

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

Please check our sign up genius for the fast approaching Ron Ruptier Invite on 3/7/26! Upon review this weekend the staff has identified a few more slots that were not listed. [Sign up here!](#)

This Friday there is a black light rally and no Flex @ school! We are encouraging everyone to wear bright neon to practice on Friday!

This Thursday @ 5pm in classroom P-1 is the LAST chance Mandatory Parent Meeting! If you were not in attendance last Tuesday please plan on being there Thursday so your student can make our final roster.

After shopping this weekend and pricing out for our 2026 snackbar, tomorrow I will be sending home our team wish list for items that we could use donations from team families.

I hope this helps for your planning purposes!

:) Coach Karen Norwood