



MIHS TRACK AND FIELD HANDBOOK 2025

Updated March, 2025

MIHS Track & Field Philosophy

● **Track and Field** is a **fun, challenging, and rewarding** sport for all participants. There are **opportunities for all** student-athletes to **achieve success** no matter their ability. It is our goal to provide student-athletes with opportunities for **positive, personal growth** as they transition from adolescence into young adulthood. **Practicing healthy habits; Setting challenging and achievable personal goals; Improving communication skills; Working as a team towards common goals, Developing positive relationships; Achieving success with hard work, determination, and grace.** The Mercer Island Track and Field program is a varsity sport of integrity with high expectations of all our participants.

Mission Statement

● Using the track and field experience to provide student-athletes with the tools necessary to be successful, productive, and healthy individuals.

Expectations

● Academics

Student-athletes are leaders in the classroom as well as on the track. In addition to following the Mercer Island School District policy regarding [grades, attendance and Athletic Code](#). They will maintain eligibility with passing grades. A grade check will be run 2-3 times during the season.

● Respect

Student-athletes always show respect to their peers, coaches, staff, officials, and competitors. Student-athletes are proactive in communication, assume self-responsibility, and follow all coach instructions. They are to be thoughtful, engaged, present, respectful, and helpful both at home and away. We will leave our space better than we found it.

● Effort

Student-athletes must be on time for all practices/meets and put forth their **full effort daily**. Student-athletes will set **personal goals** and work hard towards achieving those goals on and off the track.

● Team

Track and field is a **TEAM** sport! As a team member, it is expected that all student-athletes support each other during races as well as workouts. Student-athletes are expected to compete in every event asked of them by the coaching staff.

Attendance

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

● Practice Attendance

- Athletes will be on time to practice
- Athletes will remain at practice until excused by their event coach
- Leaving a practice or a meet without prior approval of a coach will be considered an absence
- All tardies of more than 1 hour are considered absences

● Meet Attendance

- All attendance policies outlined for practices apply to meet attendance as well
- Athletes must ride the bus to and from meets (students may not drive themselves)
- Athletes are expected to stay until the end of the meet
- In the event an athlete needs to leave early from a meet, the **parent/guardian must** sign their child out with the coach. A student is only allowed to leave with their own parent/guardian.
- WAMO's for not more than 15 minutes early release from class

Must attend 60% of classes to be eligible for practice and competition that day

- **Absences**

- **Absences and tardies must be excused by a parent (or teacher if academically related), done by email to amy.wolff@mercerislandschools.org including the athlete, coach and parent/teacher. Academic PERFORMANCES supersede practices. The in-season sport, Track and field, supersedes all other commitments.**
- **Medical (mental or physical) appointments are excused**
- **Weekly commitments such as other sports, tutoring, music, robotics, work, etc. are NOT excused (based on WIAA rules)**
- **Injured athletes shall continue to show up or check in with their event coach**
- **Three unexcused absences will result in removal from the team.**

Consequences for Failure to Meet Expectations and Attendance Policy

Failure to follow team expectations, attendance policy, athletic code, and school rules can result in suspension or dismissal from the team. The head coach has the right to immediately remove an athlete from the team if the severity of the incident warrants it.

- 1st offence – Verbal Warning
- 2nd offence – Meeting w/parent & athlete
- 3rd offence - Removal from the team

Relays will be determined by the top 4 times run during the current season. With this said, the coaches ultimately make the relay team decision based on times as well as merit, ie. commitment to the team, seniority, and attitude.

NO Outside coaching (club teams or private coaching) shall interfere, coach, or instruct athletes during the high school season. Any recommendations from outside sources must be communicated prior to the start of the season. To provide clear and concise coaching it is imperative that athletes don't receive conflicting information. It is against WIAA policy to be coached in WIAA competition by non-WIAA coaches.

Health and Nutrition - Training continues before and after practice by fueling and hydrating with proper nutrition, choosing whole foods as often as possible. As important as nutrition and training is healthy sleep hygiene (8 hours of sleep is recommended for teens). The body does its "rest and repair" during healthy sleep hours.

Wash Uniforms Weekly – Lane stickers are worn during races. Please be sure to remove the stickers right after your race and place them in the trash. Students will be fined for uniforms being turned in with sticky residue.

Pasta Feeds! Enjoy bonding with the team and coaches!

JV/PE Credit

To receive PE credit, student-athletes are required to be, at minimum, JV athletes. JV athletes must comply with all criteria below.

- Compete in at least 4 meets
- Have no more than 3 unexcused absences
- Meet all team expectations outlined above

Varsity Lettering Pathway #1

- Place in the top 16 in at least one event at the KingCo Championship Meet
- Have no more than 3 unexcused absences
- Meet all team expectations outlined above

*May be amended in the case of extreme medical illness or injury, a note from parent/doctor, and communication with the head coach. The coaching staff reserves the right to amend policies as needed for special circumstances.

Varsity Lettering Pathway #2

The coaching staff may award a letter to athletes who meets and exceeds team expectations; Attend all practices/optional practices, attend team social events, give exceptional effort at practice and meets, support and motivate teammates.

More information on our website mixctf.com

Sign up for weekly newsletter by emailing mixcinfo@gmail.com

Stats and schedules can be found on Athletic.net

MIHS Track and Field 2025 Schedule
Meets begin at 4:00PM

Mon. March 3 First Day of Practice

Sat. March 8 Team Building Yoga & Bagels

Tue. March 11 Parent Meeting

Sat, March 15 Super Jock-N-Jill Greenlake "Spike Night" in the daytime 9-11

Thur. March 20 MI vs Interlake

Fri. March 21 Team Photos

Thur. March 27 @ Memorial Stadium Hazen

Sat. March 29 Issaquah Icebreaker Invite

Fri/Sat April 4-5 Oregon Relays

Wed. April 9 @ Juanita w/LW

Fri/Sat April 11-12 Arcadia Invite

Wed, April 23 MI vs Newport

Fri, Apr 25 Nike/Jesuit Twilight Relays

Thur. May 1 @ Inglemoore

Sat, May 3 Shoreline Invitational

Wed. May 7 MI vs Northcreek (Senior Night)

Fri, May 9 The Liberty Twilight

King Co May 9 & 11 @ Renton Memorial Stadium

Districts

Thu-Sat, May 29-31 WIAA 2A, 3A, 4A State Championship

Head Coaches:

Amy Posner Wolff Sprints/Hurdles amy.wolff@mercerislandschool.org

Stacy Edwards Sprints/Relays stacy.edwards@mercerislandschool.org

Susan Empey - Distance

Nicole Nelson - Sprints/Jumps

Piper Casey - Sprints/Jumps/Relays

Enrique Hernandez - Throws

John Janusson - Throws

Victor Yan- Pole Vault

Scott Levering -Pole Vault

Mike Grady - Pole Vault/HJ

Jeffery Tian – Pole Vault