

Hello All Possible Ponderosa T&F Staff, Athletes, Families & Fans,

I hope this e-mail found you all healthy and well in the new year 2026! Thank you for your continued support, I'm grateful for our Ponderosa community. There has been a lot of change for me this school year: Natalie Norwood is on campus teaching Math (and coaching) here at Ponderosa and is newly engaged (to Coach Spiess) as of Christmas — our two eldest children are now BOTH engaged to be married! I'm teaching two new classes plus PE and a 7th period again, so afternoons are a bit rushed getting to after-school practice. I'm still using classroom P-1 as our team room and spend each lunch there for students and athletes. If your student has questions, please have them come see me at lunch in classroom P-1.

To be ready "TO GO" on the first official day of Track & Field practice, please complete the following four items this month:

1. Cleared by Athletic Secretary Angela Stevens and Athletic Director Alex LaBass by registering through the Ponderosa home page: <https://bruin.eduhsd.k12.ca.us/> → Athletics tab → Athletic Registration.
2. Read the T&F Program Rules / Handbook at Pondobruins.com with a parent/guardian, print the last page, and turn it in.
3. Register with XCStats.com using registration code "digdig!" — make sure all athlete and parent/guardian info is entered.
4. Confirm access to athletic.net and review our season schedule details. Note the schedule is still missing items like the mandatory parent meeting, Green & Grey Clinic, spike night, Cookie Dough Kick Off, pictures, banquet, and postseason dates.

Our distance team has worked incredibly hard since summer, their fall grit produced the BEST TEAM PERFORMANCE in Bruin CC history. We sent three full teams to the section meet. The Boys F/S team dominated and won sections by a landslide. Our small but mighty Girls team earned 2nd at Sections and qualified for the STATE MEET. The Varsity Boys repeated as SECTION CHAMPS and secured a state spot. We traveled with 16 CC athletes to state — the most ever! This success came from a science-based training

plan, trust in that plan, and each athlete's hard work, dedication, and mindset. That group is now in their second training cycle with their winter plan.

Sprinters and jumpers have also been working all year. Coach Ming has held preseason practices since August and they will continue until the season officially starts. If you're interested in sprinting, jumping, pole vaulting, or hurdling, please join preseason sprint practices — there have already been remarkable personal bests. If you haven't been practicing yet, it's okay — the time is NOW. Get out there and let's prepare for the season.

Throwers we are still waiting on completion of a school grounds project that has taken over the area that our throws is in. I have been advocating with administration, maintenance and the district office to have this project wrapped up for our season start. However, I also have a back up plan and will implement it if necessary. Any and all athletes that are considering throws (shot & discus) for one or two of their events DO NOT WORRY I will continue to advocate and be sure a plan for all of our throwers is the best plan possible for this season!

Exciting news: we will have a NEW POLE VAULT PIT before the season starts. Our last pit was purchased in 1999; pits typically last 10–15 years, so this is a huge upgrade. I secured a three-way split with Athletic Boosters, school athletic funds, and T&F raised monies to purchase a pit from the Pole Vault Summit in Reno on Jan. 17th. The pits at that event are shipped new and we were able to purchase one used with a substantial discount and no freight charges, saving over \$10K. The Norwood family will travel to pick it up; my dad will help haul it. I'm very excited about this addition and the season ahead!

I look forward to seeing you all soon — thank you again for your support.

□ Coach Karen Norwood

Together

Everyone

Achieves

More

Pride

Honor

Spirit!

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.u