



## TRACK & FIELD: WEEK 3

### COACHES UPDATES

Greetings **MI Track & Field!**

Week three is in the books! We opened up our season with a jamboree hosted by Skyline including Issaquah and Seattle Prep. It was a chilly, windy, beautiful day up on the Plateau, but the wind didn't stop us from having solid early-season performances.

Great start for the distance kids! We had 15 boys and 12 girls tackle an early season 1600 and great to see several already close to their PRs from last year (not to mention a handful of brand new PRs!). Five boys are already under 5:00 which is fantastic. And while this event is not contested much in Washington state, our boys 4 x 800 ran the fastest time in school history, knocking ~20 seconds off the previous record set by some really good distance kids from 2015. Strong start especially considering a long, cold, windy evening.

Please remind your student to be prepared for any kind of weather on any day of the week. Also, eat whole foods, get a solid 7-9 hours of sleep and stay hydrated all day!

Go MI!  
Coach Amy & Coach Stacy

### VOLUNTEER CORNER

**Tuesday's Home Meet volunteers needed!**

**MITF** Families,

Thanks so much for everyone's volunteerism this week! **Rosa Teorell, Kate Lamperti and Sara Tretheway and Selamawit Shiferaw** kept our athletes energized with snacks. Uniforms were distributed prior to the team photo and our meets by **Leslie Lawrence, Sara Tretheway and Marlene Peng**. Thanks to **Patrice Roussell, James Rousell, Autumn French and Tim French** for keeping our signage current with upcoming meet dates.

### DONATIONS

Take care of your [MI Track and Field donation](#) ahead of time by either writing a check and bringing it with [your form](#) to the parent meeting or log onto our website [mixctf.com](#) to pay with Zelle or PayPal! 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 MI Track and Field custom buff 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 **MIXCT&F** family!

**DONATE**

### THANK YOU!

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

Thanks for your financial support of our MIXCT&F family! Your donation covers the costs not covered by the ASB sports fee. We target \$100 per family. Donations cover new tent. Thanks for your financial support of our MIXC family! Your support of the **Mercer Island Cross Country and Track & Field Booster Club**. Your donation covers the costs not covered by the ASB sports fee, including ongoing needs for equipment like a new team tent to keep your athletes warm and dry, timing clocks, team spirit events and snacks, Timing System Company, Coaches' Thank You Gifts, Senior Gifts, Athletes' Recognition Gifts, Post Season Celebration State, Regional & Invitational Participation as well as Confidential Financial Support for Eligible Athletes. Thank you to everyone who has donated to **MIXCTF!**

**MIHS:**

**Rachel Bailey  
Anthony Fan  
Wayne Fang  
Katharine Lamperti  
Poppy MacDonald**

Our first home meet is this Tuesday against Bellevue. ALL HANDS ON DECK! It takes a village to run a meet. We need help at throws, jumps, pole vault and the finish line. Please sign up [here](#). The meet begins at 4. Our goal is to finish before 7. We are only efficient when we have ample help. Track & Field is one of the only sports where all the coaches are required to work the competition, taking away the ability to coach. Please volunteer so the coaches are able to coach your athletes. Thank you so much to those of you who have already signed up.

### [Snacks and Meet Volunteer Sign Up](#)

### Pasta Feeds are Back! - Host Needed for 3/29

This is a highlight for all our runners and the perfect way to fuel up the the night before a race while relaxing with their teammates. Pasta Feed host families are supported by 3 helpers. Thank you **Vivian Chan Anderson**, **Pamela Shavey** and **Sarah Smith** for signing up to help! We have an immediate need for the March 29<sup>th</sup> Pasta Feed host. More details are available on the [Pasta Feed Sign Up](#)

## SWAG SALE!

Choose between our available with 2023 Captains Design and the traditional Club logo.

Delivery times are in 7-10 DAYS!!!

For Mercer Island Track and Field logo Apparel :

[Spiritwear Homepage \(snap.store\)](#)

If you have any questions please contact Aaron Koopman ([aaronkoopman@yahoo.com](mailto:aaronkoopman@yahoo.com)).



Laura Metz  
Shane Moloney  
Chad and Alison Monen  
Vanessa Nelson  
Sharon Nguyen  
Leilani Paras  
Patrice Rousell  
Youngae Sandoval  
Michelle Schiller  
Gary Shavey  
Laurie Snyder  
Grace Zong

Corporate Donors:  
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## MIHS TRACK AND FIELD 2023 MEET SCHEDULE

Schedules can be found on [athletic.net](#) or the [MIXCTF website](#).

## 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.

T & F group Band App:

<https://band.us/n/a5a28084L6wf7>

Long Distance Band App:

<https://band.us/n/a6aa8cF5O9GeF>

**Email Updates:** To be added to the distribution list, send an email to [mixcinfo@gmail.com](mailto:mixcinfo@gmail.com). Generally, updates are monthly until the season begins.

The schedule and all stats can be found on [Athletic.net](#)

## IMS CORNER

Optional preseason workouts for Track & Field athletes after school on Tuesdays and Thursdays during the month of March. 3:00 - 4:00pm on the IMS Track with Coach Rennie. All IMS Student Athletes are welcome to join.

These are voluntary opportunities to get in shape before the official season begins on April 3. Activity buses are available to shuttle athletes home after practice.

[Click here](#) for sports registration forms.

-Coach Rennie

MIXC and Track Club | PO Box 1531, Mercer Island, WA 98040

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