



## TRACK & FIELD: PRE-SEASON INFO

### COACHES UPDATES

#### Greetings MI Track & Field!

#### Prepping for the season (and life)

**-Start moving TODAY!** - Make sure you are running, lifting, moving now in order to make the first day of practice easier.

**-Running shoes** - Shoes are the only piece of equipment between your body and the ground. Running in the correct shoes for YOU will protect your body from the pounding, preventing shin splints and other injuries. Support local small businesses such as [Shoes-N-Feet](#) or [Super Jock & Jill](#). Let them know you are a high school athlete and they usually extend a discount to you.

**-SLEEP** - Our bodies rest, repair and recover during sleep. ["Treat sleep with as much importance as athletic training and diet."](#) (read this article on the benefits of sleep) Eight to 10 hours of sleep a night is recommended for the average teenager.

**-Nutrition** - Fuel your body as if it were a race car that you want to drive as long and as fast as possible. Fill it with SUPREME fuel. [At least half of our daily food consumption should include fruits and vegetables.](#) Avoid soda/sugary drinks, caffeine(dehydrates), avoid processed foods, eat **real whole foods as often as possible.** **DRINK WATER!** Have a water bottle with you all day including at practice.

**-Goals-** Start thinking about what you want to achieve this season. [Write them down; the goals and your planned steps to achieve them.](#)

Looking forward to seeing you on the track!

Coaches Amy & Stacy

#### Meet 2 of our assistant coaches

##### Scott Levering - Pole Vault

Scott is the pole vault coach for our team. This will be his 14th year coaching track (9 years at MIHS). At the age of 11, Scott started pole vaulting onto a trampoline in his backyard where his dad, Coach Bob, made a makeshift pole vault pit for his 4 boys. Scott continued to pole vault through college, where he received his teaching certificate in P.E. and Health Education. What Scott enjoys most about coaching track is creating a fun, challenging, and rewarding learning environment where athletes can develop skills that they will benefit from throughout their lifetimes.

### REGISTRATION

[Registration is now open!](#) Student athletes **must** have their registration complete and submitted to Becky LeMaster in the Athletics Office by **February 28th** to participate. If registration has not been submitted by the 28th, athletes will not be able to practice with the team until the paperwork has been turned in.

[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 [March 28th!](#) Look for updates here and on TeamSnap for registration information.

-Coach Rennie

### MIXC Corner

Long distance runners - it's never too early to get some key dates on the calendar for new and returning **XC** runners. Please factor the below in when planning your summer vacations. Thank

### Susan Empey - Distance

Susan Empey joined MIHS as an assistant boys and girls cross country coach in 2017 and became the head coach in 2018. She has coached distance track since 2018. MIXC recently completed a very successful season, with the boys winning KingCo for the first time since 2008, both girls and boys teams advancing to Districts, and boys finishing 9<sup>th</sup> at State.

While not a runner in high school she competed at the state level in swimming all four years at Kennedy High School but fell in love with running while a student at Santa Clara University. After eventually returning to Washington state she began running more competitively and qualified twice for the Olympic Trials in the marathon and won several national masters titles in XC, track and road racing. She also qualified twice for the Age-Group World Championships in the ½ Ironman distance.

Susan's two children, Megan and Peter, graduated from MIHS and she and her husband, Gordon, happily still live on Mercer Island.

### Important Dates:

**Monday, February 14** last preseason speed training @ 3:15

**Monday, February 28** First day of Practice! @ 3:15

**Monday, March 7** @ 6 in PAC Mandatory Spring Sports Parent Meeting

**Monday/Tuesday, March 14/15** Uniform check out

**Friday, March 17** @ 3:15 pictures in the stadium

[T & F Field meet schedule](#) can be found here

### Meet our Captains:

Jaya Woerner (Sprints/Jumps 12th)

Jaya Krauser (Distance 12th)

Conor Mulligan (Throws 12th)

Aimee Graesser (PV/Hurdles 12th)

Luke Sandmaier (Distance-12th)

Mackenzie Monen (Sprints-11th)

Samuel Hill (Sprints-11th)

Madelyn Sung (Sprints-11th)

Ryan Koopman (Distance-12th)

Erin Eng-Mullen (Sprints - 12th)

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## TRAINING SCHEDULE

**M, T, TH @ 3:15pm** - meet at the track

**M & Th @ 4:30-5pm** - weight room

**MONDAYS February 14 @ 3:15** on the track all sports welcome to join FUN agility, strength, speed & flexibility training with Amy!

[Click here for the Track & Field Meet Schedule](#)

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you!

**-MIXC Kick-Off Picnic @ Coach Empey's house - June 20<sup>th</sup>**

-Weekday practices throughout the summer: M, W, F mornings 9:00 -10:30

-Wildwood Camp for girls: June 27 - July 1  
[wildwoodrunning.com/overnight-camp](http://wildwoodrunning.com/overnight-camp)

-White Pass Camp for guys/ girls (this will fill up soon, if it hasn't already): July 24-29  
[sunfairrun.com/clearlakexccamp/index.html](http://sunfairrun.com/clearlakexccamp/index.html)

-Fall Season begins: August 22

**-MIXC Retreat @ Fort Worden: Sept 3-4**

Join the MIXC group Band App for the most up to date training changes/updates:

<https://band.us/n/a9ad5345N2DcZ>

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## 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>

**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.

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### Meet the MIXCTF Booster Board Members:

Amy Posner Wolff, Co-Head Coach MI Track & Field

Stacy Edwards, Co-Head Coach MI Track & Field

Scott Levering, Assistant 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, Volunteers

Chantel Zettel, Newsletters

Leslie Lawrence, IMS Representative

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