



## TRACK & FIELD: PRE-SEASON INFO

### COACHES UPDATES

Greetings **MI Track & Field!**

We are so excited for the 2023 track season! Track and field is a no-cut sport where there is something for everyone at all levels. Students can run, throw, and/or jump their way through the season. If the athletes show up and put forth their best effort daily, they will see improvements. It is not about winning races, it is all about growth in mind, body, and confidence. Our goal is for the students to look back at their high school track seasons with fondness and pride.

Our track program is fortunate to have such a quality, passionate coaching squad. Not many high school programs can say they have a physical therapist, personal trainers, multiple former collegiate athletes, professional athletes, an athletic director, and track junkies as part of the coaching team. I say coaching "team" because that is what we are. One of the reasons we keep coming back each season is because of the amazing group of coaches we partner with. Not only do we love what we do, but we all also get along and communicate well. The best part is, we also laugh a ton together. We believe the cohesiveness of our coaching staff has a trickle-down effect on our athletes.

Meet our amazing coaches [HERE!](#)

We are looking forward to seeing you on the track Monday, February 27th!

Coaches Amy & Stacy

Getting ready for the season:

- Get the right shoes for you! [Shoes N Feet](#) on 148<sup>th</sup> in Bellevue and Super Jock n Jill (Greenlake/Redmond) are both independent running shoe store who will extend a discount if you tell them you are a high school athlete.
- Start running! Min-winter break is the perfect time to start moving if you haven't already.
- Set your goals! Whether you are coming out for PE credit or you aspire to make the State podium, we expect the same

### REGISTRATION

[Registration is now open!](#) Student athletes must have their registration complete and submitted to Becky LeMaster in the Athletics Office before they can attend practice.

[REGISTER HERE](#)

### 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](#)

### IMS CORNER

Season starts [April 3rd!](#) Look for updates here and on TeamSnap for registration information.

-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.

T & F group **Band App:**

commitment from you. Set your own goals and expectations for yourselves.

- Shin splint prevention - good shoes, avoid hard surfaces, and exercises like [these](#).

Attendance is a big deal!

**\*\*Joining MIHS Track & Field means committing to  
Monday-Friday practices 3:15-5:30\*\*  
Saturday practices are optional and encouraged**

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## MIHS TRACK AND FIELD 2023 MEET SCHEDULE

Meets begin at 4:00PM

Wednesday, March 15<sup>th</sup> Team Photo  
Thursday, March 16<sup>th</sup> @ Jamboree @ Skyline  
Wednesday, March 21<sup>st</sup> vs Bellevue  
Thursday, March 30<sup>th</sup> MI & Juanita @ Hazen  
Wednesday, April 5<sup>th</sup> @ LW  
April 10-14 Spring Break (practice for those in town)  
Saturday, April 22<sup>nd</sup> @ Eason Invite Snohomish  
Friday, Saturday, April 21<sup>st</sup>, 22<sup>nd</sup> Oregon Relays  
Wednesday, April 26<sup>th</sup> MI & Liberty @LW  
Saturday, April 29<sup>th</sup> @ Shoreline Invitational  
**Thursday, May 4<sup>th</sup> vs Mt Si SENIOR NIGHT**  
Friday, May 5<sup>th</sup> Twilight Meet @ Liberty (distance athletes)  
Friday, May 5<sup>th</sup> Last Chance meet @ LW  
**\*\*Friday & Saturday, May 12<sup>th</sup>-13<sup>th</sup> KingCo @  
Renton Stadium**  
Wednesday Prelims/Friday Finals, May 17<sup>th</sup> & 19<sup>th</sup>  
Districts @ TBD  
Thursday, Friday, Saturday, May 25<sup>th</sup>-27<sup>th</sup> STATE  
@ Mt Tahoma  
Thursday, June 8<sup>th</sup> Tentative End of Season  
Banquet MIHS Commons

<https://band.us/n/a5a28084L6wf7>

**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.

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

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**Meet the MIXCTF Coaches:**

**Head Coaches:**

**Amy Posner Wolff** Sprints/Hurdles  
[amy.wolff@mercerislandschool.org](mailto:amy.wolff@mercerislandschool.org)  
**Stacy Edwards** Sprints/Relays  
[stacy.edwards@mercerislandschool.org](mailto:stacy.edwards@mercerislandschool.org)

**Track & Field Coaches:**

**Susan Empey** - Distance  
**Nicole Nelson** - Jumps/Sprints  
**Piper Casey** - Sprints/ Jumps  
**Lindsey Blaine** - Javelin  
**Enrique Hernandez** - Shot/Disc  
**Mike Grady** - Pole Vault  
Volunteers  
**Victor Gamboa** - Sprints  
**Victor Yan** - Pole Vault  
**Alli Cash** - Distance  
**Jary Krauser** - Distance  
**John Janusson** - Shot/Disc

MIXC and Track Club | PO Box 1531, Mercer Island, WA 98040

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