

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

HAPPY BIRTHDAY COACH WIELAND!

I hope this email finds you getting a much deserved and needed recovery / rest day. I want to start off with a huge THANK YOU!!! Yesterday's success was all due to the huge support from our team staff & families! In reflecting back upon the day and recapping with officials and staff last evening we felt all in all the day went fairly smoothly with just a few hiccups. After discussing with CSTA officials, event leads, & Alex, from Mansoor Timing, we already have some great ideas to implement at next year's meet so it may run more efficiently. Into my third decade coaching Track & Field @ Ponderosa I strive to provide a well run, efficient, fun meet for all. We are always looking for ways to improve so please let me know if there was any other way in our power we could have improved on your meet experience for this BIG invite. Coach N. and I have many changes we want to implement next year for our volunteers so this role can be easier on our parents. One of which is written instructions at each volunteer area so your role and job is better communicated. EVERY volunteer did amazing and we could NOT have had the meet without you!!! However, I could feel many parents wanting more information and guidance. I apologize for not being able nor prepared to do that yesterday and we will work hard to fix this for next year's Ron Ruptier Invite. I am confident that Chuck Buettner, although not able to be with us and starting our meet, would have been pleased with how we did!

THANK YOU TO ALL FAMILIES WHO CONTINUE TO SUPPORT THE PROGRAM with body armour, water and snack donations! **WE NEED MORE BODY ARMOUR & WATER** for Wednesday travel and welcome any fresh fruit & protein bar donations this week! We also need Gatorade and Coke / Diet Coke donations for the snackbar - almost sold out! Although the baked potatoes didn't sell as we had planned (previous years it was super cold and everyone wanted potatoes, plus we ran out of some of the toppings) we do not plan to do potatoes for any of the future home meets, this is just for the Ruptier. We VERY MUCH appreciated the families who made this donation.

The meet served its purpose and was a HUGE success for our first home meet and allowed our athletes to compete at home and learn the nuances of a track meet while raising much needed funds. I am happy to report that we raised enough to be able to order additional warm ups and more sizing options. It also became evident that we are in desperate need of a new top pad for our high jumpers and we have already begun trying to price this out so we may order and have it delivered ASAP! We do not know if we will have enough as of now but we kick off our last fundraiser of the season this Thursday with our Cookie Dough Sales! Our team's needs list continues to grow but I am confident we will be able to make our needs happen this year with our team's effort and commitment!

I sent out individual performance emails earlier today to all of the Ponderosa T&F athletes who competed 3/6 and or 3/7. The Bruins had an outstanding showing in these past two meets. On Friday, out at the Bronco Distance Carnival Ponderosa Student-Athletes had 6 personal records or personal bests (PB) and 4 season records or season

bests (SB) out of 10 races we competed in! You can check out all of the Bruin results from 3/6 @ BV on athletic.net or [here](#). On Saturday, at home for our big Ron Ruptier Invite the Ponderosa Team came together and finished with our F/S Girls taking 2nd place as a team, our boys F/S taking 3rd as a team, Bruin Varsity Boys took 2nd overall as a team and our Ponderosa Varsity Girls WON THE MEET! Check out our full Saturday results [here](#). Out of those results special kudos to senior Braden Himley for his #2 TOP 10 ALL TIME List performance in the 1600m (4 laps around the track) with his astonishing 4:16.04 race Friday night, followed by his 3200m race in which he won! Remember these School Record Lists can be found @ PondoBruins.com or you can click [here](#). Congratulations to all, your hard work shows you getting better!

This upcoming week:

3/9 Monday Collab Practice: 2:30-4:30pm (w/ possibility of earlier dismissal). Athletes MUST check with Coach Norwood, Coach Spiess and Coach Ming in regards to their events for Wednesday's Meet!

3/10 Tuesday 3:45-5pm Pre-meet (w/ possibility of earlier dismissal). Mr. Norwood's 50th Birthday!

3/11 Wednesday Travel to Bella Vista for 1st CVC T&F MEET of 2026! 1st Events @ 4pm, student-athletes out of class @ 1:15pm. Please pack enough gear and fuel for the day!

3/12 Thursday 3:45-5pm Cookie Dough Kick Off & Post-meet practice (w/ possibility of earlier dismissal).

3/13 Friday 3:45-5:45pm WEAR PINK to practice!

This week we will be encouraging student-athletes to be focused on being STUDENT-athletes and working hard in the classroom as well! 3rd quarter progress reports will go home next week and these grades do count for eligibility and our team's grade checks for full or half practices & for competing! I hope this information has helped for your planning purposes!

Coach Norwood