

## **Hello All Ponderosa CC Staff, Athletes, Families and Fans,**

Yesterday was an amazing day out in Angels Camp for the Subsection Meet! THANK YOU to all the athletes and families who helped to make the day such a huge success for the Bruins! Qualifying all of our teams onto Sections is quite an accomplishment and all runners from yesterday should be very proud! Although official results are still NOT up on [athletic.net](http://athletic.net), [milesplit.com](http://milesplit.com), or [XCStats.com](http://XCStats.com) you can find race results at the section website [here](#). I have been diligently checking the other sites since we departed Frogtown and as soon as they have posted I will send out our post race emails with individual statistics to each athlete. If you ever have any questions about scoring, place, results, team scores, moving on, etc. PLEASE ask. Cross Country is a unique sport offering competition both for teams and individuals. Thus it can get complicated and if unfamiliar with scoring it can get really complicated. I actually had to ask when I became CC Head Coach, although I had run CC, I did NOT fully understand or know how team scores worked and how your team placement scored or did not score. However, once you know the way things are calculated, it all makes sense, so PLEASE do NOT hesitate to ask.

Here is some important information that I did not want to wait any longer to get out!

### [Section Race Family & Team Info.Sheet](#)

If your 2025 Ponderosa Cross Country competition season has concluded please launder your uniform and warm ups for return. We will be collecting all team gear AFTER SECTIONS so all athletes have their warm-ups and rain gear for this upcoming Saturday as they may be needed.

We require ALL Bruin CC when they have concluded their competition season to take a mandatory 2 week break from running! Once you have given your body a 2 week break from the training plan and pounding miles (IF you are NOT doing a winter sport) we would want to see you start our winter training plan. In 2 weeks we will start giving information about this winter training plan.

### **Upcoming this week:**

\*All Practices this week we will dismiss when we have taken care of all training and team needs, as we hope to have early dismissals whenever possible for extra rest & downtime for our Section Qualifiers!\*

**11/10** Monday Collab Day Practice for all Section Qualifiers @ 2:30pm

**11/11 Veteran's Day, NO SCHOOL, Practice @ Willow Hills, Folsom @ 10am.**

**\*Mimicking as close as we can to Saturday's Bruin Race Times.\***

**11/12 Wednesday Recovery Practice for all Section Qualifiers @ 3:45pm.**

**11/12 Pondo '25 CC Awards Banquet @ 6:30pm in the PHS Cafeteria. ALL CC ATHLETES mandatory to attend, all families and fans PLEASE attend to celebrate and eat with us! \*Staff & Captains arrival @ 6pm for set-up.\***

**11/13 \*Captains Flex\* & Thursday Practice for all Section Qualifiers @ 3:45pm.**

**11/14 \*All CC Section Spirit Flex\* & Friday Practice for all Section Qualifiers @ 3:45pm.**

**11/15 Section Meet @ Willow Hills, Folsom, arrival by 8:30am to team camp - approx. dismiss 1:15pm (after awards in the amphitheater).**

All CC Student-athletes and their families should be in attendance this Wednesday night for the 2025 Ponderosa CC Awards Banquet. This is an evening where we want all CC Athletes to be in Banquet attire, NOT practice, school or regular clothes, dress up and show out! This last family CC Dinner, we need help putting this MEAL together for all of us to enjoy as we celebrate this amazing season! We will not have access to the cafeteria until 6pm. Thus we will start @ 6:30pm. To RSVP & sign up for our last team CC '25 meal use the sign up genius link [here](#). Anyone who would like to share pics from this season for our slideshow at the banquet you can add them to our slide show [here](#).

I hope this information helps for your planning purposes!

Coach Karen Norwood

Working hard to get better...GO BRUINS!

**Karen Norwood**

**Ponderosa High School**

**Life Fitness & Connections Instructor**

**Head Cross Country Coach**

**Head Track & Field Coach**

**(530)677-2281 ext. 2321**

[kwylie-norwood@eduhd.k12.ca.us](mailto:kwylie-norwood@eduhd.k12.ca.us)