

## **Hello all Ponderosa Cross Country / Track & Field athletes, supporters and families!**

*As of Tuesday 7/15, our CIF Mandated "dead period" has officially come to a close. The coaching staff hopes that our cross country runners have been staying up on their training plan and continuing to get those runs in as we get closer to our season start. This email contains important scheduling information for the remainder of our cross country summer runs, track preseason training, first day of "official" practice, and how to ensure you are prepared to join us on 1st day!*

### **Summer Cross Country Team Runs**

Tomorrow, Wednesday 7/16, we will hold an 8am team run at Acorn Creek Trailhead. For future runs, we are changing our weekly rotations up a bit. Starting on Monday, July 21st we will be doing Monday runs at Acorn Creek instead and Wednesday runs above the Bel Air Shopping Center/Marshall Medical Center on Palmer Drive. So, for the rest of our season our team summer runs look like:

- Wednesday 7/16 - 8am @ Acorn Creek
- Saturday 7/19 - 8am @ Cronan Ranch
- Monday 7/21 - 8am @ Acorn Creek
- Wednesday 7/23 - 8am @ top of Palmer Dr.
- Saturday 7/25 - 8am @ Cronan
- Monday 7/28 - 8am @ Acorn Creek
- Wednesday 7/30 - 8am @ top of Palmer Dr.
- Saturday 8/2 - 8am @ Cronan
- Monday 8/4 - 8am @ Acorn Creek
- Wednesday 8/6 - 1st OFFICIAL Day of practice @ PHS, 2:30-4:30pm

At each of these runs, there will be at least one member of our coaching staff present. If you plan to join us for cross country this season, you should be at these practices! The training plans will be going out shortly, but we are beginning to add in specific workouts into our summer runs now. As always, friends and family not participating this season are welcome, but we hope to see the majority of our prospective runners out.

### **First Week of School**

As you may have noted in the above schedule, our first "official" day of practice will be held on the first day of school, Wednesday August 6th. As of right now, this day is listed under a collaboration day schedule (meaning we get out at 2:18pm), so practice would also be on a collab day schedule 2:30-4:30pm. Please be aware if this changes to a

normal day schedule, then practice will be held our normal Tuesday-Thursday schedule from 3:45-5:45pm.

For any newcomers during the first week of school, please feel free to visit either of our on-campus coaches, Head Coach Karen Norwood (Mrs. Norwood) in classroom P-1 or Coach Natalie Norwood (Ms. Norwood) in classroom L-6. This season, our team room in P-1 will look a little different, as we are looking to make changes that will be a positive impact for our program(s). For any that do not know, P-1 is where you can get the best water refills on campus (we have a filtered water system), team snacks, a microwave to reheat lunches or snacks, and a full-size refrigerator reserved for our in-season athletes to store lunches/after-practice snacks/etc. Coach Natalie Norwood will be in classroom L-6, and depending on team need, this may be used as a homework room with desks, chromebooks, and textbooks during 7th period since these will no longer be stored in P-1.

### **Our Upcoming 2025-26 Cross Country Schedule**

Coaches have started working on our 2025-26 cross country season schedule. By navigating to our Ponderosa XC Athletic.net home page, athletes and parents will be able to note important dates such as First Official Day of Practice, the dates of Back to School Night (AKA **Mandatory** Parent Meeting night), and our predicted invitational and league meet dates.

### **Track & Field Preseason Training (sprinters, jumpers, hurdlers)**

If you are NOT interested in competing with us for cross country in the Fall, then you should be doing preseason training with Coach Ming. Preseason training will be held 8am on Mondays, Wednesdays, and Fridays starting July 16th until August 4th at the Ponderosa Track.

### **Off-Season Throws Training (with the Rancho Cordova Track Club)**

Here is some information regarding the Rancho Cordova track & field club for our throwers who are looking to work on their skills in the off-season:

"Athletes can register for the Rancho Cordova Track Club at <https://rctrack.org/register/> . Registration cost is \$225 + \$200 volunteer deposit. The \$200 volunteer deposit is refunded when a volunteer requirement is fulfilled. Most parents volunteer at one of our track meets to fill that requirement. If there is a financial hardship, please reach out. We have financial aid programs and try to keep the cost of the club as low as possible. We never want the cost to affect the kids receiving coaching.

In addition to the club fee, all athletes must have an active USATF membership which is \$38. You can sign up for that at <https://www.usatf.org/home/top-utility-nav-content/membership>. When enrolling, please make sure the athletes fill in "Rancho Cordova Track Club" in order to save some time later. This adds them to our roster

on [athletic.net](http://athletic.net) almost immediately, and we do not have to go back and request a transfer.

Typically, registration begins in April/May as the club season starts in June. Registration fees cover meet entries, jerseys, and training. It does not include travel and lodging to the meets. The typical club season includes meets like :

- Golden West Invitational (Cordova High School) - Scheduled for early June
- USATF Junior Olympics top 8 Qualifier (Typically Cordova High School, but there are some years it is elsewhere) - Scheduled for Mid June
- Nike Outdoor Nationals ( University of Oregon, only for those who have marks to qualify for it)
- USATF Junior Olympics top 5 Qualifier (Those who place top 8 in the first qualifier advance to this meet. Held down south near Fresno) - Scheduled for Mid/late June
- USATF Junior Olympics Championships (Held at various locations, this years is at Savannah State University) - Scheduled for end of July

We also host a monthly throws meet on the last Saturday of every month from July to January as a training check in. This is not an open meet, but one for our club and friends of the club.

The youth portion of our club and our high school throws section are almost run as almost two different clubs. Typically, after Junior Olympics the youth side is done. However, the high school throws group trains year round and that is covered in the registration fee. We practice 5 days a week. Sundays from 10am-12pm, and Monday through Thursday from 5pm-7pm. This year we also received access to the weight room and provided the kids with a training program. We had our first instructional weight room session last Sunday after practice, and will likely keep it once a week or month to do a check in with the kids.

The kids will also have the opportunity to try the Hammer throw as well as Javelin. We train these two non-CIF events and compete in the summer series meets in them. We have had a few kids picked up by colleges who would not have an opportunity otherwise, because of their improvement in these events.

Come the high school season, we typically drop to about 3 practices a week just to give the kids who do not have high school coaching a chance to throw and receive feedback in season. Then around April or May, the cycle continues, registration is due again, and we go into the club season starting in June. Everything is managed on Teamsnap, and whoever registers should receive access to that after registration. This will include our practice schedule week to week as well as communication.

We have a great group of coaches who volunteer at the club. We are not all there every practice, but with so many different coaches it allows for a better perspective of the throw, as well as practice coverage. These coaches are :

- Andy Bloom - 4th place finisher at the 2000 olympics. 1999 indoor world champion for shot put. Dual NCAA champion in 1996 for Wake forest in discus and shot put. PRs of 71'7" in the shot put and 224'7" in the discus. Coach at Dixon High school.
- Alex Knudsen - Threw for Delta Junior College and Stanislaus, Coached at American River and Delta Junior Colleges
- John Badavonic- Threw for Cal and UC Davis. Jesuit and Sac City throws coach
- David Sander - Jesuit Throws Coach
- Chris Huitt- Jesuit Throws Coach
- Travis Johnson- Rio Americano Throws Coach

In Addition, we have athletes training with us over summer and winter break that are still competing at the collegiate level, who help our athletes at practice as well.

- Tyler Lange - Former club member and Oak Ridge High school graduate. Sophomore at UCSD. Throws the shot put and hammer. PRs of 58'10" in the shot put on 171' in hammer in high school. Ended his freshman season at UCSD at 50'6.5" in shot put and 159' 9" in hammer
- Shelby Johnston- Former club member and Oak Ridge High School graduate. Pr of 125' in disc. Competing at Sac City Junior College next year
- Ben Condryn- Former club member and Jesuit High School graduate. Junior at Notre Dame. Finished his redshirt freshman season at 198'4" in the hammer.
- Isabella Popejoy - Rio Americano graduate, Delta Junior College graduate, now a redshirt senior at Cal. Junior college state champion in hammer with a PR 178'0"
- Jake Todden - Argonaut high school graduate. Sophomore at Delta Junior College. Finished his freshman season with PRs of 57'11" in shot put, 158'11" in discus, and 194'7". Won the junior college state meet in shot put and hammer. Finished in 5th place at the USA U20 Championships in shot put. Ranked the 25th best freshman thrower in the country this year for all collegiate throwing.
- Nathan Bloom- Former club member and Dixon High school graduate going to Texas State to continue his throwing career. Finished his high school career with PRs of 61'10.5 in shot, 173' in discus, and 191' in hammer.
- Kiley Hunter- Roseville High School graduate. competing at Sac City Junior College. PRs of 41' and 128'.

We have a great mix of kids whose goals are to just PR next season, have fun with their friends who are part of the club, or have goals of placing at the state meet and throwing beyond high school."

### **Getting Cleared for Fall AND Spring Sports**

This year, athletes will navigate to [phsbruinsathletics.com](https://phsbruinsathletics.com), which is also linked on the Ponderosa Home webpage under "Athletics." Once you make it to this page, you will click on the "Athletic Registration" button, which walks you through getting registered both as a new athlete and a returning athlete with our school. You will find all information for getting registered AND cleared on this website in order to be a competing Ponderosa Bruin student-athlete for 2025-26. Essentially, the webpage will walk you through (1) registering with Home Campus, (2) getting a sports physical, (3) turning in the sports physical form, and (4) getting cleared with Ponderosa admin.

Always working hard to get better & looking forward to a great season!

Coach Karen Norwood & Coach Natalie Norwood