



TRACK & FIELD: PRE-SEASON INFO

COACHES UPDATES

Greetings MI Track & Field!

Prepping for the season (and life)

-Start moving TODAY! - One week left before the first day of practice. During Mid-winter break...**MOVE**, jog, cycle, lift, swim, fitness class, interval train. Get your heart rate up. **AND** get new running shoes if yours are more than 6 months old or run down.

-Running shoes - Shoes are the only piece of equipment between your body and the ground. Running in the correct shoes for YOU will protect your body from the pounding, preventing shin splints and other injuries. Support local small businesses such as [Shoes-N-Feet](#) or [Super Jock & Jill](#). Let them know you are a high school athlete and they usually extend a discount to you.

-SLEEP - Our bodies rest, repair and recover during sleep. ["Treat sleep with as much importance as athletic training and diet."](#) (read this article on the benefits of sleep) Eight to 10 hours of sleep a night is recommended for the average teenager.

-Nutrition - Fuel your body as if it were a race car that you want to drive as long and as fast as possible. Fill it with SUPREME fuel. [At least half of our daily food consumption should include fruits and vegetables.](#) Avoid soda/sugary drinks, caffeine(dehydrates), avoid processed foods, eat **real whole foods as often as possible.** **DRINK WATER!** Have a water bottle with you all day including at practice.

-Goals- Start thinking about what you want to achieve this season. [Write them down; the goals and your planned steps to achieve them.](#)

Looking forward to seeing you on the track!

Coaches Amy & Stacy

Meet 2 of our assistant coaches

Piper Casey - Sprints and relays
After volunteer coaching last year, Piper is back this season as an Assistant Coach. Piper graduated MIHS in 2016 and as a former track athlete, she broke the school record with her 4x400 team, winning the state title. Her favorite events are the 200, 400, relays, long jump and triple jump! She recently graduated from the School of Public Health at the University of Washington, works for Ridwell, and is currently training for her next marathon!

REGISTRATION

Get your registration in!

[Registration is now open!](#) Student athletes **must** have their registration complete and submitted to Becky LeMaster in the Athletics Office by [February 28th](#) to participate. If registration has not been submitted by the 28th, athletes will not be able to practice with the team until the paperwork has been turned in.

[REGISTER HERE](#)

THANK YOU

Thanks to the **MI Boosters** for funding the Krispy Kreme Valentine's Day Donuts and Coach Susan for picking them up and handing them out to our fantastic group of Track and Field Pre-season athletes!



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 March 7th @ 6pm!** 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!

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

MIHS:
Laurie Snyder & Mitch Eide
Danica Knievel
Sharon Nguyen

Lindsey Blaine Shot put, discus, javelin
Lindsey is excited to join the Track and Field coaching staff as the Throws coach for her first full, non-covid year at MIHS. While she has spent the last three years as the Head Girls Basketball Coach, she has a long career in Track and Field.

In High School, she was a Washington State Champion in the Javelin while also qualifying and placing twice in Discus and Shot put.

Javelin took her Purdue University, where she was a 4x D1 NCAA Championship qualifier, Big Ten Champion, Regional Champion, and NCAA Champion. Lindsey spent two years competing post-collegiately as a sponsored Nike Athlete before handing over her Spikes and becoming a sports performance trainer and coach. She qualified for the USATF Championships 7x and the Olympic trials twice during her career.

Lindsey spent time as the Volunteer Assistant Throws Coach for the University of Washington, helping with the shot, discus, hammer, and Javelin. She enjoyed her time in the Intercollegiate environment but found her true passion was coaching High School athletes and has spent the last nine years coaching Girls Basketball and Track. Lindsey is excited to bring her love for Throws to the Island!

Important Dates:

Monday, February 28 First day of Practice! @ 3:15

Monday, March 7 @ 6 in PAC Mandatory Spring Sports Parent Meeting

Monday/Tuesday, March 14/15 Uniform check out

Wednesday, March 16 inter-squad meet during practice (**NEW DATE**)

Thursday, March 17 @ 3:15 pictures in the stadium

[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.

ATTENDANCE

Joining **MIHS Track & Field** means committing to Monday-Friday practices (Saturdays optional)

Adjust any scheduling conflicts prior to the start of the season.

Practice Attendance

- Athletes will be on time to practice
- 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
- All tardies of more than 1 hour are considered absences

Meet Attendance

- All attendance policies outlined for practices apply to meet attendance as well
- Athletes must ride the bus to and from meets
- In the event an athlete needs to leave early from a meet, the parent/guardian must find the coach with the clipboard to sign the "request for travel release form" before leaving a meet with their child.

DONATE

IMS CORNER

Season starts March 28th! Look for updates here and on TeamSnap for registration information.

-Coach Rennie

MIXC CORNER

Long distance runners - it's never too early to get some key dates on the calendar for new and returning **XC** runners. Please factor the below in when planning your summer vacations. Thank you!

-**MIXC** Kick-Off Picnic @ Coach Empey's house - June 20th

-Weekday practices throughout the summer: M, W, F mornings 9:00 -10:30

-Wildwood Camp for girls: June 27 - July 1
wildwoodrunning.com/overnight-camp

-White Pass Camp for guys/ girls (this will fill up soon, if it hasn't already): July 24-29
sunfairrun.com/clearlakexccamp/index.html

-Fall Season begins: August 22

-**MIXC** Retreat @ Fort Worden: Sept 3-4

Join the MIXC group Band App for the most up to date training changes/updates:
<https://band.us/n/a9ad5345N2DcZ>

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>

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

Meet the **MIXCTF** Booster Board Members:

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

Absences

- Absences and tardies must be excused by a parent (or teacher if academically related), done by email including athlete, coach and parent or teacher. Academic Performances (ie. band, DECA, Robotics, etc) supersedes practices. The in-season sport, Track and field, supersedes all other commitments.
- Three unexcused absences will result in removal from the team.
- Multiple Excused absences will be addressed on a case-by-case basis left to the discretion of the coaches.

- Susan Empey**, Head Coach MI Cross Country
- Stephen Rennie**, Head Coach IMS Cross Country and Track & Field
- Faith Sandmaier**, President
- Sarah Smith**, President Elect
- Julie Duffie**, Treasurer
- Aaron Koopman**, Fundraising and Swag
- Niyati Krauser**, Volunteer Coordinator
- Karen Weeks**, Volunteer Coordinator
- Chantel Zettel**, Newsletters
- Leslie Lawrence**, IMS Representative

