



TRACK & FIELD: WEEK 15 UPDATES

COACHES UPDATES

Greetings MI Track & Field!

We can't wait to see you at the banquet to congratulate you on an excellent season!

We were curious if we'd ever taken 13 kids to State, so we dug into the archives. Lezley Smith, who started coaching at MI in 1998, determined we took 15 kids to the State Meet in 2009, including, including a boys' 4x1 and 4x400. From what we could find, we've not taken both girls and boys relay teams together within the past 25 years. Fun stuff!

More running opportunities this summer:

50th Annual All Island Track Meet

- Islander 4th and 5th graders
- Friday, June 10th from 1-3:30pm
- MIHS Stadium

Cheer them on or volunteer to help.

6th Annual All Comers Meet

- Thursday, July 7th

Fun for the whole family. Come compete or volunteer. Prior to the start of the event, we will offer a high jump and pole vault clinic for all ages. Be on the lookout for more information in the community and the Band app.

Professional Track Training Available

Local mom, professional runner and trainer, Desiree Ficker, is coaching a group of kids for the Junior Olympics (JO's). She is offering a summer program for high school athletes. Cost for the summer program is \$150 plus the additional track meet fees. Contact desireeficker@gmail.com if your high school athlete is interested.

Coaches Amy & Stacey

MIXCTF BOOSTER NEWS

Are you looking for an opportunity to support this

TEAM BANQUET TOMORROW

June 6th @ 6pm Team Banquet in the **MIHS Commons**. Parents - please join us in celebrating your athlete's hard work and a great season! **Many thanks to those who contributed funds to the club this year. Your donations allow us to serve a Qdoba buffet and cake!**

The last chance to return the uniform and avoid a fee is at the banquet on June 6th. Please have your athletes return their **CLEAN** uniforms (shorts, tank, sweatpants, jacket). We will not accept the uniform if there is still sticky stuff on them.

Please consider bringing **outgrown spikes** to the banquet for donation to future athletes.

See you there!

3 Most Important Words in Cross Country - June, July & August

With track season wrapping up, it's not too early to start thinking about **XC**! Please put the below dates on your calendar and get ready for a great summer of training and fall of **XC** fun! All are welcome and strongly encouraged to join us for a summer of training - and this includes you, rising 9th graders!

June 20, 4:00-6:00 - Summer Kick Off BBQ @ Coach Empey's (7744 85th PL SE) Come learn more about our summer training program, key fall dates, meet teammates, coaches, captains, play some games, and eat some yummy hot dogs (veggie dogs available too).

Summer Training Shirts - \$20 with the Speedy Snail logo pictured below. These will be available at the BBQ and are limited to the stock on hand. 10 each of XS, S, M, and L. To reserve yours feel free to Venmo Coach Empey, [@SusanEmpey](https://www.venmo.com/SusanEmpey), indicating your size in the notes section. Otherwise they will be first come first served at the BBQ. A handful of last year's shirts are also available for \$10.

community of athletes and coaches to ensure all our children experience the program's benefits? The Booster Club has a variety of opportunities that you can choose from. The most pressing need is to fill the Booster Club Volunteer Coordinator and the Communications Coordinator roles. Both roles average 1-2 hours per week for 12 weeks, including post season.

[-Volunteer Coordinator](#)

[-Communications](#)

If interested, please contact [Sarah Smith](#).

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.

MIXC Band App:

<https://band.us/n/aaad71Qbc4sat>

We also have an IG account! Mihscrosscountry This is for fun and TOTALLY optional!

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 Booster Club : email [Sarah Smith](#)



June 20 - Aug 19: Weekly Practice Monday-Thursday 9:00 - 10:30 @ ICP. Fridays at various off-MI locations posted on the [Band App](#).

August 1 - Fall sports registration opens

August 22 - Official season starts (all paperwork, including medical clearance, needs to be submitted by this date)

Sept 2-3 - Overnight retreat at Fort Worden. Space is limited to 50 runners; priority will be given to those who train over the summer.

IMS CORNER

Rising 9th Grade **XC** Runners: Please check out the **MIHS XC** summer kickoff and training schedule to get ready for a great **MIHS XC** season!

Go Gators!

Coach Rennie

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

Peter Sung, Secretary

Aaron Koopman, Fundraising and Swag

Niyati Krauser, Volunteer Coordinator

Karen Weeks, Volunteer Coordinator

Chantel Zettel, Newsletters & Website

Leslie Lawrence, IMS Representative

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

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