

Hello All PHS T&F Staff, Athletes, Families & Fans,

Now is a great time as the season concludes to order your team pictures done by Coach Aedan Ming! All of the time and editing was donated by Coach Ming and the proceeds from picture sales 100% go back into training equipment for the team! Please plan to purchase and help not only the team but also Coach Aedan's pursuit in photography!

[2025 PHS T&F Team Pics](#)

We are just one week removed from the Sac Joaquin Section Masters Trials & Finals, last Friday & Saturday. What an amazing conclusion to a fabulous season for Ponderosa Track & Field! We closed out with 5 new Personal Records and 4 of them made the top 10 All Time Bests for Ponderosa T&F history! Although official high school CIF season is over many Ponderosa T&F athletes have chosen to compete at the upcoming Golden West Invitational (open meet). Plus we had some of our best Bruins qualify for the highly prestigious Nike Outdoor Nationals (NON) in Oregon!

Emmy Angelo (3200m), Braden Himley (3200m), Braden Himley, Kaden Nelson, Jack Hinsz, & Grady Morris (4x1600), Makenna Mears, Makayla Murray, Maile Clemons & Isabelle Enright (4x400m), and our new incoming freshman Sadi Angelo (3200).

Congratulations to the above amazing Bruin NON Qualifiers!!!

[NON live stream](#)

I am still looking for runners / teams for our Ponderosa representation at the County Fair Wheelbarrow Races, Saturday June 14th! This is a chance to earn not only bragging rights but also funds for our programs! I would love to work with any who want race tips and practice with me for this event!

As summer starts we highly encourage all student-athletes to have taken their mandatory 2 week break from running! As pre-season plans start we will send out e-mails and reminders for summer training per event groups (distance /CC, sprinters/ jumpers, & throwers /field athletes).

Summer break goes fast so take time to relax, reflect, regroup, refocus, and gear up for another opportunity to work hard and get better!!!

Hope to see and talk to you all soon!

Coach Norwood