



TRACK & FIELD: WEEK 2

COACHES UPDATES

Greetings **MI Track & Field!**

We made it through week two of practice with little rain! Because of the dryish weather, we've been able to do more field event practice than in previous seasons.

If you have not yet purchased supportive running shoes, please do this weekend OR come to **Spike Night at Super Jock n Jill in Redmond on Wednesday night from 6-8**. Who doesn't love discounts and free pizza!

We will distribute uniforms on Monday and Tuesday. Please remind your students to bring their pants and jacket to practice for pictures on Wednesday AND their full uniform for the jamboree at Skyline on Thursday.

Thursday, the buses will leave at 2:30. **Note, this is a half day of school.** This is a jamboree, so not all events will be offered and the athletes are limited to the number of event they can compete in. (At future meets, athletes will be able to compete in 4 events). There will be MANY heats of the 100 and 400 at this meet. It could take longer than a regular season meet. **Make sure your students are prepared with many layers of clothes, water and snacks.** It is a good idea to pack a garbage bag to put their bags in when it rains. We ask that all athletes ride the bus home with us. With that said, we understand they may have commitments to attend. Only the parent can drive their child home after they have signed them out with a coach.

You and your athlete can see what events they are registered for [HERE](#) starting next week. Entries may change up to the day before, so please look again on the day of the meet.

For the attendance policy, please see the [Parent Handbook for the attendance policy](#). Students must email and cc their parent at amy.wolff@mercerislandschools.org. Three unexcused absences will lead to removal of the team.

ALL HANDS ON DECK! Volunteering at track meets is FUN! We are the only sport where the coaches

VOLUNTEER CORNER

Uniform distribution volunteers needed!

MITF Families,

Thank you to those who came forward to support the club with signage, Patrice & James Rousell and Autumn & Tim French. Your efforts are much appreciated!

Many thanks to Leslie Lawrence and Marlene Peng for volunteering to distribute uniforms before our Team Photo on March 15th. **A couple more volunteers are needed. If your schedule has some flexibility please consider a 1 commitment on either/both 3/14 and 3/15.**

[Snacks and Meet Volunteer Sign Up](#)

Upcoming: March 29th Pasta Feed!

Pasta Feeds are a favorite tradition, a great way for athletes to bond and parent volunteers to meet. The dinners are primarily a potluck at a host family's home with 60-80 athletes. Backyards work well if inside space is limited. **Please sign up below!**

Below is a list of "sides" that the kids bring.

Freshman (Bread)
Sophomores (Salads)
Juniors (Desserts)
Seniors (Beverages)

[Pasta Feed Sign Up](#)

SWAG SALE!

It's time for pre-season preparation and that means preparing to look great! We have opened our online **Pop Up Gear** store for **Mercer Island Track and Field** logo wear! We have shirts, shorts, hoodies, jackets for athletes and parents. The 2023 Team Captains have created a new logo for this Track and Field season, so don't miss out on a chance to get some unique sportswear. Brands include Nike, Hanes, Ogio and more.

"work" the competitions. The more volunteers we have, the more coaching the coaches can do. We are hosting the first meet of the season, Bellevue on Tuesday March 21st and the last meet of the regular season on May 4th vs Mt Si. Please sign up to help at one or both of the home meets.

Go MI!
Coach Amy & Coach Stacy

TEAM PHOTO DAY

Picture day is Wednesday, March 15th!
[Click here](#) for information on ordering photos. All orders must be done online at mylifetouch.com using the picture day ID: EVTKG87K7.



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**

Rachel Bailey
Wayne Fang
Laura Metz
Shane Moloney
Vanessa Nelson
Sharon Nguyen
Leilani Paras

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](#).

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

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.

Patrice Rousell
Michelle Schiller
Gary Shavey
Laurie Snyder
Grace Zong

-Coach Rennie

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