

Good Morning PHS T&F Staff, Athletes, Families and Fans,

I know i can be lengthy in these e-mails (as was my coach talk last night) but I do feel this is all VERY important info to get out to the team and families! PLEASE read everything below!

What a nail biting victory yesterday! Results emails were emailed earlier this morning out to each athlete for their performances yesterday. Congratulations to all of the Bruin T&F Athletes for the win over Vista Del Lago by both Varsity Boys & Varsity Girls (F/S Boys won as well and our F/S girls only lost to Vista by ONE POINT)! You can find all results [here](#).

Ponderosa currently remains undefeated in the highly competitive CVC League for the 2026 season thus far! Although we have two more opponents; Woodcreek and Christian Brothers which we will face next Wednesday 4/22/26 @ home for our last home meet of the season. These schools will offer some VERY tough competition but I know our team will be ready and prepared for their last home showing this season and SENIOR night! We will need volunteers for this last meet in order to help host an efficient meet. Sign up genius to come and please stay tuned for more information about this special event ending evening honoring our Bruin T&F Seniors and their last time to compete at Ponderosa!!!

TODAY cookie dough orders are being delivered here to Ponderosa High School starting @ NOON! Given the weird CAASP testing schedule we are not able to be out to help @ Flex and lunch as originally scheduled. Any available parents or team supporters that could be at Ponderosa today @ noon to help we would GREATLY appreciate it! This is more boxes than we have ever sold and we want to have it ready for the team by practice start. This can count toward family volunteer hours! Sadly all captains, coaches and athletes are in class today at that time. We hope to have the truck unloaded and flavors sorted for each athletes individual order to be ready for **pick up by practice start time 3:45pm. This pick up of cookie dough can be done by an athletes parent / guardian or by practice end 5:45pm the athlete MUST take their order home with them.** We do NOT have freezer room to store cookie dough. However any cookie dough sold by athlete to on campus teachers, staff, etc. we can store and have tried to make enough room so these boxes do not need to go home and come back. Rather **these boxes can be labeled for their recipient & stay in classroom P-1 to be delivered Thursday by the student to the person that ordered from them here @ Ponderosa.** Athletes that earned the pizza party, Dutch Gift Card, and Money Bag draws will receive those items today as well. The top sellers will also book their reward lunch with Coach Norwood today!

Tomorrow, **Thursday 4/16/26 any athlete with green warm ups (1st priority) or that does NOT like the fit of their warm ups (2nd priority) may bring in their FRESHLY CLEANED warm ups to be traded in for the newly arrived additional black team warm ups!** This will be done during practice time. During this process PLEASE be patient! Issuing uniforms and warm ups once to over 130 teen student-athletes is

difficult enough, doing it a second time is not ideal but we are pleased to be able to do this. YAY!

If all the above wasn't enough for you to celebrate today the Sacramento Meet of Champions (SMOC) released their accepted entries for next Saturday, April 25th's elite T&F meet. **Congratulations to the following Bruin T&F Athletes (in alpha order) for being accepted into the 2026 Sacramento Meet of Champions!**

Ainsley Allen = 4x800

Emmy Angelo = 4x800, 1660m, 3200m NIGHT MEET!

Sadi Angelo = 4x800, 3200m NIGHT MEET!

Jacob Arthur = 4x800

River Coppa = High Jump

Ben Deagle = 4x400

Isabelle Enright = 400m

Miles Hansen = 4x400

Braden Himley = 4x800, 800m, 1600m NIGHT MEET! 3200m NIGHT MEET!

Cheyenne Jones = Pole Vault

Weston Lauer = 4x800

Jax Mieke = 4x400

Grady Morris = 4x800, 1600m, 800m

Taven Skinner = 4x400, Pole Vault

Avery Wilson 4x800

Mason Yoast = Triple Jump

These athletes MUST notify Coach Norwood NO LATER than Friday end of practice their plans for SMOC; attend and compete, scratch and do NOT compete.

The following athletes are listed as SMOC alternates, SMOC lists the next 10 athletes in an event that will get moved up as other drop the event and or do NOT show up on meet day. These alternates have a good chance of being able to compete @ SMOC:

#10 Cheyenne Jones = Shot Put

#2 Bailey Suetta, Makayla Murray, Maile Clemons, Isabelle Enright, (Triesta Perez, Emma Maxwell, Madisun Melgoza, Isabella Humphrey) = 4x100

#7 Brendan Ferrie = 110HH

#6 Emma Maxwell = 300H

#3 Bailey Suetta, Maile Clemons, Makayla Murray, Isabelle Enright, (Triesta Perez, Brooklyn Winslow, Isabelle Humphery) = 4x400

Congratulations to our Bruin SMOC Qualifiers & Alternates!!!! Your hard work is showing!

Next Tuesday 4/21/26 (pre-meet) all Athletes in a clean uniform AND WARM UPS for our team Picture that includes everyone taking the team picture, individual picture and if wanted buddy / group picture. This day could need to be moved to Thursday given the weather forecast but we will play this by ear as we get closer.

I hope this helps for your planning purposes!

:) Coach Norwood

Working hard to get better...GO BRUINS!

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