

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

I apologize if some of this is redundant or you have seen it before. I just found out that some of our email distribution list did NOT receive e-mails I have been sending out as it was being blocked by the district server. This has now been corrected. If you receive an email about past events, like spike/shoe night, or the mandatory parent meeting I am so very sorry you did not receive those emails on time! Everyone should now be able to receive the team email updates.

Yesterday on 2/23/26 @ Monday's Practice we distributed uniforms to all athletes in attendance. However, we were short handed on both uniform sizes and warm ups. This dilemma comes with our team being so large in number this year, WE LOVE IT, but we are now short on team gear. The staff will be working hard the next week to get gear, both warm ups and the best fitting tanks as possible out to our athletes. The student athletes that were issued warm ups were informed that they may wear their warm ups to practice on days that are forecast to be rainy and cold. However, the uniform tanks should ONLY be worn for meets. The other half of the uniform is decided on an individual's preference of black shorts that are comfortable to compete in. **The shorts must be all black with NO DESIGN! These can be any length short, spandex, or leggings, in solid black that the athlete feels most comfortable wearing. Any brand logo on the garment MUST be business card size or smaller for them to be legal for competition.**

In addition to our uniform updates, we now have a working donation list for those that are looking to help fulfill our team needs this season. For the Ron Ruptier meet specifically, we are looking for a group of families willing to wrap & bake 25 large russet potatoes for our snack bar. We ask that these be pre-wrapped and baked upon 8am arrival to the meet on 3/7 so we can get them reheated in time for snack bar serving. This Ron Ruptier snack bar need is listed on the Sign Up Genius [HERE](#) for those interested.

Donations that we will take at any time throughout our season (including before Ron Ruptier) to help stock our snack bar and keep team snacks on hand include:

- 20oz. Gatorades,
- 20oz. Body Armors,
- Swiss Miss Hot Chocolate powder canisters (4.78lb tub),
- 36-count Costco Hot Dogs,
- Cases of Cup Noodles (chicken)

The LAST chance **mandatory** parent meeting will be held at **5pm this Thursday, 2/26 in classroom P-1.** If you were not in attendance last Tuesday please plan on being there Thursday at 5pm so your student can make our final roster.

I hope this helps for your planning purposes! As always, keep working hard to get better! :)
Coach Karen Norwood