



MIHS Cross Country Starts Tomorrow

COACHES UPDATES

Here we go!

Greetings MIXC families! Our season begins this Monday and speaking on the behalf of the coaches and the captains, we are all very excited. We hope you are too!

The first two weeks the schedule is always a bit wonky as we try to take advantage of cooler morning temps and a variety of locales while runners are not in school. I realize some of this conflicts with Fee & Photo (F & P) days, but your student can attend ANY F & P session so I encourage them to attend practice Tuesday morning and Tiger Mountain on Wednesday and then hit F & P on either of the afternoon sessions.

Also, in order to attend practice everyone must be completely registered. This means students have signed their appropriate forms and physicals are uploaded. Even if they're not completely registered they should still attend the first portion of practice Monday to hear announcements, meet the coaches and captains etc. but until registration is complete they will need to do a run on their own. Please note, coaches are unable to accept forms - they must be submitted online.

****Alert – please be sure to check the Band app for practice updates. Smoke forecast Monday morning is high so we may shift practice to the afternoon****

Monday, August 21 9:00** - 11:00 @ ICP

Tuesday, August 22 9:00 - 11:00 @ ICP

Wednesday, August 23 8:00 - 11:30. Meet at MIHS, bus to Tiger Mountain to earn your first MIXC swag (thanks boosters!) and return to school by 11:30.

Thursday, August 24 9:00 - 11:00 @ ICP. 3k Time Trial @ Pioneer Park.

Friday, August 25 9:00 - 11:00 @ Super Jock N Jill in Redmond. "Spike Morning" where you can purchase training shoes/ spikes/ apparel for 15% off and we will run on the nearby paved trail.

Saturday, August 26 9:00 - 10:30 Optional but encouraged practice at Newcastle Beach Trail

Monday, August 28 9:00 - 11:00 @ Luther Burbank
Mandatory Student-Athlete Meeting 3:15 - 4:00 @ MIHS Amphitheater

Highly Encouraged Parent Meeting @ MIHS

VOLUNTEER CORNER

Support opportunities this week:

[Sign-up Now!](#) Volunteers still needed for:
Wednesday, Aug 23 - Drop off paper cups
Thursday, Aug 24 - Snacks/Supplies/Timers for Time Trials at Pioneer Park

Uniform Distribution:

4 volunteers are needed on Friday, September 1st at 3:00pm to hand out uniforms. Pictures for the yearbook will be taken the same day. If you have a flexible schedule please consider donating 90 minutes to the team [Uniform Distribution Sign-Up](#)

Snacks and Meet Volunteer Sign Up:

Please sign up for our post race snacks, drinks and race day volunteer positions. Our runners give it their all and need healthy snacks and fluids to aid in their recovery and cheer on their teammates. We are also looking for volunteers to help out with one home meet. We look forward to cheering with you out on the race course soon.

[Post Race Snacks and Meet Sign Up](#)

SPECIAL EVENTS

ANNUAL XC RETREAT Sept 2nd-3rd:

Annual XC retreat at Fort Worden is this Sept 2-3. It's a 2 day event focused on training, team bonding and goal setting. We have space for 45 athletes with priority given to those who trained throughout the summer. There are 5 remaining spots and we'll hold a lottery Tuesday if there are more than 5 interested athletes. Costs \$170 which includes lodging, meals and transportation.

Questions? Contact Susan Empey, MIXC Head Coach at

susan.empey@mercerislandschooldistrict.org

THIRD ANNUAL BBQ SOCIAL Sept 10th: The

Amphitheater 6:00 (all sports meet here and then individual sports break out from there - PLEASE COME!)
Tuesday, August 29 9:00 - 11:00 @ ICP
Wednesday, August 30 1st day of school! 3:15 - 5:15 @ MIHS JV Fields
Thursday, August 31 Same as above
Friday, September 1 3:15 - 4:45. Uniforms will be distributed.
Saturday, Sept 2-3 Retreat Depart MIHS @ 8:00am return at 4:30 on Sunday. We have room for 5 more runners.

Join the Band App! It is critical your athlete use the Band app, where a great deal of communication takes place. Parents are encouraged to join too, but it is essentially mandatory for athletes:
<https://band.us/n/afa79429f4cfG>



Please note 8 official practices are required to run in either the Class Jamboree or the Tahoma Relays. 10 practices are needed to participate in all other meets.

Meet schedule can be found here:
<https://www.athletic.net/team/410/cross-country/2023>

Last, but not least, in case you missed it please note the parents meeting on August 28. Even if you've attended in past years, please make a point to attend this one too – learn about the specifics of this season, meet the captains and coaches, and meet other parents!

This is going to be a fantastic season and we can't wait to get started.

Go MIXC!

Coach Empey

goal of this event is to bring together the entire Island XC community (parents and IMS/MIHS athletes) for a chance to meet, mingle and support our young athletes. There will be an opportunity to hear more about the programs from head coaches, Susan Empey and Stephen Rennie. The event will be held at the Mercer Shore Club, starting at 5pm. Boosters provide hotdogs, condiments and water. You bring yourselves, bathing suits and sides.
[MIXC Kick-Off BBQ Social Sign Up](#)



SWAG STORE

In need of spirit wear that promotes your favorite sport? Can't get the stain and stank out of last year's shirt? You are in luck. We have 2 Pop Up Gear stores with this year's Captain's Logo and the Classic Logo. Quick delivery times, so ordering now means you'll have them just in time!

MIXC swag from [Gear Up available here](#) or order swag from the [IMS/MIHS Spiritwear Store](#).

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

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