

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

I am e-mailing asking for help.... the team could use MORE Body Armour drinks for our two upcoming meets (3/20 & 3/21) to ensure each athlete has a cool refreshing drink once they have finished their events this weekend. If we end up with extra we carry them over for our next meet, one week from today, 3/26/26 CVC #2 @ Ponderosa! In addition to the Body Armour we need VOLUNTEERS PLEASE! If you can help us out next Thursday please sign up [here](#). I will also put this address on athletic.net under the CVC #2 Meet on our schedule. I really appreciate all of the help to keep our amazing team competing at the highest level possible! I know with your help we once again can host a very well run, efficient, competitive meet for all to enjoy!

You can also use the URL below:

<https://www.signupgenius.com/go/70A0A4EAFAC22A4FC1-62309860-32626>

I sent an e-mail to all Dublin Distance Fiesta Athletes and Families earlier this morning. I will be sending home more information about this Saturday's Sky Mote Invite @ UMHS, so stay tuned!

Thank you to everyone for reading and considering to help out the team.

:) Coach Norwood

Working hard to get better...GO BRUINS!

Karen Norwood  
Ponderosa High School  
Life Fitness & Connections Instructor  
Head Cross Country Coach  
Head Track & Field Coach  
(530)677-2281 ext. 2321  
[kwyllie-norwood@eduhd.k12.ca.us](mailto:kwyllie-norwood@eduhd.k12.ca.us)