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# MIXC 2023 – MAXIMIZING MOMENTUM

PARENT MEETING



# COACHING STAFF

- Susan Empey ([susan.empey@mercerislandschools.org](mailto:susan.empey@mercerislandschools.org))
- Eric Goldhammer ([eric.goldhammer@mercerislandschools.org](mailto:eric.goldhammer@mercerislandschools.org))
- Gavin Cree ([gavin.cree@mercerislandschools.org](mailto:gavin.cree@mercerislandschools.org))
- Maddie O'Meara
- Dyan Simon



# TEAM CAPTAINS & TEAM SNAPSHOT

- Owen Powell
- Sophia Fan
- Addie Schiller
- Megan Sandoval
- Durham French
- Nikesh Woerner
- Linus Hykes
- Clark Koopman



# WHAT IS CROSS COUNTRY?

Team sport	Individual sport	Pure sport
The places of each team's top five finishers are added together for a team score. Lowest score wins.	Support comes from team, but ultimately it is only you who will do the work – and succeed (or give up).	The first person across the finish line wins. He scores one point.
Only 5 runners score but 7 runners may impact results. The 6 <sup>th</sup> and 7 <sup>th</sup> runners serve not only as insurance but may also add to the score of opposing teams by finishing ahead, or displacing, those teams' scoring athletes.	There will be physical gains, but many of important benefits will be on the mental side. XC will teach you the value of hard work and patience. It will develop your mental toughness.	No convoluted rules, no time outs, no substitutions, balls.  No one sits on the bench!
	If you are healthy you will compete in meets. It makes no difference if you are the fastest athlete or the fiftieth fastest.	



# COACHING PHILOSOPHY, TEAM CULTURE & SEASON GOALS

Foster a lifelong love of running focusing on characteristics that will serve athletes throughout life:

- Hard work, perseverance and delayed gratification
- Foster positive peer and coach relationships
- Support and celebrate growth!

Goals this season:

- Embrace the process, enjoy the journey
- Win KingCo → both teams to State!
- Value all who are striving to improve



**BIGGER ≠  
BETTER**

**NO CUT SPORT  
≠ EASY SPORT**

**Cross Country is hard**

**PE credit is earned and not  
granted by merely showing up.**

**70 committed > 90 uncommitted**

# TEAM EXPECTATIONS

**We have practice 6 days a week, and while Saturday is not mandatory, it is highly encouraged.**

**To earn PE credit, JV standards must be met:**

- **85% of all M-F practices (38 practices) between August 21 – October 18**
- **Participation in at least 4 regular season meets, including invitationals, + your end of season meet.**
- **Participating to the “best of one’s ability”**
- **Be respectful to teammates, coaches, captains and fellow competitors.**

**Minimum attendance requirements to be MIXC team member**

- **Each Friday starting September 15 (end of week 4), athletes who have attended fewer than 75% of M-F practices/meets since the first day of school (August 30) will be removed from the roster.**

# **VARSIY CONSIDERATIONS**

- To earn a Varsity letter the below are critical factors considered:
  - Qualifying for the KingCo meet. 9 will run.
  - Top-3 overall in the Sub Varsity meet
  - Seniors with  $\geq 3$  years of participation and who attend 90% of all M – Sat practices/meets
  - Team leadership and offseason preparation
  - Coach discretion



# MILEAGE MATTERS

This should not be mistaken for run as fast and far as you can every day.

- We operate on a numbers system, with a TEN representing the max weekly mileage
- Mileage targets by grade/ running age.
- For those primarily targeting PE credit, they will be targeting Freshmen mileage levels.
- Emphasis on long term development. Year over year improvement is the goal.

	TENS by Year
Freshmen (or 1 <sup>st</sup> year runners)	25-30 mpw
Sophomores	30-35 mpw
Juniors	35-45 mpw
Seniors	40-55 mpw

# HEALTH AND WELL-BEING

- We strive to emphasize the importance of sleep, fueling and hydration to everyone. Please reinforce this at home.
  - Registered Dietician every season, this year funded by Nick
- Iron
- Girl Specific:
  - Drop out rate
  - Importance of menstruation
  - Girls' Talks



## KEY DATES (ATHLETIC.NET)

Date	Team	Location	Time
Wed, Sept 6	KingCo + Metro XC Class Race	@ Lower Woodland	4:30
Sat, Sept 9	Tahoma Relays	@Lake Wilderness Park	8:30
Thur, Sept 14	Liberty and LW	@ Liberty	4:00
Wed, Sept 20	Interlake, Hazen, LW	@ Marymoor	4:00
Sat, Sept 23	The Mook	@Alderbrook golf course, OR	TBD
<b>Wed, Sept 28</b>	<b>Juanita, Bellevue, LW – Senior Night</b>	<b>@ Luther Burbank</b>	<b>4:00</b>
Sat, Oct 7	Hole in the Wall	@ Lakewood High School	TBD
Wed, Oct 11	6-way KingCo meet	@ Robinswood	4:00
<b>Wed, Oct 18</b>	<b>Sub Varsity Invite</b>	<b>@ Marymoor</b>	<b>4:00</b>
Fri, Oct 20	KingCo Champs	@ Marymoor	3:30 Boys/ 4:00 Girls
Thur, Oct 26	Sea-King District Champs	@ Marymoor	TBD
Sat, Nov 4	State	@ Sun Willows Golf Course,	TBD

## SOURCES OF MIXC INFO

	Students	Parents
Band App – MIXC	X	X
Weekly eBlast		<a href="mailto:mixcinfo@gmail.com">mixcinfo@gmail.com</a>
Coach email	X	X
Athletic.net	X	X
Strava (MIXC)	X	
MIXCTF.com	X	<a href="http://www.mixctf.com">www.mixctf.com</a>

## WAYS TO SUPPORT YOUR ATHLETE

- Make sure shoes are fresh and the right ones for your runner. Please ask them to wear only during practice. If your runner is serious about XC, spikes can be helpful.
- A GPS watch can be helpful, but any sort of timing device is strongly encouraged.
- A GOOD running bra is essential
- Encourage them to reach out to coaches if there is something on their mind.
- Support the Boosters





THANK YOU BOOSTERS



WELCOME TO OUR MIXC FAMILY!



# HOW CAN I HELP THE BOOSTERS MAKE THIS AN EPIC SEASON FOR OUR COACHES AND ATHLETES?

## TIME /VOLUNTEER

- **Special Asks**
  - Snacks / Pasta Feeds
  - Home Meet (2) Support
  - Uniform Distribution / Collection
- **Booster Club**
  - Meets Monthly
  - 7 Roles: President, Pres-Elect, Treasurer, Secretary, Fundraising, Communications, Volunteer Coordinator and IMS Coordinator

## MONEY

- **Your Support Covers Costs Not Covered by ASB Fees**



# FUNDRAISING STRENGTHENS OUR PROGRAM

## Your Support Covers Costs Not Covered By ASB Fees

- Equipment And Uniforms
- Additional Coaching Stipends
- Team Spirit Events, Snacks, Lunches, Coaches' Gifts
- Post Season Party
- Invitational And State Participation
- Confidential Financial Support For Eligible Athletes

## GIVE AT ANY LEVEL

- \$50 Kingco Qualifier
- \$100 District Champs
- \$250 State Contenders
- \$500 Personal Best



OUR TARGET IS \$100 PER FAMILY



Parents get the Band App and join MIXC group. This is the best way to stay current with the club. You can turn notifications off.

Newsletter Sign-Up  
[mixcinfo@gmail.com](mailto:mixcinfo@gmail.com)

[www.mixctf.com](http://www.mixctf.com) A resource to access all things MIXC

Other Questions or Concerns  
Email Sarah Smith  
[koopsmith@hotmail.com](mailto:koopsmith@hotmail.com)







QUESTIONS??

THANK YOU!

GO MIXC!