

## Post Mandatory Parent Meeting

Thank you all for attending Tuesday night. It was really nice to see everyone and great the few I was able to catch a quick visit with, I am truly grateful for the time you allow me to spend with your children. Hard to believe but I did forget a few important items tonight, even after 90minutes.

There will be a sign up genius coming out for our 2 home CVC Meets and we will need parent volunteers for those meets as well as the Ron Ruptier Invite on 3/7/26! Here is the [link](#) to sign up and volunteer on Saturday, March 7th! By volunteering on March 7th you do NOT have to pay the gate (entry) fee and you are welcome to refuel (food & drink) at our snackbar free of charge. However, once your volunteer shift is completed you will need to remain in spectator areas.

I also missed covering proper attire at practices. Please be sure your student-athlete has workout appropriate clothing for their event and the weather. I do send athletes home from practice without credit for attendance if this becomes an issue. We also want each and every athlete to plan for their practice by thinking ahead and packing an after practice snack. This snack should be healthy and nutritious in order to refuel after workouts. I will send home some nutritional guidelines and suggestions later this week.

If you were not in attendance tonight I will be reaching out for next step for your son or daughter to meet the requirements in order to make our final roster. The Ponderosa Track & Field Staff is looking forward to a wonderful 2026 season! I am so excited to have you all along for the journey.

Here is [link](#) to my notes from tonight's meeting.

:) Coach Karen Norwood