



CHAMPIONSHIP SEASON GOING STRONG!

COACHES UPDATES

Championship Season - MIXC is rolling!

Sky high expectations for both boys and girls varsity teams this season, yet they have somehow exceeded them. Dominant wins at KingCo last week were fun, but performing how they did at District was even better. **The goals for both teams were to be in the top 5 so they could advance - as teams - to State. Both teams crushed it.** Boys were seeded 3rd but ended up 2nd behind Seattle Prep, beating Blanchett who had, on paper, looked unbeatable. Blanchett will be out with a vengeance next Saturday, but any time you beat them it should be celebrated. And I actually think we have a shot to beat them again on an even bigger stage...



The girls were nothing short of amazing. Last year they finished 11th out of 12 teams at District but Friday their score tied for 2nd, with the tie breaker going to Roosevelt. We coaches were so proud - the girls ran with heart, ran so strong, and nailed several PRs when it mattered most. **The girls had not qualified for State as a team since 2015, and it had been since 2014 that BOTH teams advanced. So yes, Friday was a momentous day.**

DONATE!

Our big expenses, the End of Season Celebration and coaches gifts, are just around the corner. If you are planning on donating please take care of your MIXC donation by logging onto pay with PayPal Giving or Zelle:

[Donate | MIXCTF](#)

Thanks for your financial support of our MIXC family!

And thank you to everyone who has already donated to MIXC.

MIHS

Anne & Brett Gerry
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Much to celebrate on an individual level too. Following up on their KingCo wins, **Owen and Sophia R** also won District titles. But not far behind them were teammates earning 1st and 2nd All Team District honors - **Victoria Rodriguez (2nd) and Bodie Thomas (3rd) and Matthew Lawrence (9th)**. Please congratulate all runners: **Sophia Fan, Dora Cheng, Sofia Loop, Mia Kinney, and Sophia Sung** on the girls side and **Bridge Gerry, Silas Rennie, Linus Hykes and Clark Koopman** on the boys side. It take guts to stand on that start line when stakes are high and they were all fantastic.

Up next is State, Saturday, Nov 4 in Pasco at the Sun Willows Golf Course. While it is a haul, it's always fantastic to have family and friends come cheer. The environment is electric and obviously the support is welcome. Girls race first at 1:00 with the boys at 2:30. Weather permitting we encourage everyone to stop in Ellensburg for celebratory burgers and shakes at the Red Horse Diner on the way home.

And speaking of celebration, we will all celebrate a great season Wednesday, Nov 8 in the MIHS Commons, 5:30 - 7:30. Dinner from Qdoba thanks to your donations (it's not too late!)

Beyond proud and impressed with MIXC thus far but still looking forward to finishing this season STRONG!

Go MIXC!
Coach Empey

VOLUNTEER CORNER

END OF SEASON CELEBRATION SET-UP: Help us prep for the party! We are looking for several volunteers to help set-up tables, put out chairs and arrange the buffet. [Sign-Up Here](#)

THANK YOU!

THANK YOU, VOLUNTEERS!

MIHS: Thank you **Erin Schulz & Leslie Lawrence** for helping collecting our athletes' clean uniforms to store until the spring Track & Field season. Chocolate milk for districts was provided

Rachel & Kyle Garton
Rebecca & David McKanna
Sarah Smith & Aaron Koopman
Stephanie & Chad Parmenter
Susan Biggins & Thomas Henderson
Sylvia & William Bailey
Vanessa & Brandon Nelson
Youngae & Floyd Sandoval

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Maurica & Andy Powell
Michael Kang
Michael Ross
Michelle Padden
Michelle Munn
Morgan Shook
Patrice & James Rousell
Nitasha Singh
Ryan Shelton
Ryan Tacher
Saad Zehni
Samuel Browd

by Youngae Sandoval. Thank you!

IMS: Our End of Year Celebration was a blast! Thank you to all the families that contributed to very generous coaches gifts and to the pizza party. Our fantastic party helpers included: **Nikki Ahrenholz, Monique Mogenson, Agnieszka Louden, Cynthia Powell, Alison Cundall, Anna Becker, Michelle Baldwin, Lynette Dufton, and John Hoffman.**



Samuel & Yostir Youssef
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