

Hello all Bruin CC athletes and families,

Here are a couple of reminders and updates for our next couple of weeks of Bruin Cross Country:

Subsections this Saturday 11/8

Subsections marks the end of our normal season. After subsections, anyone continuing on with our team has QUALIFIED from subsections to make it on. From subs, for Frosh/Soph the top 6 TEAMS move on and the top 10 individuals in that race, for Varsity the top 10 TEAMS move on and the top 10 individuals in that race. We anticipate the majority of our team moving on to compete at Sections the following week, but we will have to work for it!

- There will be heavy traffic to & from the subsections venue, as this is a MUCH larger meet than we have previously attended during this season AND there is road construction. Please plan accordingly for those venturing to watch our team compete to qualify on to the Sections meet next Saturday.
- Our team will be riding the bus together, as one of our final whole-team events. Athletes will be loaded on the bus **departing PHS BY 6am** (we are the early races this year).
- From the meet director: "There is construction and some narrow lanes in the city of Angels Camp that will impact traffic for sub-sections on Saturday. Bret Harte and the City of Angels Camp are recommending using the Highway 4 Bypass around town to get to the Fairgrounds. You should give yourselves a little extra time to get to the meet."
- We will be hosting a team meal (LUNCH) immediately after our final races have concluded. We still have some spots that we are in need of for our team meal, please view the remaining slots [HERE](#) and help us fill these so we can feed all athletes and families that come out to support us!
- Subsections will also feature Ponderosa honoring their team seniors. We will have posters signed by the team and pictures. Parents and supporters of these seniors, feel free to contribute to pictures/balloons/flowers for your seniors as you feel fit!
- The race sheets are being distributed today at practice for athletes to look over and prepare for Saturday's meet. A copy is attached to this email and also linked [here](#). We do have a race strategy for this meet, you may want to ask your athlete about theirs!

Next Week:

- Next week, we will have our normal Monday collab practice
- **Tuesday, there is NO school** due to Veteran's Day. Coach Spiess and Coach N. will be hosting a practice at 9am at Willow Hills (we hope to see ALL athletes that are moving onto Sections next Saturday at this practice)

- Wednesday is a 1-7 period schedule to counteract our lack of Tuesday's block classes. This is also the day of our team awards banquet. **The banquet will take place next Wednesday in the cafeteria starting at 6:30pm.** Arrive ready to eat a final meal with our team and celebrate our athletes and their hard work! The sign up genius link to help us provide this meal is [HERE](#).
 - Food for this meal can be brought throughout the school day, delivered to classroom P-1 or brought to the cafeteria ready to be served by 6:30 pm (cold dishes should be cold, hot dishes should be hot, garlic bread cut, etc.)
- On Friday (the day before our Sections race @ Willow Hills), we will be working on some motivation and encouragement in P-1 for our continuing athletes! We hope to see ALL athletes and families to support our team Saturday morning competing at Sections in FOLSOM. This meet is super close so please come cheer on BRUIN CC! From sections, athletes can qualify on to the STATE cross country meet later this month.

I hope this helps for your planning purposes as we head into our postseason. Let's continue working hard to get better!

Best,

Coach N. & Coach Norwood