



FIRST MEETS ON DECK THIS WEEK!

COACHES UPDATES

Great 2nd week of the season!

We logged a productive week of training, reinforced the importance of fueling, distributed uniforms (thank you Erin, Leslie and Sarah!) and held a 2 day retreat at Fort Worden for 48 teammates. We will all catch our breath and take today (Monday) off.



This upcoming week will be equally great as we finally get the opportunity to showcase our athletes' fitness.

Tuesday: Meet at the outdoor amphitheater for **team pictures at 3:15**. Bring your singlet and black shorts to practice. If you missed uniform distribution day, we will have singlets available but come early, please. Practice will end at 5:15.

Wednesday: For those with 8 official practices we will head to Lower Woodland Park for the **Class Jamboree 2 mile race**. Freshmen boys race first, Senior girls last, with races starting every 20 minutes. Schedule here:

<https://www.athletic.net/CrossCountry/meet/223736/info>. Our bus will leave promptly at 2:45 so your athletes will need Whammos in order to depart class at 2:35 (not earlier). For those not racing at the Jamboree, practice is 3:05 - 4:45.

Thursday: 3:15 - 5:15

Friday: 3:15 - 4:45

Saturday: Tahoma Relays! This is a purely optional but fun meet for those with a minimum of 8 practices. Teams are comprised of 5 co-ed

THANK YOU!

Many thanks to Erin Schultz, Leslie Lawrence, and Sarah Smith for distributing uniforms on Friday. This sets our team up for the week. Tuesday is team photos and Wednesday is our jamboree.

And thank you to everyone who has donated to MIXC:

Aaron Koopman & Sarah Smith
Erin Schultz & John Thomas
Frances & Thomas Chen
Jeanne & Scott Kesapradist
Julie & Ken Duffie
Maurica & Andy Powell
Vanessa & Brandon Nelson

Corporate Donors
BECU

Take care of your MIXC donation by logging onto our [Donate | Mixctf](#) to pay with PayPal Giving or Zelle! Thanks for your financial support of our MIXC family!

VOLUNTEER CORNER

Upcoming: September 5th Pasta Feed. Big thank you to the Kolpa family for hosting the upcoming pasta feed at their home (7626 E Mercer Way). Help is still needed, please volunteer to bring hot sides [Hot Side Sign-Up](#). Dinners are potluck style and attending athletes contribute bread (fresh), salads (sophomores), desserts (juniors), beverages (seniors). Pasta feeds run from 6-7:30pm.



individuals where each athlete runs a 3k. We will discuss at practice Tuesday but runners can make up their own relays or run in the open race if preferred. The fun part of this race comes at the end, where the finish line involves running through a lake! Bus leaves at 7:00am and returns by noon.

Would love for you to show some MIXC pride with our first ever yard signs! Details below.

Coach Empey

WE ARE LISTENING TO YOU!

Last year our athletes asked if we could create signs to demonstrate team pride like other school sports. Our first ever **Cross Country Lives Here** signs are available on a first come, first serve basis. Signs will be distributed at the Potluck BBQ Social on Sunday, 9/10. Cost is \$20, payable by cash, credit card or check made payable to MIXC & Track Club.



Questions? Contact Youngae Sandoval, MIXC Volunteer Coordinator at kooki900@yahoo.com

SPECIAL EVENTS

THIRD ANNUAL BBQ SOCIAL Sept 10th:

The 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!

Store 1 with Captain / Special Logos: [Mercer Island High School Cross Country \(gearupsports.net\)](#)

Store 2 with Classic Logo: [Spiritwear Homepage \(snap.store\)](#)

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