

MGTF Booster Update – Week 6

Hello Crimson Track & Field Families,

We're hitting the heart of the season—and the energy, performance, and support around this program continues to show.

Legacy Athletes of the Week



Week 5 Legacy is Built Daily Shirt winners are:

- Ella McLuen – Distance
- Drake Wegscheid – Sprints
- Gracie Hreha – Jumps
- Charolette Biberdorf – Throws
- Lincoln Rudek – Pole Vault
- Ilsa Sundburg – Hurdles

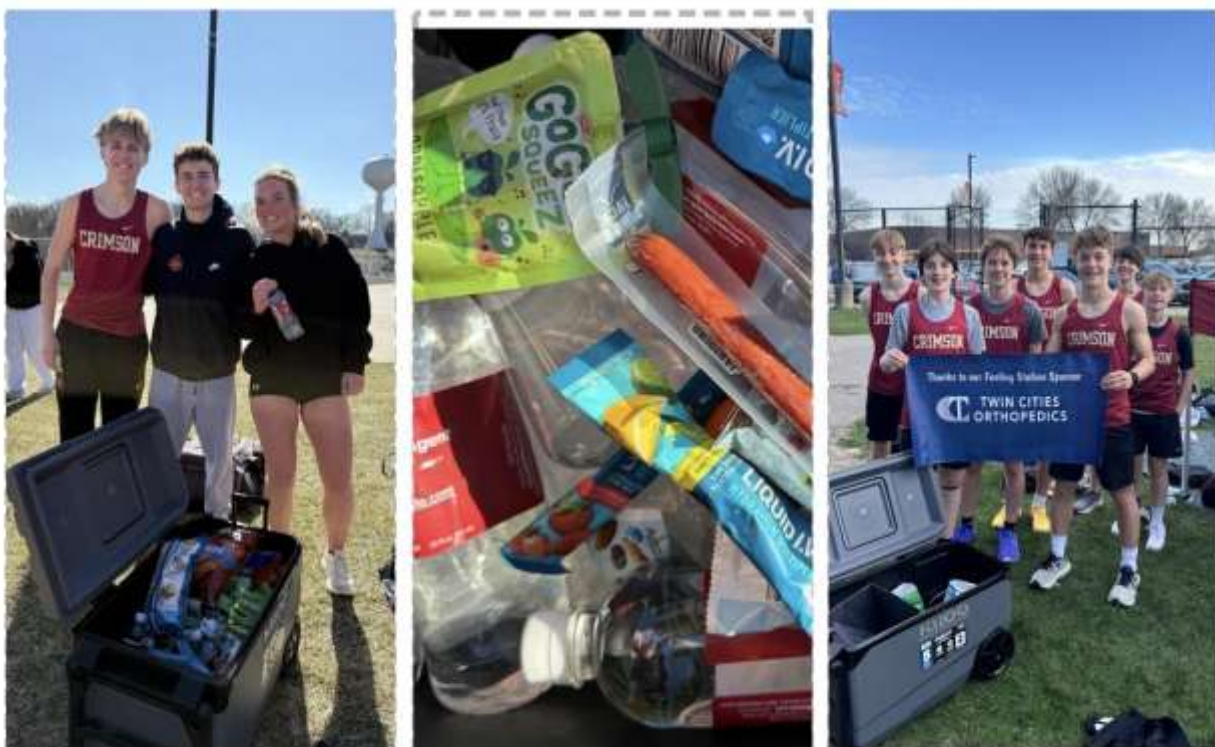
Program Highlights

New: Nutrition + Fueling Partnership (TCO)

We're excited to welcome **Twin City Orthopedics (TCO)** as a new partner this season.

- Monday 4/20: Nutrition session for high school athletes (first time we've offered this—huge win for athlete development, meet readiness, healthy choices)
- Ongoing: TCO will serve as our **Season Fueling Sponsor**, providing healthy nutrition options at *select* away meets

This is a step forward in supporting athlete performance and recovery at meets. Enjoy!



Missing Pictures of Your Athlete?

We have had a parent photographer step forward (Thank you, Brian Wiedeke!) to volunteer time to shoot meets when available. Here is a great collection from:

- [Thursday, April 9: JV Meet vs STMA Photos](#)

Also, you can now [find and share](#) photos in our new team photo album. A big thank you to Cristin McMullen for setting this up. Families and athletes can upload and view photos all season here: <https://join.photocircleapp.com/7JXWVGWYQE>

This Week at a Glance

Monday (4/20): Nutritionist Talk (2:10–2:50 PM @ MGSB)

Tuesday (4/21): Minnetonka Invite (3:30–8:00 PM)

Location: Minnetonka HS

- Tickets required (no cash; credit card only)
- Purchase via GoFan: [[TICKETS LINK](#)]
- Meet details: [[LINK](#)]

Thursday (4/23): JV Meet @ STMA (4:00–8:00 PM)

- Bus: MGSB @ 2:30 PM / OMS @ 2:40 / MGMS @ 2:45
- Details: [[LINK](#)]

Friday (4/24): Hamline Elite Meet (Qualifiers Only, 5:00–10:00 PM)

- Location: Hamline University
 - Bus departs MGSB @ 3:00 PM
 - Details to come on [ATHLETIC.NET](#)
 - Tickets required via Hamline Athletics: [[TICKETS LINK](#)]
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Volunteers + Concessions – Critical for Meet Success

We are off to a great start with our volunteering and [we are all set](#) for volunteers for our next 2 meets - Crimson Invite (4/28) and the JV Meet with Buffalo and STMA (4/30). Thank you MGTB Boosters!!! You allow coaching to focus during critical home meets.

Upcoming Volunteer Opportunities:

We still have many volunteer openings for our May meets. If you haven't fulfilled your volunteer shifts yet, grab a shift while there are still options to choose from. We have 30 opportunities for JV meet on May 7 and 25 opportunities for District 279 meet on May 12.

See Open Shifts here:

May 7 (JV Meet) - <https://www.signupgenius.com/go/10C0449A8AB2FA7FCC07-62241575-572026>

May 12 (District 279 Meet) - <https://www.signupgenius.com/go/10C0449A8AB2FA7FCC07-62241679-5122026>

***UPDATE* Yard Sign and Big Head Orders:** We intend to receive these from the vendor THIS WEEK. If all goes as planned, you will receive an email by end of week with further information regarding pickup. Go Crimson!

Upcoming Community Opportunities:**Senior Bag Stuffing Night – 5/6 (7-9 PM @ OMNI Brewing)**

- Not just for senior families—this is a fun event for ALL booster families.
- Our ask is that you bring ~50 items (snacks, coupons, etc.) for senior bags
- Stay for pizza, drinks, and social

If you plan to JOIN US and plan to bring an item, please sign up [here](#).

If you can't attend but want to contribute: MGTFSeniors@gmail.com

Senior Night @ the Meet (5/12) – Important:

- All seniors should attend
- Families and seniors, be sure to near the track between the 4x100 Relay and 400m.
- Slideshow submissions due 4/27; click [here](#).
- Song submissions: MGTFSeniors@gmail.com

Fundraising

No Dine2Donate this week as it's a busy meet week. That said, we are on track to meet our fundraising objective at the midpoint of the season. Zupas and Noodles were successful due to your advertising efforts! More to come the week of April 27.

Thank you for supporting our athletes and helping build something special this season.

The Legacy is Built Daily,

— MGTB Booster Club

BOOSTER LINKS	COACH / TEAM LINKS
• 2026 One Pager	• 2026 Track & Field Handbook
• Volunteer Sign-Ups (All Dates)	• Order of Events at Track Meet
• Website – updates, calendar, D2D	• 2026 Track & Field Frequently Asked
• GroupMe Parent Chats	
• Season Calendar (pdf)	