

*Hello Ponderosa Bruin Cross Country athletes, parents, and supporters!*

**IF YOU ARE RECEIVING THIS EMAIL YOUR SON/DAUGHTER WAS MISSING A PARENT AT OUR MANDATORY PARENT MEETING.**

**Please print this email and send it to practice next week with a signature** to indicate that a parent/guardian received and understands the information detailed in this email.

This email will serve as a recap of much of what was covered at our MANDATORY meeting (since we covered so much in our 1-hour meeting) and also provide additional information and logistics for future meets.

### **Parent Meeting Recap**

**2025 Season Staff:** Head Coach Karen Norwood, Training Coach Brian Wieland, Administrative Coach Natalie Norwood, Assistant Training Coach Nathan Spiess, Assistant Coach Frankie LaBua, Extra Help Mr. Norwood, Snack Bar Mommies Hunter & Khile, Boosters Moms Crystal & Tami, Team Chiropractor Dr. Tim Angelo @ NorCal Spine & Sport

**2025 Cross Country Team Captains:** Head captain Brayden Himley. Captains Emmy Angelo, Colby Woodward, Shauna Roberts, Gavin Scowcroft, Devin Maldonado.

**Websites & Apps:** XC Stats, Athletic.net, Pondobruins.com, Remind 101, Garmin Clipboard, Money Dolly

- XC Stats: EACH athlete must be registered in order to get team emails (like this one)
- Athletic.net: holds our team master calendar, allows us to register for meets
- Pondobruins.com: our team webpage. Can lead you to any important links.
- Remind 101: text @phsdistan to 81010 or use the code on the app to get in-app messages from coaches
- Garmin Clipboard: The app that was downloaded this week for the team. Mandatory for athletes to have their account created. Allows athletes to log their workouts, for coaches to assign workouts, and athletes to track and log injuries to the coaches.
- Money Dolly: The platform we are using for our team fundraiser. Was downloaded Friday 8/22 in practice with our fundraiser host.

### **Important Notes: Upcoming Schedule**

**Next Meet** - Our next race is the Oakmont Invite scheduled for next Saturday, August 30th, at Johnson Springview Park. Please see Athletic.net for additional details and be on the lookout for emails next week/info from your student-athlete.

**Uniforms** - We will be issuing uniforms to our non-captain freshman, sophomores, and juniors on Tuesday, August 26th. Please ensure that your athlete is in attendance for this upcoming Tuesday so they do not miss out.

**Race plans** - Prior to any meet or competition, we send athletes home with a "race sheet". Our team race sheets detail directions to the meet location, the times of each race, and who is in each race family. It also gives an important checklist for athletes to remember the night before and morning of, as well as some goal-setting for the race itself. Please take a look at these race sheets when they come home each pre-meet day and/or ask your student-athlete about their plan.

**Duration of the meet** - Athletes will be expected to stay for the duration of any meet and may not leave even if their race is over. The team will be dismissed after the team huddle/meeting at the end of the meet. If traveling home, athletes may be signed out by their parent or guardian only at this time. Failure to show up for any meet without prior approval (not just logging in XC Stats) will face disciplinary action that may include competition suspension.

**Parent Drivers** - If willing to drive other students to the meet, parents must be cleared through the district. We will send these forms home with athletes TODAY. The parent driver form is a YELLOW form. Please fill it out and send it back with your athlete if you are willing to drive your own child to our meets (and other athletes).

**Riding with other parents** - Alongside race sheets and parent driver forms, your athletes came home with a PINK sheet. EVERY athlete should return the pink sheet as this gives permission for any district-cleared driver to transport your child to meets and/or practices.

### **Housekeeping & Team Policies**

**Handbook** - If you have not already, please ensure that you and your athlete have reviewed our team handbook (found on Pondobruins.com), printed the last page, signed it, and returned it to Coach Norwood or Coach N.

**Logging Absences** - If your child is on XC Stats, as they should be, they will have the ability to notify the coaching staff of an absence. This is important to make our attendance efficient at the beginning of practice and to notify who will be gone on important training days and/or team competitions. For example, those that logged prior commitments for tomorrow's friendly meet.

**Student-athlete, STUDENT first** - Grade checks occur at the quarter mark. To be eligible to stay on our team, the district requires at least a 2.0 GPA, and as a team (per our handbook) we require NO Fs. All athletes without a 7th period have the option (and are encouraged) to use Coach N's classroom, L-6, to study and do homework before practice starts. There are Chromebooks, desks, and a quiet place to study.

**Athletic Fees, fundraising, & donations** - The district voluntary athletic contribution is \$95, and checks can be made payable to EDUHSD. For donations to go directly to our

program, checks can be made out to Ponderosa CC. We also encourage parents or families who want to support our program to help us by bringing snacks so our athletes have post-practice and post-race snacks available. Good items include granola or protein bars, applesauce pouches, fruit, water bottles, and BodyArmor electrolyte and sports drinks.

We have one fundraiser this season that started on Friday 8/22. Please ask your child to be participating in this fundraiser by sending out their texts to family members and adults, then following up next week with a phone call. If somebody donates to them, then they will be expected to send a thank you text or make a phone call thanking the donor for supporting our program.

**Average Athletes vs Good Athletes vs Great Athletes** - Athletes are encouraged to recognize their choices can make a difference in their season and training. This includes how they fuel their bodies, get adequate rest, and improve their mentality. Great athletes ALSO do their daily stretch routines that were provided by Coach Wieland.

**Rules of the Road and How we practice** - If concerned about our rules of the road policy, please ask your student-athlete to explain it back to you (since we have been reviewing it all this week and last!). Our rules of the road are important since Ponderosa does NOT have sidewalks or neighborhoods to run in. Instead, we have the "shoulders" on Meder and Ponderosa roads, which are not very wide at all. All athletes know to run with at least one other person at all times, in case of emergency.

*Thank you for taking the time to read this lengthy email. Please reach out with any questions or concerns.*

***Always working hard to get better!***

-Coach N