

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

This is just another friendly reminder about tomorrow's **Tuesday 4/14/26 CVC T&F Meet @ Vista Del Lago!** Our school is on a [CAASP Testing Schedule](#) (please review it) with State CAASP testing for the JUNIORS (11th grade) ONLY. Thus all other grade levels should utilize the extra TWO HOURS tomorrow (& Wednesday-Friday) morning(s) for extra rest, helping out at home, working on school work, studying for finals, getting ahead, or just some extra gifted individual time to use as needed! BE MINDFUL AND USE THIS TIME WISELY! Although I will arrive at school at my usual 6:45am Tuesday-Friday I will be proctoring the CAASP test in classroom P-1 from 8:30-10:35 and the classroom (team room) will be locked during that time and NOT accessible until my group has concluded testing each day. Coach N. (Ms. Norwood, Math) in L-6 will not have her classroom accessible between 8:30-10:35am, Tuesday - Friday as well.

Ponderosa T&F Athletes will be out of class tomorrow @ 1pm. PLEASE be ready in uniform and warm ups with all gear needed to compete, lunch in hand, and a FULL personal refillable water bottle in the front circle ready to board the bus ASAP!

The meet is scheduled to start (between *3:30pm &) 4pm! *If the field events have all of the leads/ volunteers/ officials and are ready Vista would like to start all field events up to 30 minutes early, 3:30pm. Track events are still scheduled to start @ 4pm! As usual athletes & their families can view what events they have been entered for on athletic.net. Any changes that need to be done will need to be done with our coaches and then changed at the meet by our coaches. There will be buses to and from the meet. ALL ATHLETES MUST STAY until the meet is over and the Bruin Team Meeting has concluded. Athletes at that time can be signed out by their OWN parent on Coach Norwood's official clipboard. I estimate the meet to go until 7-8pm. This would put us home between 7:30 & 8:30pm. We will NOT be stopping with the bus after this meet, returning promptly home to Ponderosa High School.

WEDNESDAY 4/15/26 COOKIE DOUGH PICK UP 3:30-5:45pm!!! All Athletes that helped sell cookie dough this is delivery day with Pizza for those that sold their goal amount, money bag grab for those that sold 20 or more and EVERYONE needs to take their cookie dough home or immediately for delivery! All cookie dough orders MUST be picked up by end of practice Wednesday. We do NOT have enough freezer space to store cookie dough over night. PLEASE plan to deliver this cookie dough to those that ordered from you as soon as possible!

I hope this information helps for your planning purposes!

:) Coach Karen Norwood