

Hello All Staff, Athletes, Families, and Fans,

I wanted to send out a quick note that after seeing all of the entries, plus the heat and flight sheets it is my best estimate that this meet is going to go FAST! This is our meet to host and I have faith we run an efficient meet! We have combined many races and heats due to the low numbers of entrants. Thus I estimate we can be done with the meet between 6 & 7pm. PLEASE plan accordingly!

Reminder that once the meet is done we officially start spring break! Athletes are ALL expected to do a post meet recovery day on their own tomorrow (Friday). This could be the normal distance runner shake-out run, normal post meet sprint drills and stretching, etc. There are a handful that have Friday as a pre-meet (also) before they attend Sprint Fest @ Bella Vista High School with Coach Ming.

This is the first time in 25 years that Coach Norwood will NOT be conducting the Spring Break T&F practices. Thus I am NOT available and will not be responding to e-mails or phone calls starting Sunday 3/29 - Thursday 4/2. This is my first spring break in 25 years and I am looking forward to having some much needed down time.

Assistant Coaches will be running and communicating about their workouts that are expected to be executed @ the 8:30am Ponderosa practices or on your own if traveling over break. These workouts if done on your own should be logged so coaches can see who stayed on our routines and are up to date with their training plans. This is a critical part of the season that athletes need to continue with training or in reality find themselves not prepared for end of season and peaking correctly. We have the toughest part of our season schedule for league competitors upon return from spring break and we want to be ready!

SPRING BREAK PRACTICES: Monday 3/30-Friday 4/3 & Monday 4/6 8:30am-10:30am

I hope this helps for your planning purposes!

Coach Karen Norwood

Working hard to get better...GO BRUINS!

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