



TRACK & FIELD: WEEK 4

COACHES UPDATES

Greetings MI Track & Field!

It's hard to believe we have been working for a full four weeks! Mercer Island hosted our first regular season meet of the season against Bellevue. **We are happy to say both the girls and the boys' teams beat The Wolverines! Go MI! Thank you to all the volunteers who helped make the meet run smoothly.** Shout out to sophomore Owen Powell who broke the 37-year-old school record in the 3200m with a time of 9:11.09!

Only two weeks and two meets before spring break. We will see Juanita and Hazen at Memorial Stadium in Renton on Thursday. The buses will leave at 2:30 and 3:15. We will let the athletes know which bus to catch. Also, this week is our first pasta feed on Wednesday night before Thursday's meet. This is a fun opportunity for the athletes to connect and bond on a social level while carb-loading for their races.

Practices will be offered during spring break for those in town. For those traveling, it is imperative that the athletes work out. We have asked the athletes to check in with us for suggested workouts.

Remind your athletes to keep coming prepared for any kind of weather. We saw blue sky and spring weather one day and a 20-degree drop the next. Brrr!

Go MI!
Coach Amy & Coach Stacy

VOLUNTEER CORNER

MITF Families,

Thank you! Our first home meet was a huge success! Big thanks to everyone who volunteered at events and provided snacks, including: Aleena Khan, Curtis Brown, David Benninghoff, Emma Nelson, Kate Lamperti, Leilani Paras, Leslie Lawrence, Lynn Tonglao, Marlene Peng, Pam Shavey, Rachel Drake, Tatu

DONATIONS

Thanks for your financial support of our **MIXC** family! We are running behind pace on donations to our program. 17% of athlete's families have donated. If you have not already donated (targeting \$100/family) please consider doing so now. Your support of the Mercer Island Cross Country and Track & Field Booster Club covers the expenses not covered by the ASB sports fee, including: a new tent to shelter your athletes, ongoing needs for equipment like 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.

[DONATE](#)

Thanks to everyone who has donated to **MIXCTF**

MIHS:

**Rachel Bailey
Anthony Fan
Wayne Fang
Aleena Khan
Jennie King
Katharine Lamperti
Poppy MacDonald
Laura Metz
Shane Moloney
Chad and Alison Monen
Vanessa Nelson
Sharon Nguyen
Leilani Paras
Patrice Rousell
Youngae Sandoval
Michelle Schiller
Gary Shavey
Laurie Snyder
Linda Usman
Amy Wolff
Grace Zong**

Corporate Donors:
Microsoft

Saloranta, Tuuli Saloranta, Sarah Beer, Scott Levering, Sharon Nguyen, and Susie Sung. Your support makes a huge difference in our program. Thank you!

Pasta Feeds are Back! This is a highlight for all our runners and the perfect way to fuel up the night before your event while relaxing with their teammates. **We have an immediate need for the March 29th Pasta Feed host.** All of your helpers have signed up. The runners provide the sides based on grade!

[Pasta Feed Signup](#)

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).



MIHS TRACK AND FIELD 2023 MEET SCHEDULE

Schedules can be found on athletic.net or the [MIXCTF website](https://mixctf.com).

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. Generally, updates are monthly until the season begins.

The schedule and all stats can be found on [Athletic.net](https://athletic.net)

IMS CORNER

Only one more week until 2023 IMS Track & Field Season starts

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

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