



## TRACK & FIELD: WEEK 4 UPDATES

### COACHES UPDATES

#### Greetings MI Track & Field!

Our intra-squad meet last Wednesday went well! It was great practice for the athletes to get a feel for what the first real meet will feel like on Thursday. It was also a good tool for us coaches to see what information we need to pass along to the athletes about meet preparation and etiquette. Thank you to the parents who showed up to help time. All the remaining meets will be timed electronically by an outside company.

We are starting to hear about aches, pains, soreness and a whole lot of shin splints. Please remind your children to take care of their bodies at home: ice, stretch, proper food intake and a GOOD NIGHT SLEEP for optimal recovery. Check out this [ice massage hack](#).

Our first meet on Thursday is at Sammamish against Sammamish and Interlake. A tri-meet, will most likely last longer than a dual meet depending on how many athletes these two schools have. So far the weather looks decent, but as usual, remind your kids to pack for any kind of weather and all four pieces of their uniform: singlet, shorts, sweatpants and sweatshirt.

Spikes are not required, but heavily encouraged. Maybe check out the Thrift Shop this weekend. Otherwise, Super Jock & Jill, Road Runner are good options and Dicks Sporting Goods should have a few selections as well.

See you on the track!

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!

Thank you to this weeks' parent volunteers!

**Mickey Schiller** and **Faith Sandmaier** had a great time distributing uniforms to all our smiling athletes! Thanks to **Jary Krauser**, **Maurica Powell**, **Mickey Schiller**, **Faith Sandmaier**, **Jody Blohm**, and **Mary Ann Eng Mullen** for helping time at the intrasquad meet. It was great to see parent volunteers back on campus and having fun spending time with our great coaches and wonderful athletes. Thanks to **Jenelle Evanoff** for the best cupcakes the kids have ever had, and **Faith Sandmaier** for Krispy Kreme donuts as birthday treats for their kids this week. The kids are having a great time and we can't do it without our team of parents! Sign up below to make this season a great one for these athletes!



## TEAM PHOTOS

Photos on Thursday March 17th are available for online ordering by using Picture Day ID: **EVTQQBG4B** through [www.mylifetouch.com](http://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](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 Knieval  
Aaron Koopman  
Niyati & Jary Krauser  
Michael Leavitt  
Heather Martin  
Yani Maryani  
Yvonne Monahan  
Alison Monen  
Vanessa Nelson  
Sharon Nguyen  
Saderuddin Noorani  
Leilani Paras  
Amy Posner Wolff  
Maurica Powell  
Adam & Karla Rimmer  
Kelly Rogan  
Faith & Jason Sandmaier  
Mickey & Christian Schiller  
Susan Sheno  
Michelle Shleifer  
Sarah Smith  
Lynda Usman  
Karen May & Daniel Weeks

### IMS:

Ly-Lan McCarthy

## 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!

## 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 [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>

Please make sure and turn your paperwork in as soon as possible. You can drop it off at the main office or give it directly to me (Mr. Rennie in Room #304).

Continuing week, I will be organizing unofficial preseason conditioning practices on Tuesdays and Thursdays after school. We will meet for stretching on the IMS Track at 3:00 pm. You will then have a workout run to do, and we will finish up by 4:00 pm (in time for the Activity Bus). Those preseason workouts start on Tuesday, March 8 and continue until the season starts.

Finally, I 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>

**Corporate Donors:**

**BECU**

**Microsoft**

---

**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 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 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

---

---