

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

I hope this email update finds everyone getting some down time away from campus. Please be mindful to take care of personal responsibilities this weekend, whether that be at home, work, or for school and classes. Friday @ practice I reminded the team how full next week was @ Ponderosa. Below are some reminders for next week's happenings.

The team is in full swing with our Cookie Dough Fundraiser! We are hopeful that this last fundraiser along with our Ron Ruptier Invite (3/7) we can raise enough funds to meet the team needs this season. This is a reminder that all checks should be made out to **Ponderosa Track & Field**, or cash collected upon sale. Any athlete that would rather do a donation rather than participate in the minimum cookie dough sales please also make checks payable to Ponderosa Track & Field. This in lieu of donation should be \$200. We do have an early check point of sales this week. Athletes just need to know how many boxes they have sold thus far or let us know they would rather do the in lieu of option.

3rd quarter progress reports go home and this will also serve as an official grade check!

Sadies Spirit Week @ Ponderosa

Monday 3/16: "Don't Sleep on Sadies" - PJ Day

Tuesday 3/17: St. Patrick's Day/Pondo Pride - Wear green

Wednesday 3/18: "Twin Day" - Match with a friend

Thursday 3/19: "Mummy Day" - Wear white

Friday 3/20: "Anything but a Backpack" - Bring your school supplies in something other than a backpack. Whatever you bring must fit under your desk and not disrupt the learning environment.

3/16 Collab. Monday T&F Practice 2:30-4:30

*There is also a Red Cross Blood Drive going on campus Monday. Students 16 and older are able to donate but please take note from our coaching staff, nutritionist & doctor:

"Post blood donation no exercise for 24 hours, and light activity for 48 hours. Most can resume training, depending on their size, after 48 hours. However, performance will be affected for 1-5 weeks post donating. I would recommend against giving blood for most of your athletes depending on their level of commitment. Your distance team would be a hard no in my opinion. They would be the ones the most affected by the decrease in red blood cells."

3/17 Tuesday T&F Practice 3:45-5:45

Mr. Ponderosa starts @ 6pm in the large gym and we would love to see the support for our T&F Senior Contestants; Braden Himley & Captain Taven Skinner!

3/18 Wednesday T&F Practice 3:45-5:45

3/19 Thursday T&F Practice 3:45-5:45

3/20 Friday Pre-Meet T&F Practice 3:45-4:45

3/21 Saturday Dublin Distance Fiesta (@ Dublin HS) & Sky Mote Invite (@ Union Mine HS)

Both of these meets are Saturday Invitationals that follow under our program for get there on your own prior to your events with enough time for check-in and warm-ups (parents or personal transportation) and depart (your own transportation) once your events & cold down are finished. *As a coaching staff, & discussed with the team @ announcements, we are making the assumption ALL on our team wish to compete Saturday. We will enter them for events @ the local Sky Mote Invite @ Union Mine unless told otherwise through a logged absence in Xcstats.com, or a distance runner who communicated (w/ Coach Wieland) the desire to compete @ Dublin and qualified for Saturday races @ Dublin.

I hope this information helps for your planning purposes!

Coach Karen Norwood