

MIHS Track and Field Parent Meeting



The Coaching Staff

Amy Posner Wolff - Head Coach, Sprints/Hurdles

Stacy Edwards - Head Coach, Sprints/Relays

Susan Empey - Distance

Nicole Nelson - Sprints/Jumps

Piper Casey - Sprints/Jumps/Relays

Enrique Hernandez - Throws

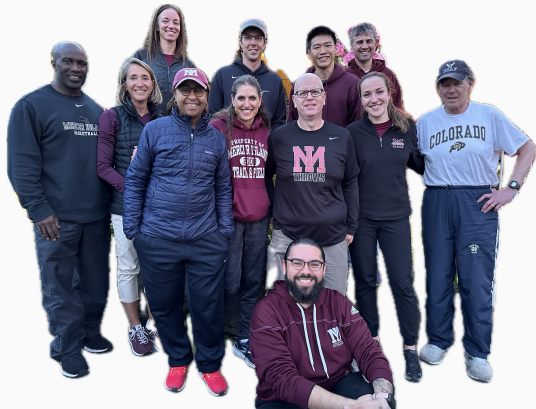
John Janusson - Throws

Victor Yan- Pole Vault

Scott Levering -Pole Vault

Mike Grady - Pole Vault/HJ

Jeffery Tian – Pole Vault



2025 Team Captains



Charlie Staddon-Smith - Distance
Savanna Rousell - Distance/Hurdles
Eloise Newman - Hurdles/Sprints
Aaliyah Khan - Jumps/Sprints
Sequoia Bales - Hurdles/Disc
Anna Carson - Sprints/Jumps
Clara Moore -Hurdles/Disc
Bella Nelson - PV
Owen Clarkson - PV
Kiera Kelly - Throws
Ari Wolff - Throws

MIHS T&F 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.

2025 Schedule

Sat, March 15 Super Jock N Jill Discount Shopping

Thur. March 20 MI vs Interlake

Fri. March 21 Team Photos

Thur. March 27 @ Memorial Stadium Hazen (**Meet starts at 3:30**)

Sat. March 29 Issaquah Icebreaker Invite

Fri/Sat April 4-5 Oregon Relays

Fri/Sat April 11-12 Arcadia Invite

Wed, April 23 MI vs Newport

Thur. May 1 @ Inglemoore

Sat. May 3 Shoreline Invitational

Wed. May 7 MI vs Northcreek (Senior Night)

Fri. May 9 Nike/Jesuit Twilight Relays

King Co May 15 & 17 @ Renton Memorial Stadium

Districts May 22 & 24 @ Renton Memorial Stadium

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



Pasta Feeds

Wed. Mar 19

Wed. Mar 26

Tue. April 8

Tue. April 22

Wed. April 30

Expectations

Academics - maintain eligibility with passing grades. (grade check run 2-3 times season).

Effort - On time and **full effort daily**. Set **personal goals** and work hard towards achieving those goals on and off the track.

Respect - always show respect to peers, coaches, staff, officials, and competitors, home and away

Team - Track and field is a TEAM sport! As a team member, it is expected that all student-athletes support each other

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 a non-WIAA coach.

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.

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.

Attendance

****Joining MIHS Track & Field means committing to Monday-Friday practices 3:15-5:15** “Get in, Get out”**

ATTENDANCE

- Athletes will be on time to practice/meets
- 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

ABSENCES

- Absences and tardies must be excused by a parent (or teacher if academically related), done by email including the athlete, coach and parent or 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 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.



Meet Transportation

- All athletes must ride the bus to and from meets (van option for invites)
- Buses leave at 2:30 & 3pm
- We ask that all athletes stay for the full meet. In the event an athlete needs to leave early, (with their parent only) the parent sign out their child with a coach
- Most weekday meets start at 4PM with the goal of finishing around 7PM



Meet Attendance

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
- 's for no more that 15 minutes early release from last period class

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

Enjoy bonding with your team and coaches at pre-meet pasta feeds

Consequences for Failure to Meet Expectations and Attendance Policy

Failure to follow team expectations, attendance policy, athletic code, and school rules can result in your 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.

NOTE: We will be running grade checks

1st offense – Verbal Warning

2nd offence – Meeting w/parent & athlete

3rd offence - Removal from the team



VectorStock®

VectorStock.com/2009137

Athletic Wear and Nutrition



- Running shoes/Spikes
- Long sleeves & pants
- Rain gear
- Hydrate all day
- Healthy snacks
- Nutrition - whole foods
- SLEEP-Recovery
- Shin splint Prevention
- Puberty & Growth Spurts

Training Shoes



- All athletes must have a decent pair of running shoes!
- Other equipment needed to participate in Track and Field is provided - hurdles, jumping pits, throwing implements, etc.

For runners and jumpers, repetitive strain injuries aka “Shin Splints” are the most common type of injury, and a properly fitting pair of quality shoes help to avoid these injuries.

- Good running shoes usually have thick soles, lots of cushioning, and plenty of traction to prevent the foot from sliding and rotating.

Spikes, Throwing Shoes



- There is no requirement to purchase specialty equipment - athletes that are trying track for the first time can do any event with a decent pair of running shoes.
- However, if an athlete knows they will focus on an event, they can benefit from having specialized shoes.
- We recommend you consult with the coaches regarding specific recommendations.
- Usually lower cost shoes are best for high school athletes
- The more expensive options are often designed for advanced athletes or certain weather conditions and can actually decrease performance!

[Throwing Shoes](#)

Throwing Implements



- There is no requirement to purchase throwing implements - all basic equipment is provided
- Athletes are welcome to purchase and use their own implements as long as they are compliant with WIAA regulations
- We recommend you consult with the coaches regarding specific recommendations for purchasing implements.

John Janusson - john.janusson@mercerislandschools.org

Enrique Hernandez - enrique.hernandez@mercerislandschools.org

- Some options are very expensive and highly specialized - getting the wrong thing can actually decrease performance!

JV/PE Credit



JV/PE Credit

To receive PE credit, student-athletes are required to be, at minimum, a 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

Varsity Lettering Pathway #1

- Place in the top 6 in 1 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. 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.



Communication



- **BAND App (Please Join!)**
- **Amy.Wolff@MercerIslandSchools.org**
- **Stacy.Edwards@MercerIslandSchools.org**
- **Booster Newsletter - mixcinfo@gmail.com**
- **Athletic.net**
- **www.micxtf.com**

**Please scan to join
the BAND APP**



Volunteers at Home Meets



- Only sport where coaches have to work the competition
- At least 25 people to run a successful meet
- 17 boys events
- 18 girls events
- **ALL HANDS ON DECK**

<https://www.mixctf.com>

ALL THINGS TRACK!

- Link to the Schedule & Results, **Athletic.net**
- Order of Events
- MIHSTF Handbook
- Coaches Bios
- Link to photos
- Volunteer & Donation opportunities
- Cross Country & IMS track information
- Newsletters



Retiring Athletes



- If an athlete is retiring from track and field - consider donating their used specialty equipment to the MIHS Track and Field team!
- We maintain a collection of used spikes and throwing shoes - this is particularly helpful for beginners
- We ensure throwing implements are actively used or donated appropriately

Mercer Island XC and Track Club

YOUR SUPPORT COVERS COSTS

NOT COVERED BY ASB FEES

- **TEAM SPIRIT EVENTS, SNACKS, LUNCHESES COACHES' GIFTS**
- **POST SEASON PARTY**
- **STATE AND INVITATIONAL PARTICIPATION**
- **CONFIDENTIAL FINANCIAL SUPPORT FOR ELIGIBLE ATHLETES**
- **ADDITIONAL COACHING STIPENDS**
- **EQUIPMENT AND UNIFORMS**
- **PHOTOS**

Give at any level

- \$ 50 KingCo Qualifier
- \$100 District Championships
- \$250 State Competitors
- \$500 Personal Best

OUR TARGET IS \$150 PER FAMILY

Additional Coaches Remarks

Mercer Island XC and Track Club

Board Members

John Thomas, President

Anne Gerry, Vice President/President-Elect

David Bunker, Treasurer

Nikki Ahrenholz, Merchandising

Laura Metz, Communications

Garth O'Brien, Website Administrator

Michelle Baldwin, IMS Representative

Leslie Lawrence, Volunteer Coordinator

Get Involved!

Questions?