

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

I hope this e-mail finds all of our Bruin T&F Athletes enjoying the start to their spring break! Today we had 20 Bruins competing at the Bella Vista Speed Fest and it was another great day for Ponderosa! In 9 events our Bruins worked hard and brought in 3 season records and 19 personal records. Please find our Ponderosa results from today [here](#). These great performances were on the heels of MANY personal records by our Bruins out on Thursday evening @ Ponderosa vs. Inderkum. Not only did the 2nd CVC Meet continue our streak of wins and staying undefeated it showcased 9 season records & 52 Personal Records on the girls side, with another 7 season records and 72 personal records on the boys side!!! Check out the amazing marks from Thursday's meet [here](#). We are so very proud of the team (as a whole program each doing their part) showing all event areas; distance, sprints, jumpers, hurdlers, throwers and vaulters working hard to get better and putting out personal bests! The collective team effort brought in a 96 - 40 win on the Varsity Boys side and a 102 - 33 win on the Varsity Girls Side!

Manager Raegan got the photos from the last meet edited. Pictures from Thursday's CVC #2 3/26 Meet from Rae can be found [here](#).

The upcoming week we HIGHLY ENCOURAGE all T&F Athletes to stick to training plans! If we want to continue to see success athletes cannot take spring break off from training plans. Coaches have worked hard to design training that will have athletes peaking appropriately in the season. Below are the possible options that have been communicated with me for the upcoming days off from school. There are many options and opportunities for Bruin T&F Athletes to be at school with a cleared coach and access to our team gear, equipment & facilities.

Distance Runners will have Remind 101 w/ places / times sent out by Coach Wieland.

Monday 3/30 - Friday 4/3

Monday - Wednesday & Friday 8:30am-10:30am Led by Coach Ming

Monday & Thursday 10am-Noon Led by Coach Mieke for High Jump

Tues. - Thurs. 3:45-5:45pm Led by Coach Bechert for Plyos & Coach Deitchman for Vaulters

Wednesday & Friday 3:45-5:45pm Led by Coach Tyler for Hurdlers

\*I hope to be sending out our team store link next week. Our printer / apparel company replied back to me that our store link would be ready by end of next week... so stay tuned for our spirit gear (option to buy your own warm-ups) and to get all of your family and fans decked out in this years Ponderosa T&F attire!

**REMINDERS:**

**3/29 - 4/2 Coach Norwood's 1st Spring Break in 25 years and I will not be reachable by text or email.**

**4/9/26:** The week we return to school Thursday we have practice AND we host a Junior High Track & Field Meet!

I hope all of this information helps for your planning purposes!

Coach Karen Norwood