



TRACK & FIELD: WEEK 5 UPDATES

COACHES UPDATES

Greetings MI Track & Field!

Our first meet is in the books! It was a LONG night! The athletes performed well, were very helpful and PATIENT! There were many MI athletes moving hurdles and cleaning up our area in the bleachers. They represented our community very well! THANK YOU boosters for bringing, sandwiches, oranges, bananas, and water! The fuel was much needed and appreciated! That was not a typical meet; four schools, new coaching staff and a timing system that wasn't working. With that said, it stayed dry all night! The results will eventually end up [HERE](#). Next Wednesday's dual meet at Lake Washington will be an efficiently run meet, finishing approximately at 7. The weather report at this time says clear, but remind your child to be prepared for any kind of weather. LW can get windy. We want all athletes to stay for the whole meet, which finishes with the 4x400's, the most exciting race of the meet! If your student must leave early with you, please find the coach with the clipboard to sign them out.

Parents and students are doing a great job communicating with me about missing practices, health issues etc. Please continue to email me at amy.wolff@mercerislandschools.org as well as download the [Band](#) app for up to date information.

See you at LW!
Go MI!

Coaches Amy & Stacy

Important Dates:

Monday June 6, Team Banquet in the MIHS Commons @ 6pm

Click [here](#) to read all the Coach bios!

[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.

BE A "VOLUNTEERO!"



Do you have a discus, javelin, shot put, long/triple jump or high jump athlete? Get a front row seat as a volunteer when we host our only home meet on April 19th from 3:30pm-7pm. Click on the [SignUp Genius](#) link to see volunteer opportunities!

PASTA FEEDS



Pasta feeds are back! These evening events are a favorite tradition among athletes, and we have 3 Pasta Feed Dinners planned for this season. It's a great way for athletes to bond and parent volunteers to meet. Click the [SignUp Genius](#) link to sign up to be a host or a helper. With only 3 dinners, volunteer slots will fill up quickly!

THANK YOU'S

Thank you to the **Booster Club** for making sure healthy sandwiches, snacks and drinks were provided for our athletes through their late meet

TEAM PHOTOS

Photos on Thursday March 17th are available for online ordering by using Picture Day ID: EVTQQBG4B through www.mylifetouch.com.

*NOTE photos will be mailed directly to families now**

DONATIONS

DONATE

Take care of your [MI Track and Field donation](#) by logging onto our website mixctf.com to pay with PayPal Giving or Zelle!

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

MIHS:

Anonymous
Anna Becker
Jody Blohm
Elizabeth Carson
Andrea Chatalas
Prisca Nancy Coupe
Jessica Crump
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Laurie Snyder & Mitch Eide
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Susan Sheno
Michelle Shleifer
Sarah Smith
Lynda Usman
Karen May & Daniel Weeks

IMS:

on Thursday.

And a special shout out to **Janelle Evanoff** and **Mary Anne Eng** for continuing to put our signs out around the island!

IMS CORNER

Official practices start **Monday, March 28** after school and our first meet of the season is Thursday, April 21 at Islander Middle School (vs. Twin Falls MS). I am attaching the ***recently updated*** [2022 Season Schedule](#) to this email along with an FAQ sheet that gives you the [TOP 10 details](#) about Track & Field at IMS. The eligibility packets are available on the school website at: <https://www.mercerislandschools.org/Page/6977>

I also want to let you know about the **MIXC and Track Booster Club**. This fantastic, parent-run organization helps our team out with funding for extra coaches, team transportation, equipment, uniforms and even pizza parties! They need your help to fund these great efforts, so please think about a donation to the booster club. You can access their website at <https://www.mixctf.com/ims> to make a donation or to find out more about what they do for our program.

Coach Rennie

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>

Website: mixctf.com

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

Questions for the Board: email [Faith Sandmaier](mailto:Faith.Sandmaier)

Meet the MIXCTF Booster Board Members:

Amy Posner Wolff, Co-Head Coach MI Track & Field
Stacy Edwards, Co-Head Coach MI Track & Field
Susan Empey, Head Coach MI Cross Country
Stephen Rennie, Head Coach IMS Cross Country

Julie & Ken Duffie
Ly-Lan McCarthy

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