

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

Only two days back from spring break and things are hoppin! Today the team has many things to be excited about! First we hope all can join us today @ lunch in the large gym to recognize the Bruin Student-Athletes that are signing and will be going onto do their sport next year in college. Honoring these soon to be collegiate athletes is a tradition here at Ponderosa and one I hope T&F will be in attendance to cheer on our own seniors continuing in our sport next year at the collegiate level; **Grady Morris to compete for CSU Chico, Braden Himley to compete for University of the Pacific, and Colby Woodward to compete for Butte Community College.** Congratulations to our three senior distance boys for working hard and continuing on their Cross Country and Track & Field journey taking Pondo Pride with them!

After school all of our Bruin T&F athletes will showcase their skills while hosting our 1st of 2 junior high track meets today. ALL PHS T&F are asked to get out to the track and stadium as soon as possible in order to help host an efficient & enjoyable meet for our the local large school Jr. High T&F programs. Everyone part of the team is expected to be there HELPING through earliest check-out of 5:45pm! We will welcome any additional help through the end of the meet and can give volunteer hours for anything over our normal practice time. With many school events happening today and tomorrow (Chior field trip & CSF field trip) we have some T&F athletes that are gone and thus need everyone else to do their part today.

In addition to missing some athletes gone on field trips we will be missing our very own **Captain Emmy Angelo** today and tomorrow. Emmy will be traveling and racing as our solo Bruin Competitor **@ ARCADIA 2026** tomorrow, Friday 4/10 @ 7pm! We want to encourage everyone to be logged in and watching tomorrow night cheering on Emmy! **You can catch the live stream of Arcadia and it's events [here](#).** Let's have Emmy hear & feel the Pondo Pride all the way in southern CA coming from her T&F Family here in Shingle Springs!

We still are in need of Gatorade at our snackbar, and continue to welcome donations of Body Armour & water. THANK YOU to all who keep supporting us and all of the program needs, we cannot do it alone, it takes a village!

I hope this helps for your planning purposes!

:) Coach Karen Norwood

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