

Hello All Ponderosa Track & Field Staff, Athletes, Families, and Fans,

I hope this email finds you all dry and warm, but prepping for the wet cold week ahead. A reminder the Bruin T&F practice will start each day this week @ 3:45pm. We will meet in the stadium and utilize the "Red Shed" for athlete backpacks and gear. Please plan for rainy, wet and cold conditions. This should include packing your normal practice gear (shoes / socks / workout clothes / warm-ups / snack / & refillable water bottle) extra layers, extra dry clothes and maybe a towel inside a plastic bag to keep seats dry on the way home can be added for this week!

Tuesday @ 6pm in the PHS cafeteria we have our mandatory parent meeting! Any and all student-athletes that wish to make our final roster for the 2026 PHS T&F team MUST have a parent / guardian present at this meeting, attendance will be taken at the door. This is a VERY important meeting as I will go over all of the important team / family items for the season as well as the 2026 changes to our sport! I have a lot of information to pass along tomorrow evening!

All athletes should have an idea if they plan to attend Thursday night's Shoe / Spike night @ Gold Country Run and Sport in EDH Town Center. This is needed for our head count for that evenings team event (including enough pizza and staff to cover our group). Chris, from GCRS, will be at practice and our parent meeting tomorrow.

I hope this helps for your planning purposes!

:) Coach Karen Norwood

Working hard to get better...GO BRUINS!

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