

Hello Bruin cross country athletes, parents, and supporters!

Here are the key updates and reminders for this week:

Team Shoe Night — TONIGHT, August 29th

- Location: Gold Country Run and Sport
- Time: 6 PM to 8 PM (athletes can arrive earlier if practice ends early)
- **New! Garmin Watch Discount:** Our team has an exclusive discount on Garmin watches. Check it out here: [Garmin Watch Team Discount](#)

Oakmont Invite — Tomorrow, Saturday, August 30th

- **Arrival:** Ponderosa athletes must arrive at team camp by 6:55 AM (arrive at Johnson-Springview Park by 6:50 AM due to limited parking and bathrooms).
- **Captains:** Meet at Ponderosa High School at 6 AM to pack the van and travel with coaches.
- **Race Details:** Race sheets were sent home TODAY with athletes. They include race families and times. They are also attached to this email to view.
- **Course Notes from Oakmont:**
 - An arborist group will use one pavilion; please respect their space.
 - Sponsors (Fleet Feet Sports and ASICS) will be onsite with products and discounts.
 - ASICS is providing the finish arch.
 - Course was cleared and repaired by our team and parents on August 16th.
- **Safety:** An athletic trainer will be at the finish area. Please ensure athletes are physically ready for the race distance (2.5 miles) and heat conditions. Do not compete athletes who are unprepared.
- **Medals:** Custom individual medals will be available at the awards table immediately after results. Team medals will be distributed later.
- **Additional Info:**
 - Course maps, live results, and sponsor info: <https://linktr.ee/Oakmontxc>
 - Races will run on schedule; athletes must be ready to start on time.
 - Bring water bottles and come prepared for heat—especially JV athletes running later in the morning.
 - Please pick up all trash; garbage bags will be provided.
 - Water at the finish is for finishers only; no lingering to refill bottles.
 - Food trucks will be available (smoothies, coffee, breakfast).

- Lead and sweeper bikes will be used for each race; athletes should know the course.
- **Atmosphere:** Drummers and shirt sales will add to the excitement!

Uniforms & Warm-ups

- Team uniforms and warm-ups were distributed this week.
- Race uniforms: green team-issued tanks + plain black shorts of athlete's choice.
- Warm-ups must be brought to every meet regardless of weather.
- Lost gear fines:
 - Green race tank: \$50 (*Note: Black Nike Aeroswift tanks \$100*)
 - Warm-up jacket or drawstring bag: \$20 per item
 - Warm-up jacket or pants: \$100 each
 - No gear returned at season end: \$250 fine charged to student's school account.

Fundraiser Update

- Fundraiser started last Friday and has been running for 6 days. Only 15 days left!
- Please encourage your athlete to send fundraising texts to adults they know (family, friends, coworkers, neighbors).
- After a donation is made, athletes must follow up with a phone call to thank donors.
- Fundraising progress is tracked via the Money Dolly app on athletes' phones.

Absence Logs Reminder

- Absence logs are required for ALL practices (Monday-Friday), Saturday runs, and competitions.
- It is the athlete's responsibility to log absences in XC Stats, not the parents'.
- We had issues with unreported absences resulting in paid entries for athletes who did not compete, causing loss of funds for the program.

Thank you all for your support and cooperation! Let's have a great meet and a strong season.

Always working hard to get better!

Coach N. Norwood