



## TRACK & FIELD: WEEK 8 UPDATES

### COACHES UPDATES

#### Greetings MI Track & Field!

Another chilly spring break in Seattle. For the few kids in town, we offered practice Monday through Friday at various times. I am happy to say more kids showed up than expected. Fingers crossed the kids who left town stayed in shape!

Our one and only home meet and [senior night](#) is this **Tuesday**. Come cheer on our **24 SENIORS** with signs, big heads, posters, flags, whatever gear you can muster! Most of our seniors have only had a few home meets their entire **MIHS** career due to Covid so please help us make this meet an extra special one! Senior recognition starts at 3:30, events begin at 4.

Did you know track and field is the only school sport where the coaches are responsible for running the meet? It is all hands on deck at home meets. This means we don't have the ability to really coach. With this said, [we need as many volunteers as possible](#). There are still a few holes to fill on the [sign-up sheet](#). Even if you are unavailable to volunteer, please come cheer us on!

Next weekend a few MI athletes have the opportunity to compete in the Oregon Relays in Eugene, OR. Coach Susan, along with a parent chaperone will take a vanload of kids and head down on Thursday afternoon. Go get'em Owen, Lars, Ryan, Luke, Brooks and Aimee in the pole vault!

Upcoming...Three regular-season meets, two invitationals, Last-Change meet, JV KingCo, Districts, and State Memorial Day weekend. Encourage your athletes to look at their rankings on [Athletic.net](#). to see what they need to do in order to move on to KingCo/Districts/State.

See you on the track!

[Click here](#) to see the order of events.

**Coaches Amy & Stacy**

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

[T & F Field meet schedule](#) can be found here.

### BE A "VOLUNTEERO!"



#### URGENT CALL FOR VOLUNTEERS!

We are still in need of **2 more volunteers** to help with Discus and Javelin! 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! (Volunteers please arrive at 3:15pm for instruction from the coaches at our MIHS tent.)

### 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.

We are still in need of a host and helpers for the Pasta Feed on **May 3rd**. Click the [SignUp Genius](#) link to sign up and volunteer for this fun evening!

### IMS CORNER

Greetings Islanders!

Our **first meet** is coming up after Spring Break on **April 21st**. It is a home meet vs. Twin Falls MS and we will have a full complement of running and field events. We are also in need of parent volunteers to help out at our home meets so things run smoothly. Please click on the [SignUp Genius](#) link to sign up.

**Meet 2 of our coaches:**

(check back frequently as dates/locations may be added or changed). All meets begin at 4pm.

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## IMPORTANT DATES

**Senior Night** is Tuesday, April 19th @ 3:30pm!

Come cheer on our **awesome seniors** at their only home meet this season! At 3:30 we will honor the seniors by announcing their bios and the boosters will provide each senior with a special gift!!!! After the meet the boosters will provide Krispy Kreme to all our **Track and Field** athletes in celebration of our **Class of 2022!**

**Pasta Feed** - April 27th @ 6pm

**Pasta Feed** - May 3rd @ 6pm

**Team Banquet**-June 6th @ 6pm in the MIHS Commons

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## THANK YOU'S

Special shout out to **Jenelle Evanoff** and **Mary Anne Eng** for continuing to put our signs out around the island!

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## DONATIONS

**DONATE**

Take care of your **MI Track and Field donation** by logging onto our website [mixctf.com](http://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

Matt Dahlin

Rachel Drake

Laurie Snyder & Mitch Eide

Janelle Evanoff

Anthony Fan

Autumn & Tim French

Wayne Gotel

Melissa Graesser

Michelle Handler

Danica Knievel

Aaron Koopman

Niyati & Jary Krauser

Michael Leavitt

Heather Martin

Yani Maryani

## Sprints/Relays Coach

**Coach Gene Nomicos** is the Sprints and Relays coach for the Islander Track & Field team. 2022 marks his 9<sup>th</sup> year coaching at IMS. Coach Gene rowed crew as an undergraduate at Princeton University and raced on the cycling team in graduate school at Northwestern University. He is an avid cycling enthusiast, and continues to train to this day.

Coach Gene most enjoys helping our athletes master new skills, and more importantly, helping them grow as leaders both on and off the track. He is the coach constantly giving out high-fives and encouragement, with the goal of rallying behind each individual's personal accomplishments.

## Throws Coach

**Coach Ryan Hoisington** is a lifelong athlete dedicated to sports and fitness. He has competed in several sports including football, baseball, track & field, and wrestling. Coach Ryan currently competes and coaches professional athletes in Boxing, Jiu Jitsu, Kickboxing, and Mixed Martial Arts. He has served as an official for hundreds of amateur and professional MMA fights. Coach Ryan is a Certified Personal Trainer, Group Fitness Instructor, Physical Education Teacher, Fitness and Conditioning Coach, and Martial Arts Instructor.

In addition to all this, Coach Ryan is also Islander's Head Wrestling coach, having led them to multiple league championships. He works with all levels of athletes, from professionals, to amateurs, to everyday folks looking for ways to exercise that are safe, effective, and fun! In his free time, Coach Ryan enjoys the great Northwest, hiking and running local trails, rock climbing, and kayaking as often as weather allows.

## Coach Rennie

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## 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](http://mixctf.com)

**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

Robin McArthur  
Yvonne Monahan  
Alison Monen  
Vanessa Nelson  
Sharon Nguyen  
Thinh Nguyen  
Saderuddin Noorani

Tonya Palermo  
Leilani Paras  
Amy Posner Wolff  
Maurica Powell  
Adam & Karla Rimmer  
Kelly Rogan  
Faith & Jason Sandmaier  
Youngae Sandoval  
Mickey & Christian Schiller  
Susan Sheno  
Michelle Shleifer  
Sarah Smith  
Lynda Usman  
Karen May & Daniel Weeks

**IMS:**

Alexander Doroski  
Julie & Ken Duffie  
Jeff Dunn  
Ly-Lan McCarthy  
Patrice Rousell  
Morgan Shook

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

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**Meet the MIXCTF Booster Board Members:**

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Stacy Edwards, Co-Head Coach MI Track & Field  
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