

Hello All PHS T&F Staff, Athletes, Families, and Fans,

If you are receiving this message we are off to a great start as this means your student-athlete has properly registered for XCStats, our tracker for communication and attendance. This platform allows for more efficient management while coaching and especially when coaching a LARGE team. If you did NOT have a parent receive this message you have NOT fulfilled your requirement of registering for XCStats with a parent contact, please log into your xcstats profile and add in a parent contact and with all of the information... fix this ASAP as I can see the students who DO NOT have a parent e-mail listed!

This year we look to be one of our biggest seasons yet! Although the final roster will not be completed until next week after the **Mandatory Parent Meeting on Tues. Feb. 17th from 6-7:30pm in the PHS Cafeteria!** If you have not reviewed our season schedule please do so [here](#) ASAP! In accordance with our team rules/ handbook found [here](#), please report any possible conflicts ahead of time as expected and outlined in our team rules. The last page of the team handbook MUST be signed by both athlete and at least one parent or guardian that agrees to our team rules and expectations.

Once our team rules / handbook has been reviewed this should only come as a reminder that we do NOT cancel T&F practices here at Pondo! We may dismiss early, we may have alternative settings or workouts, but we practice each and every school day RAIN, SHINE, COLD or HOT WE PRACTICE! Thus this week please be sure to dress in layers and bring extra warm / dry clothes. As a team and athletes we will be expected to compete in the rain and cold thus we practice and train in it in order to best prepare. If a student is present at school they are expected to be at practice!

I am looking forward to an amazing 2026 Track & Field season! This year's staff is excited and we have a lot of NEW things this year / season! I am excited to see everyone next week @ the Mandatory Parent Meeting and share about all of the NEW things!

Coach Norwood

Together

Everyone

Achieves

More

Pride

Honor

Spirit!

Working hard to get better...GO BRUINS!

Karen Norwood

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Head Track & Field Coach

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