

Hello All Possible Bruin CC Athletes, Families, and Fans (if this is NOT you please delete as we will have our CC roster updated soon for the season but did not want to miss any possible team members and families!),

I hope this e-mail finds you off to a great start with the new school year! Last Friday was our official first day of practice, although not at all a normal looking practice. It was our hope to take care of most of the first day routine, announcements, expectations, and student-athlete questions so we are ready to run (literally) with the upcoming full week. Athletes can plan on each day starting practice from classroom P-1, they should be in the classroom on time fully dressed and prepared for practice. We will first go over the practice agenda / expectations, announcements, roll call, activation (part of our daily warm up), run, cool down, strength conditioning (Bowerman +), stretch, team cleanup & snacks, and dismiss. CC Athletes will be able to use P-1 through the day (before school / snack break / lunch time and after school) as a home base to drop off gear / bags, water refill station, use of microwave / fridge, stretch area and a place to get out of the weather.

Student-athletes **MUST** be cleared in order to participate in all of practice, those not fully cleared with the district we can NOT allow to do any active part of practice. Although if they are interested in being part of the team and are still not cleared they need to attend the beginning of all practices until cleared so as NOT to miss team introductions, expectations, announcements, routines, etc. Please reference the Ponderosa home web page under "Athletics" and "[Athletic Registration](#)" in order to become a "cleared" student-athlete with our school and able to participate in the activity (workout) portion of our practices!

CC Athletes and Families can & should utilize Pondobruins.com to access all things needed for our Cross Country and Track & Field Programs @ Ponderosa High School. You can even access Athletic Registration / Clearance from here as we have included the links. We have tried to include all links to all web sites and information you should need to access and can find them all in one place @ Pondobruins.com!

Cleared Student-Athletes will also need to go over our Team Handbook / Rules with a parent / guardian. Please print & have the **last page** of our Cross Country Team Handbook returned by the end of this week in order to make our final team roster. This too can be found at Pondobruins.com under the left side header reading "Cross Country" and under the tab labeled "Handbook / Rules". This page is team specific and should be turned into classroom P-1 or Coach N. (Coach Natalie Norwood).

From this site the next two tabs listed are "Athletic.net" and "XCStats.com" both are platforms that you will need to access throughout the season! I will go over these sites, their tools and usage for the team Thursday evening with parents. Both sites contain our season schedule and this can be very helpful when planning out your family calendars for this fall (through the end of November). Please review the season schedule (as it is now, this schedule does get updated through the season) prior to this Thursday night's (8/14/25 @ 5pm) **MANDATORY PARENT MEETING!** All CC Student-Athletes that wish to make our final roster **MUST** have a parent / guardian present at this meeting. I have

tried to stick with our tradition of holding this meeting on the same night as Back to School Night so our CC families can knock out all of their beginning of the year school night visits in ONE NIGHT. Thus we will hold our CC meeting just prior to the start of Back to School Night, starting @ 5pm in classroom P-1. CC Athletes will still be practicing during our meeting time. This should enable y'all to get a GREAT parking spot for Back to School Night and the need to only spend one parent evening @ Ponderosa.

Please note that this Saturday, Aug. 16th we will be at our first CC meet for the season! Note not all will "RACE" this event. As the week progresses we will be able to know who will "RACE", who will run, who will train, and who will go to put some miles in... but we would like ALL to be present if possible. The meet will be @ Union Mine High School, and we will be done by (if not before) noon! I have estimated 8am-11/11:30am for this Saturday's Meet. This is a friendly, small, inner county meet to kick off the season! We do realize that some may already have prior commitments for this date and this we can work out.

This upcoming week please plan on practices to be Monday 2:30-4:30. Tuesday-Friday 3:45-5:45. Saturday Meet @ UMHS 8am-11am.

I look forward to seeing all of you this week and am so excited for this 2025 CC Season!

I hope this helped for your planning purposes!

Together

Everyone

Achieves

More

Pride

Honor

Spirit!

Working hard to get better...GO BRUINS!

Karen Norwood

Ponderosa High School

Health/ Life Fitness/ Connections/ PROTECT Instructor

Head Cross Country Coach

Head Track & Field Coach

(530)677-2281 ext. 2321

kwylie-norwood@eduhd.net