



TRACK & FIELD: WEEK 3 UPDATES

COACHES UPDATES

Greetings MI Track & Field!

Week two is in the books! The athletes are working hard, staying focused and having great attitudes. It's going to be an exciting season! Starting on Monday will be tightening up the attendance policy. If you are not thoroughly aware of our policies, [please read the handbook](#) which lives on our website <https://www.mixctf.com>.

****Joining MIHS Track & Field means committing to
Monday-Friday practices 3:15-5:30**
Saturday practices are optional and encouraged**

Absence Policy:

- Absences and tardies must be excused by a parent (or teacher if academically related), done by email to: amy.wolff@mercerislandschools.org including athlete, coach and parent/teacher.
- Academic PERFORMANCES supersedes practices. The in-season sport, Track and field, supersedes all other commitments.
- Three unexcused absences will result in removal from the team.

Next week, Monday and Tuesday we will be issuing uniforms, starting with seniors. Wednesday is our inner-squad mini meet. The following events will be offered in this order; 100m, 1600m, 200m, 800m, 400m. Field events will be shot put and disc, high jump, long jump and triple jump. (no hurdles, javelin, or relays).

It is still cold and wet out. Please remind your athletes to come prepared to practice with their upper and lower body covered.

Please remind your athletes to bring their uniform sweatpants and jacket on Thursday, March 17 for our team pictures.

Note: There is no school on Friday, March 18th, but there will still be practice at the regular time.

Coaches Amy & Stacy

POP UP SHOP

Last Day to Shop - closing tomorrow, March 14th! Check out the cool **MI Track & Field** gear - now including youth sizes for our **MI Gators**. Orders must be placed by **March 14th**. [Click here to order!](#)

VOLUNTEERS

Hello Parents! 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](#) and have the opportunity to cheer on and support our athletes. Thanks in advance for your consideration and please [contact me](#) if you have any questions.

-Niyati Krauser

Click on the [SignUp Genius](#) link to see volunteer opportunities!

IMS CORNER

Official practices start **Monday, March 28** after school and our first meet of the season is Thursday, April 21 at Islander Middle School (vs. Twin Falls MS). I am attaching the [2022 Season Schedule](#) to this email along with an FAQ sheet that gives you the [TOP 10 details](#) about Track & Field at IMS. The eligibility packets are available on the school website at: <https://www.mercerislandschools.org/Page/6977>

Please make sure and turn your paperwork in as soon as possible. You can drop it off at the main office or give it directly to me (Mr. Rennie in Room #304).

Starting last week, I will be organizing unofficial preseason conditioning practices on Tuesdays and Thursdays after school. We will meet for stretching on the IMS Track at 3:00 pm. You will then have a workout run to do, and we will finish up by 4:00 pm (in time for the Activity Bus).

Important Dates:

Monday/Tuesday, March 14/15 Uniform check out

Wednesday, March 16 inter-squad meet during practice (**NEW DATE**)

Thursday, March 17 @ 3:15 pictures in the stadium

Monday June 6, Team Banquet in the MIHS Commons

Click [here](#) to read all the Coach bios!

[T & F Field meet schedule](#) can be found here. (check back frequently as dates/locations may be added or changed). All meets begin at 4pm.

TEAM PHOTOS

Photos on Thursday March 17th are available for online ordering by using Picture Day ID: **EVTQBG4B** through www.mylifetouch.com.

*NOTE photos will be mailed directly to families now**

DONATIONS

Take care of your [MI Track and Field donation](#) by logging onto our website mixctf.com to pay with PayPal Giving or Zelle! Thanks for your financial support of our **MIXCT&F** family!

Thank you to everyone who has donated to **MIXCTF!**

MIHS:

Anonymous
Elizabeth Carson
Prisca Nancy Coupe
Jessica Crump
Matt Dahlin
Rachel Drake
Laurie Snyder & Mitch Eide
Janelle Evanoff
Anthony Fan
Danica Knievel
Aaron Koopman
Niyati & Jary Krauser
Michael Leavitt
Heather Martin
Yani Maryani
Yvonne Monahan
Alison Monen
Saderuddin Noorani
Sharon Nguyen
Leilani Paras
Amy Posner Wolff
Maurica Powell
Adam & Karla Rimmer
Kelly Rogan
Faith & Jason Sandmaier
Mickey & Christian Schiller
Susan Shenoi

Those preseason workouts start on Tuesday, March 8 and continue until the season starts.

Finally, I want to let you know about the **MIXC and Track Booster Club**. This fantastic, parent-run organization helps our team out with funding for extra coaches, team transportation, equipment, uniforms and even pizza parties! They need your help to fund these great efforts, so please think about a donation to the booster club. You can access their website at <https://www.mixctf.com/ims> to make a donation or to find out more about what they do for our program.

If your athlete wants **Mercer Island Track & Field** branded sweats, workout shirts, shorts, etc. the booster club has setup an online shop at: <https://bsnteamssports.com/shop/MITANDF2>.

Check it out soon, because the online shop will close tomorrow on March 14, so that our gear arrives during the season.

Coach Rennie

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>

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 Board: email [Faith Sandmaier](mailto:Faith.Sandmaier)

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
Aaron Koopman, Fundraising and Swag
Niyati Krauser, Volunteer Coordinator
Karen Weeks, Volunteer Coordinator
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