



TRACK & FIELD: WEEK 1

COACHES UPDATES

Greetings **MI Track & Field!**

We had a great first week of track practice, with less-than-expected rainfall. Because of the dryish weather, we were able to set up the high jump and pole vault mats, open up the long/triple jump pits, and go over some hurdles. This is earlier than in seasons past, which makes us feel a bit ahead of schedule. Next week is one more full week of practice before we start competing. The following week, on Thursday, March 16th is our jamboree at Skyline with Seattle Prep and Issaquah. Only select regular-season events will be offered. (100, 100/110Hurdles, 400, 1600, High Jump, Long Jump, Shotput, Discus, 4x400m, 4x800m)

Remind your athletes to always come to practice expecting ANY type of weather. We want arms and legs covered to protect their muscles and stay healthy!

Proper running shoes are SO important!

- Get the right shoes for you! [Shoes N Feet](#) on 148th in Bellevue and Super Jock n Jill (Greenlake/Redmond) are both independent running shoe stores that will extend a discount if you tell them you are a high school athlete.
- **Spike Night on Wednesday, March 15th** at Super Jock n Jill in Redmond will have pizza and more importantly, discounts on SPIKES, throwing, jumping shoes as well as discounts on all other items in the store.

More Important Info

- The Spring Sports Parent Meeting is Monday at 6PM. Please attend for more detailed information and Q & A.
- Set your goals! Whether you are coming out for PE credit, you want to get faster/stronger or you aspire to make the State podium, we expect the same commitment from you. Set your own goals and expectations for yourselves.
- Eat mostly whole foods (not processed), plenty of fruits and veggies, avoid caffeine
- HYDRATE! Bring a water bottle to school and practice.

VOLUNTEER CORNER

Calling on our parents - we need you!

MITF Families,

In order for our Track and Field events to run smoothly, our coaches are looking for volunteers to help with several events. Please consider being a part of our parent volunteer team to help support our athletes. **Uniform check out and home meet volunteers needed!!**

[Snacks and Meet Volunteer Sign Up](#)

A Frame Boards: 1 person/family needed update 2 signs on the south end. Task takes 15 minutes, weekly for the season. If interested, please contact Sarah at koopsmith@hotmail.com



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](#)

- Get solid sleep. Suggested teens get 8+ hours a night.
- Shin splint prevention - good shoes, avoiding 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**

Please email amy.wolff@mercerislandschools.org for all attendance situations. If you know of a preplanned trip, appointment etc. please email me ASAP. If I receive it before the end of week of this week, it will be approved. Please see attendance in the [handbook](#)

Amy Posner Wolff
Co-Head Coach
MIHS Track & Field

MIHS TRACK AND FIELD 2023 MEET SCHEDULE

Schedules can be found on [athletic.net](#) or the [MIXCTF website](#).

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.

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).



COACHES

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!](#)

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

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.

-Coach Rennie

STAY IN TOUCH

Parents and athletes, please keep your BAND App

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.



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>

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

REGISTRATION

It's not too late to register! Student athletes must have their registration complete and submitted to Becky LeMaster in the Athletics Office before they can attend practice.

[Get registration information here.](#)

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

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