

Hello all Pondo XC Athletes and Families,

Here are some important updates for upcoming events next week and beyond:

1. CVC Meet on Thursday, 10/30

Athletes will leave partway through 3rd period and will miss the remainder of their Thursday classes. Please arrange with teachers at least one full week in advance to complete any work or assessments **prior** to their absence.

Additionally, we need **2 volunteers** to serve as course monitors:

- One for the Frosh/Soph races (Varsity parent)
- One for the Varsity races (Frosh/Soph parent)
- If you can help, please let us know!

2. Tomorrow's Practice on Friday, 10/24

We will have an easy run of 4 miles for all training groups. We plan to dismiss the team early by 5pm due to the last home game (Pink Out!) and the 9th Grade BBQ that starts at 6 PM. Freshmen are encouraged to attend the BBQ, and practice will end early enough for them to get cleaned up and meet their friends on the blacktop.

3. Subsections Meet on Saturday, 11/8 at Frogtown

This year, we have the morning races, so we need to arrive at Frogtown by 7:45 AM. Because everyone is familiar with the location of the meet now, athletes and drivers may meet us directly at our team camp rather than caravanning from PHS.

Transportation will be handled like our Rough Rider meet. If you are a cleared driver and can volunteer to drive other athletes, please contact us to be added to the volunteer driver list for this important event.

Athletes must qualify at subsections to advance to the next round, sections, so this will be our last whole-team race. We consider subsections our team's senior night and will honor our senior athletes with posters and kind messages.

Since subsections is a large meet with heavy traffic between races, we will host a team dinner at the Frogtown campgrounds after our races are finished. Look out for a SignUp Genius soon to help with our post-race taco/nacho/burrito bar!

4. Team Banquet on Wednesday, 11/12

Our banquet will be held in the cafeteria. Time is still TBD. We will send out a SignUp Genius soon for the pasta, garlic bread, and salad dinner as we celebrate our team awards.

We know these two team meals are close together, but both are important traditions. With your support, we can make them special for everyone!

Thank you all for your continued support and dedication throughout this season!

Always working hard to get better!

Coach N.