

Hello All PHS Staff, Athletes, Families and Fans,

WOWZERS, another amazing T&F weekend for the Bruins! The Dublin Distance Fiesta provided the platform for elite distance runners to drop times that would impress anyone! Our lead distance ladies (Angelo Girls -NOT sisters, but amazing training partners) both had personal bests in the 1600m with Freshman Sadi @ 5:18 and Captain Junior Emmy @ 5:07 for a top 10 ALL TIME Pondo Performance! Emmy & Sadi then came back to run 8 more laps in the 3200m as well! Out of our 6 boys entered into the 1600m (mile), ALL SIX set personal records & went sub 5 minutes! From Senior Grady Morris making the top 10 all time best list with his 4:24 performance, Senior Colby Woodward @ 4:32, Sophomore Jacob Arthur @ 4:39, Dusty Smith @ 4:41, Gavin Scowcroft @ 4:56, and Freshman Jake Judi @ 4:57!!!! Grady Morris also competed in the 800m and went sub 2 minutes for a season best. Lilli Erwin had a season best in her 800m. The 1/2 mile competition found Bruin Boys Sophomore Weston Lauer, Sophomore Jacob Arthur, and Gavin Scowcroft ALL with a personal bests! Colby & Jacob Arthur then doubled or tripled back for another 8 laps in the 3200m and Jacob Arthur raced himself to a personal best 10:03!!! Many of our distance runners; Emmy, Grady, Colby, & Jacob raced themselves to some marks that could qualify them for the nationally recognized elite Arcadia Invite! SO PROUD OF OUR PONDEROSA Dublin Distance Fiesta Competitors, what a showing!

Most of our team was out at some point for the Sky Mote Invite. We had 57 Personal Records and many season bests yesterday out @ Union Mine High School! Our team WON and beat the other 16 schools in attendance in ALL divisions on the BOYS side; Unified, F/S, and VARSITY! Bruin Boys were locked in yesterday, congrats gentleman on your outstanding combined efforts across all the events! Our Lady Bruins WON F/S and Unified, Varsity girls came in 6th. Miles Hansen made Top 10 All Time Ponderosa Performances for the record books with his 400m in 51.48! Although we did not have a full coaching staff and the team did not arrive and depart together, what we accomplished through everyone's focused work was GREAT! We had several event winners & many left the meet with well earned medals! Please see all of yesterday's results [here](#).

### **3/23 Monday 2:30-4:30: COOKIE DOUGH ORDERS & \$ DUE**

START PRACTICE ASAP w/ Coach Spiess (Distance), Coach Ming (Sprinters), Coach Miehle (Weight room w/ throwers). I, Coach Norwood, will be out to practice after a mandatory staff meeting and will collect Cookie Dough Orders and \$ with individual athlete check-ins.

**3/24 Tuesday 3:45-5:45:** Normal Practice with all field event athletes needing to check with their field event coaches for Thursday's meet! THIS MUST BE DONE ON TUESDAY!

**3/25 Wednesday 3:45 - ?(possible early out): CAPTAINS FLEX & Pre-meet practice**

Event slips handed out, although this can always be checked by athletes and families ahead of time on atheltic.net! All changes to entries should be made by Tuesday night.

**3/26 Thursday 2:30 - Meet End: CVC Meet #2 vs. Inderkum @ Ponderosa!**

Athletes MUST be in attendance Monday-Wednesday @ practice to be eligible for competition. We still need volunteers! Please consider helping so we can run an efficient meet and get finished as soon as possible by hosting the events well. Please sign up [here](#).

\*\*\*We could also use donations of cases of water (16.9 oz bottles), Gatorade (20 oz / blue seems to be most popular) and soda ( 12oz Coke & Diet Coke).\*\*\*

THANK you to all who continue to bring in donations, the Body Armour was MUCH needed this weekend! I will take count but I think we should have enough for all of our Ponderosa Bruins for Thursday after they are done.

The water filter has been replaced in P-1 last week, THANK YOU MR. NORWOOD, so our student-athletes should be able to refill their personal water bottles through the school day and practice!

If @ 3rd quarter grades (last week were due) a student-athlete passed school grade check and was able to compete this weekend, that is our expectation, no celebration. Although we did recognize and celebrate Friday @ practice those on the team with a 4.0 and higher!!!! If you found yourself with an F, although the school allows you to compete, if that F is still showing in Aeries by Wednesday afternoon the student-athlete will NOT be allowed to compete on Thursday but will still be expected to attend the meet.

I hope all of this information helps for your planning purposes! If you ever have any questions or concerns please do NOT hesitate to reach out via email or text!

:) Coach Karen Norwood

Working hard to get better...GO BRUINS!

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