

Hello all Bruin CC athletes, families, and supporters,

I hope you are all doing well going into the end of another week! I wanted to share some important details and updates to help with planning for next week's practices and our trip to the Fresno Rough Rider Invitational.

Monday, October 13--No School, But Practice Will Be Held

Even though there is no school on Monday, we will have practice in the morning at Willow Hills, hosted by Coach Spiess at 9am.

Thursday, October 16--Pre-Meet Practice & Trail Mix Snack

Thursday will be our pre-meet practice as we prepare for the Invitational. To make the day a little more fun and nourishing, captains and coaches will be organizing a make-your-own-trail-mix snack for everyone at the end of practice. This will be a healthy option for the car ride to Fresno the next day. If you would like to contribute your favorite nut, dried fruit, or trail mix addition, feel free to send it in tomorrow, Tuesday, or Wednesday (not necessary, though)!

Friday, October 17--Travel Itinerary & Race Day Plans

Attached is the current itinerary for our all-day trip to the Fresno Rough Rider Invitational. Please review it at your convenience. Since we are still a week away, the itinerary is subject to change, and we will keep you updated if there are any adjustments.

Because the trip will take most of the day, students were encouraged today to speak with their Friday teachers by tomorrow about any assignments, homework, tests, or quizzes they may need to complete ahead of time.

We will plan to leave earlier than the start of school on Friday to avoid traffic, allow time for pit stops and lunch, and arrive with plenty of time for team setup and warm-ups.

Race Sheet and Transportation Plans

We have finalized our race entries and race family groupings. The race sheet is also attached here to help with your planning.

Regarding transportation, please have a conversation with your athlete about whether they will need a ride or if you will be attending and driving them yourself. We are coordinating carpools with parent drivers who have volunteered and are cleared, but we may still need additional drivers. Your input will help us finalize these arrangements smoothly.

Supplies for the Meet

Additionally, we are running low on cases of water and snacks for the meet. If you are able and willing to contribute, it would be greatly appreciated, but absolutely no pressure.

Thank you all for your support and teamwork as we prepare for a great week ahead. If you have any questions or concerns, please feel free to reach out.

Always working hard to get better! Great job yesterday to our Bruin rabbits & sweepers at Pleasant Grove's cross country meet, they were excellent leaders and examples of Ponderosa Cross Country!

**Best,
Coach N. Norwood**