

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

Tuesday please come out and support Senior Class President and veteran T&F Senior Josh Gonzoga (I cannot believe I left his name out yesterday) as one of the evenings Mr. Ponderosa contestants! Josh will be competing for the 2026 Mr. Ponderosa title along with the (already mentioned in Saturday's email) two other T&F seniors; Senior Braden Himley and Captain Taven Skinner! These 3 guys are such a great representation of not only Ponderosa but of our team covering sprints, relays, field events, and distance! Please plan to be out in support Tuesday night after T&F practice @ 6pm in the Large Gym. Bring your spare change and cash to fill the bucket of your favorite contestant and help decide who Mr. Popularity for 2026 is and watch the judges spectate the evenings activities and crown Mr. Ponderosa 2026!

Tired Coach apologizes for the mistake!

:) Coach Karen Norwood