

Hello Bruin CC athletes and supporters,

Thank you for the wonderful turnout at our end-of-season awards banquet! We appreciated everyone who helped provide food and support. It was great to honor the hard work and dedication our student-athletes demonstrated this season, and the season isn't over yet!

Quick notes and reminders:

- **Banquet Slideshow photos:** Our captains put together a season slideshow that we didn't get to display during the banquet. You can view the slideshow photos [here](#).
- **SJS Section Meet — Saturday, 11/15:**
 - Frosh/Soph boys: 9:40 AM
 - Varsity girls: 10:00 AM
 - Varsity boys: 11:30 AM
 - We have three teams competing for a section championship and for varsity runners to advance to STATE. The race sheet with times, awards info, and athlete names is attached and linked [here](#).
 - Please come support our post-season racers; ALL athletes from this season are encouraged to attend in Pondo gear. Bring friends and family! We'll have snacks and treats for supporters.
- **Returning uniforms & warm-ups** (for athletes whose season ended at Frogtown subsections):
 - Laundered, clean warm-ups and uniform tanks should be returned to classroom P-1 during Flex, lunch, or after school next week. *It is okay to wear these items Saturday @ Sections out in support of the Section Qualifiers!
 - A coach will check tank sizes and warm-up jacket/pant numbers to confirm you're returning the gear YOU were loaned.
 - This includes any varsity special tanks (Aeroswift, Soloman), though we hope varsity athletes still need theirs by next week!
- **Two-week rest period** (for non-state runners):
 - Coaches recommend a 2-week break: **no running** (except PE), and keep mileage @ zero.
 - This rest helps the body recover after a long season before ramping back up for track preseason or another sport.
 - You can cross train and do other things like bike, swim, or a winter sport.
- **Team photos:** Coach Ming took our season photos. To view and purchase the Ponderosa Cross Country 2025 team picture and individual/buddy photos, please visit: [PHS XC 2025 Team Pics](#)

Feel free to reach out with any questions or concerns. As always, keep working hard to get better, and we will see you Saturday to cheer our runners on! Thank you for a great season!

Best,

Coach N