

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

The Bruins did a GREAT JOB yesterday out at Bella Vista for our first CVC League Meet! Although we were not the host and NOT in control of how efficiently or quickly the meet moved we did our best to take charge with what we did have control over! THANK YOU to Coach Wascher for running Discus yesterday and Mr. Ramos for helping along with a few of our walking wounded. a HUGE KUDOS to Coach Bechert running Triple Jump and then being told it was going out of the same pit as long jump being run by another school, UGHHHHHH! Coach Bechert and the Bruins did our best to keep the long and triple jumps moving and should be commended for their efforts! I do apologize as my best guess estimates as to meet end time (30 minutes off) and arrival back to Pondo (15 minutes off) on the late side. We did start the meet late due to Rio NOT being able to arrive on time. Add that in with track events moving a bit slower than what everyone is accustomed to and it was a LATE night.

LATE night meet but successful! Ponderosa Track & Field won both Varsity Boys and Varsity Girls against Bella Vista & Rio Americano! The team had 77 boys with personal records yesterday! The Girl's had 63 Personal Records yesterday! These are outstanding numbers so early in the season and a testimony to the perseverance, grit, and hard work are Bruins are putting in! Amongst those personal best was our Freshman Phenom, Sadi Angelo, whose finish behind Captain Emmy (11:15.79), raced herself to a #8 ALL TIME TOP 10 LIST spot with her PR in the 3200 of 11:19.67!!!! Congratulations Sadi!

[This link](#) has some of the moments captured yesterday by Team Manager / Photographer Raegan. Please check out some of the great form /technique shots caught as this may help many of our athletes with future GOALS and help with a focus before our next competition.

The Pondo T&F Coaching Staff knows how tired our athletes are today and what an important piece recovery is in the training cycle. Thus today's practice plan is already planned out for an easier physical day to recover, reflect, and rest. However we will still be working hard at practice, just in a different kind of way! Please have your student soak in an ice bath and then into a warm, then into hot Epsom salt soak bath if still feeling sore from the last meets. We will be discussing this and more stretching, rolling, recovery techniques with the team today. Sitting / laying around is not what we want!

The athletes will start practice with our Cookie Dough Kick Off of our fundraiser. They will be bringing home all information about this team fundraiser. *Note that after Ruptier Invite and the Cookie Dough Fundraiser all other possible proceeds for our program are from the snack bar at home events. Yes, I know this has been a lot to start the season, however, we feel it is so important to get all of these things in and done so as the season progresses we are able to lock in on training and competing when it counts most in end of season and post season! I do appreciate everyone still adhering to our handbook policies and procedures. We greatly appreciate the continued support and positive vibes! This helps us be able to keep pushing forward and accomplishing our GOALS!

PONDEROSA T&F CURRENTLY UNDEFEATED!!!!

Working hard to get better...GO BRUINS!

Karen Norwood
Ponderosa High School