



## TRACK & FIELD: PRE-SEASON INFO

### COACHES UPDATES

#### Greetings MI Track & Field!

We are so excited for our first full track season in two years! Our track program is so 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, 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.

Looking forward to seeing you on the track!

Coaches Amy & Stacy

#### Meet our new co-head coaches:

##### **Coach Amy Posner Wolff**

I am very excited to start my 21st season coaching MIHS track. I guess after 20 years it was time for me to add "co-head" to my hurdle/spring coach title. I am a local girl, graduated from Lake Washington High School where my coach Roger is still coaching. My senior year he said something that changed my life, "When you run in college..." Up until that point I had never considered running at the next level. He encouraged me to walk on the University of Washington track team where I ran the 400m Hurdles. I can not imagine a spring without track. I coach because of Roger.

After completing my Masters in Physical Ed/Sports Admin at Seattle Pacific University, I became the Recreation Director at the Bellevue Club. In 2001 I missed being part of a track program, so I reached out to local high schools. Mercer Island was the only one hiring. Fast forward, I ended up moving to MI, having three kids, and falling in love with the community. I volunteered, coached and pre-covid I managed the MI Orangetheory, where I currently coach on Sundays (come take

### SWAG SALE!

Hurry - Only  
2 days left!



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 parents and more. The 2022 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. Certain items are available with the traditional Club logo. Every item is available to anyone, young and old.

Delivery times are 7-8 weeks because of world wide procurement problems, but to start the clock ticking as soon as possible the store is **CLOSING February 8th!**

For Mercer Island Track and Field logo Apparel :

<https://bsnteamsports.com/shop/MITANDF22>

*If you have any questions please contact Aaron Koopman (aaronkoopman@yahoo.com).*

**Go MITF!**

**MIXCTF BOOSTERS**

### 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](http://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!

my class:) Never in a million years did I expect to still be coaching at MIHS AND have one of my children on my team! My son AJ is a junior shot putter.

### Coach Stacy Edwards

Stacy is in his fifth season with the Mercer Island Track program and his ninth year with MIHS Athletics. Stacy is currently an assistant coach with the Mercer Island Boys Basketball team and spent six years coaching in the Girls program. Prior to joining Mercer Island Athletics, Stacy coached multiple sports at the middle and high school levels, in addition to high level football coaching at the University of Montana and various Arena Football teams across the country.

Stacy has extensive athletic experience, competing in high school basketball, football, and track and field at Pasco High School. After high school, he went on to compete in track & field and play football collegiately at The University of Montana. After college, Stacy played professional football in the CFL, AFL and IFL. He also has extensive officiating experience in both basketball and football.

Stacy states his coaching philosophy as: An athlete's character is more important than their talent! My goal is to create well-rounded players on the court/field/track as well as in the community and classroom. I strive to enhance the talents and confidence of my players, while developing their leadership skills, self-discipline, and work ethic.

### Important Dates:

**Tuesday, February 8 @ 3:15** in Commons Student Pre-season Track-meeting

**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 18 @ 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 (D-12th)

Mackenzie Monen (S-11th)

Samuel Hill (S-11th)

Madelyn Sung (S-11th)

Ryan Koopman (D-12th)

## 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

**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 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>

## 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 group Band App:

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

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.

**Meet the MIXCTF Booster Board Members:**

Amy Wolff, Head Coach MI Track & Field

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](#)

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## TRAINING SCHEDULE

**M, T, TH @ 3:15pm** - meet at the track  
**M & Th @ 4:30-5pm** - weight room

**MONDAYS February 7 & 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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**Stacy Edwards**, 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