qdoba buffet and sheet cakes. The team will celebrate their success, including PRs, and accept coaches' and teammate awards. Awards include: Captain Recognition, Rising Stars, Most Improved, Most Valuable Players, Coach's Award and Senior Passtown Gifts

gear and equipment thanks to your generous donations in the Spring during Track & Field season. Our athletes are so lucky to have such supportive families! Managing the party were our wonderful volunteers: Jhoan Stabbert, Heidi These, Tresa Brazier, Anne Gerry, Kiny Chea, Jessica Apodaca, Annie Cudney, and Nikki Ahrenholz.

INTERESTED IN LEARNING MORE ABOUT THE BOOSTERS?

Each year our senior athletes and their families graduate from high school and leave our community. We have several positions opening up next year. Help us continue making memorable experiences for our athletes. Please reach out to any of our board members to learn more.

President: Sarah Smith
Treasurer: Julie Duffie
Secretary: Peter Sung
Fundraising: Aaron Koopman
Communications & Website: Alison Monen
Volunteer Coordinator: Jennifer Enge
IMS Coordinator: Ly-Lan McCarthy

Please reach out to [Sarah Smith](#) to learn more.

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