

MVC SPRING ATHLETICS UPDATE

What a fantastic end to the regular season for our teams. We experienced 4 League Championships this Spring, four a total of 8 this year (Girls XC, Girls Soccer, Boys & Girls Basketball, Boys & Girls Golf, Baseball, and Girls Track). I had the opportunity to spend the day Wednesday with our golfers out at Gallery Golf Course and then most of the afternoon yesterday at the track meet which was a blessing for me. We can't forget our Middle School Tracksters and the 8th grade girls who won their track meet on Wednesday at La Conner...fun times.

As we look ahead, I will bullet-point each High School sport:

Golf

- **Bi-District Tournament at Battle Creek Golf Course - Wednesday, May 13th - all-day**
 - MVC Boys qualified 4 players and 1 alternate: Josh Toner, Owen Carlson, Seth Rowland, and Owen Vander Kooy, with Kyler Woodmansee as an alternate (he gets to compete if someone drops out). The boys are a part of a field of 12 golfers shooting for the top 6 spots to head to state.
 - MVC Girls qualified both players, Alyssa Pringle and Cheyenne McNeely. The ladies are shooting to finish in the top 19 in order to move on to state.
- **State Championships at Liberty Lake Golf Course (Liberty Lake - near Spokane) - May 19th & 20th.**
 - The tournament is played over the course of 2 days where the field is cut in half for the second day. Team scoring is dependent upon at least 2 team members both making the cut on the 19th.
 - State qualifiers and coaches will leave very early on Monday, May 18th.
 - State Sendoff - Friday, May 15th at 3:00pm.

Baseball

- **Bi-District Championships at Skagit Valley College - Thursday, May 14th - 3:00pm**
 - Our boys secured the #1 seed and a state berth, and will play the winner of the 12:00pm game between Friday Harbor and Orcas Island.
- **Bracket**
- **First Rounds of State Baseball - Saturday, May 23rd.**
 - Games are regionally based and teams must win two in a row to move on to the Final Four in Selah (near Yakima).
- **State Bracket**
- **Semi's & Final Round of State Baseball at Carlon Park (Selah, WA) - Friday, May 29th and Saturday, May 30th.**
 - Teams will leave after school on Thursday, May 28th
 - Teams will play both days whether they win or lose.
 - **State Sendoff - Thursday, May 28th at 12:30pm.**

Track & Field

- **Bi-District Championships at Coupeville HS - Saturday, May 16th - 11:00am**
 - State qualifiers will be the top 2 finishers at Bi-Districts. Athletes that meet a minimum standard will qualify as well.
- **State Championships at Eisenhower HS (Yakima, WA) - Thurs. May 28th, Fri. May 29 & Sat. May 30th.**
 - Teams will practice Wednesday, May 27th and then leave afterward
 - **State Sendoff - Wednesday, May 27th at 3:00pm.**

Middle School Track & Field

- **May 13th - Prelims at Burlington-Edison HS - 3:30pm**
 - Top 4 athletes in laned events; top 8 in unlaned (800m, 1600m) and top 8 in field events will move onto Finals.
- **May 20th - Finals at Stanwood HS - 3:30pm**
 - Lanes will be seeded and ribbons can be earned based on finishes

As we head toward the conclusion of the season, team banquets for our HS teams are being planned. I will send a separate email once we have times, locations and dates confirmed.

Thank you for a great season so far...continue to push yourself to be the best teammate you can be by being prepared to compete each and every time you step onto the track, the diamond, or the tee box.

Let's Go 'Canes!!

Thank you,

Patrick Russell

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