

Hello Crimson Track & Field Families,

**This Week at a Glance:**

- Wednesday, April 8: Dine 2 Donate, Noodles & Company
  - Thursday, April 9: Home Meet vs STMA
  - Friday, April 10: Lake Conference Relays → Volunteers Needed!
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While last week’s meet vs Edina was unfortunately cancelled due to weather, what didn’t go unnoticed was the preparation behind the scenes—our concessions team was ready, and our volunteer signups were full! Thank you.

All volunteers who signed up will receive credit for their shifts—this is a great example of the commitment that makes this program run.

**The Legacy is Built Daily.**

Each week we recognize athletes who embody that mindset. These athletes receive a “The Legacy Is Built Daily” t-shirt.

This Week’s Athletes of the Week (from left to right):



Logan Knutson – Distance  
Sara Stern – Jumps  
Brody Ebel – Sprints  
Gabriel Stevenson – Sprints

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**Volunteers + Concessions – Critical for Meet Success**

Priority Needs This Week:

We still have 9 volunteer slots open for this Thursday and 5 for the Lake Conference Relays on Friday. Please help us fill these roles ASAP.

**Thursday 4/9 open slots:** need help with the 5:45-8:00pm time slot: 2 High Jump Bar Setters, 1 Long Jump Marker, 1 Triple Jump Rakers, 3 Discus (Marker/Retrievers), 2 Shot Put (Retriever/Marker). If you're attending the meet, please consider filling one of these [remaining spots](#).

**Friday 4/10 open slots:** We still need 5 volunteers for the Triple Jump at the Lake Conference Relays on Friday. If you are going to this meet, please volunteer. You will be able to step way when your athlete races! Sign-up [here](#)

### **Special Events Help Needed:**

If you want to complete your volunteer shifts and can't attend meets, or prefer to contribute behind the scenes, please consider helping with Senior Boards.

There is still an open need for this role leading up to Senior Night (5/12) and the End-of-Year Banquet.

Sign up for Special Events [here](#)

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### **Fundraising**

Thanks to everyone for going to Culver's last week. It was a big hit! A very big thank you to real-time feedback that allowed us to get volunteers on site and a Big Thanks to Dakota Laux and Maggie Wood for the help being food runners!



This week, D2D to CARBO LOAD the night before our meet at Noodles & Company on Main Street! See [flyer](#) for more info and please share it far & wide.

Note: Every restaurant has different asks: we will always send more info on the flyer. This week, if using the code you need to have an online Noodles account for the app. And please tell anybody and everybody ordering in-person to mention MGTF program or the flyer code to get credit. Let's make this another good one!

Already have dinner plans, reminder that you can send a venmo with support of the Capital Fund! Send your contribution with note "D2D Capital Fund"

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## **Sponsorship**

Thanks to First Class Mortgage and Brian Marcus Real Estate for sponsoring this week's Home Meet!

Only a few sponsorship spots remain for the 2026 season. Send sponsors our way via email: [MGTFBooster@gmail.com](mailto:MGTFBooster@gmail.com)

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## Senior Updates

Senior Parents—an email went out on 4/1 with important details. Key highlights:

- Please share the slideshow submission link with your athlete
  - Send song suggestions (senior year or running career) to: [mgtfseniors@gmail.com](mailto:mgtfseniors@gmail.com)
  - Submit messages for senior bags to: [mgtfseniors@gmail.com](mailto:mgtfseniors@gmail.com) (include athlete name in subject)
  - Join the Senior Parent GroupMe: [join here](#)
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## Meet Focus – This Week

- See HelloTeams for any last minute details on this week’s meet.
  - Athlete Meet Entries and Results ([Click Here](#)): Coaches will update prior to meet.
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Thank you for supporting our athletes and helping build something special this season.

The Legacy is Built Daily,

— MGTf Booster Club

BOOSTER LINKS	COACH / TEAM LINKS
• <a href="#">2026 One Pager</a>	• <a href="#">2026 Track &amp; Field Handbook</a>
• <a href="#">Volunteer Sign-Ups (All Dates)</a>	• <a href="#">Order of Events at Track Meet</a>
• <a href="#">Website</a> – updates, calendar, D2D Flyers	• <a href="#">2026 Track &amp; Field Frequently Asked Questions</a>
• <a href="#">GroupMe Parent Chats</a>	
• <a href="#">Season Calendar (pdf)</a> – booster events + meets	

\*Need to add an email to our mailing list: [[Parent Enrollment Link](#)]