

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

This e-mail contains A LOT of important information so PLEASE read through to the end!

[Team store closes in 2 days, please see it here](#)... happy shopping!

4/25/26 Saturday was the **2026 SACRAMENTO MEET OF CHAMPIONS -SMOC!** Congratulations to the Bruins who were able to compete at this prestigious meet; Bailey Suetta, Triesta Perez, Isabella Humhpry & Madisun Melgoza in the 4x100, Brendan Ferrie who ran a PR in the 110HH, Grady Morris who won his heat of the 800m, Emma Maxwell who raced in the 300LH for a Personal Record, River Coppa in the high jump, and senior captains Taven Skinner and Cheyenne Jones in the Pole Vault! The elite Invitational Night Section of SMOC had Bruin Captain Emmy Angelo in the 3200m where she went from racing under the lights @ ARC with 8 laps on the track, to cool down miles, & then out of track tank into Prom Dress!!! She was joined by Sadi Angelo in the night INVITE SMOC section. Sadi had a personal best, going sub 11 minutes (10:56.04) and securing her #4 ALL TIME FASTEST BRUIN GIRL IN THE 3200m! Emmy and Sadi are 2 of only 4 girls who have ever done this for Ponderosa High School!!! Congratulations again to all of this year's Bruin SMOC performers!

TODAY 4/28/26 We HOST our last junior high meet and the last home track meet here at Ponderosa this season! This requires ALL on the team to be present and doing their part until practice ends @ 5:45pm. Any on the team that would like to stay and help to the end of the meet we welcome and greatly appreciate the HELP! Captains & Coach Norwood will stay until the end of the meet and all clean up is finalized. Any athletes whose families have NOT met their 4 hours of volunteer time, this requires the athlete to work BOTH junior high meets until the conclusion of the meet and dismissal. Today's roll call will be done @ the end of practice by checking out when you leave from hosting!

CHEER BUDDIES: This week at practice athletes will be signing up for a "Cheer Buddy" for next week's Championship week. This is our last week that we will be together as a whole family as many of the athletes will have their season conclude @ League Championship Trials / Finals. Thus we have a tradition that everyone on the team chooses a person to be a cheer buddy for. This is another way we try and bring the whole team of over 130+ athletes together and recognize the importance each event group plays to our team as a whole. This is to help athletes to get to know each other better and learn about a teammate they may not know anything about. Athletes MUST choose a cheer buddy that has NOT been chosen and meets **2 out of 3 qualifiers**. **The qualifiers are that a cheer buddy MUST be; 1- Different Gender, 2- Different Grade Level, 3- Different Event Group. Again 2 out of 3 MUST be true in order to pick that person.** Cheer buddies are not reciprocal meaning if Joe picks Jane, Jane does not get assigned Joe. Jane can pick anyone that has not been picked with 2 out of the 3 qualifiers. Staff is here to help athletes choose if needed. Now what does being a cheer buddy mean? Athletes MUST provide **minimum 2 things: a written message of encouragement and a gift / treat for their cheer buddy next**

Wednesday and or Friday. I encourage athletes to do this on the Wednesday, 1st day of Championships! The written message could be a card, a sign, decorated poster board or even a simple sticky note. The treat / gift could be anything that is appropriate from a body armour, a snack, a favorite... the gift is NOT meant to be a hardship for anyone. Please come see me if this causes any issues and I will provide the gift / treat for the athlete to use. It is more about the effort and being thoughtful for a team mate and their championship realizing that this is a team effort and not just about one person. We have had stuffed pinatas, new engraved water bottles, Pondo swag, gift cards, Subway sandwiches, cakes... literally all kinds of "treats / gifts" given to buddies. **MOST important... do some research on your buddy and what they like, keep it a secret, be thoughtful, be creative, and HAVE FUN WITH THIS! Come see Coach Norwood, Manager Raegan or Ms. Norwood if you need help with your Buddy gift.** Please come see us no LATER than next Monday 5/4/26 if you need help. Coming to see us Wednesday 5/6/26, the day you should be giving your Cheer Buddy Message and gift, is NOT acceptable!

[CVC Current Team Standings](#): The link will take you to see that Ponderosa is the ONLY undefeated T&F team in the CVC! However, the battles we have won is not the war! Please read the blurb below to better understand what next week truly means for Ponderosa T&F. This is directly from the CVC Bylaws for T&F:

"The conference meet. 8.1.1 Teams shall receive points for meets according to the following scale: 1 point for every team beat in dual meet competition 1/2 point for every team tied in dual meet competition. 2 points for every team beat in conference finals competition. 1 point for every team tied in conference meet competition. 8.1.2 Points earned for beating a team shall be called Championship Points. The teams with the most championship points for all meets shall be champion. 8.1.3 In the case of a tie for the most points, both teams shall be declared champions and duplicate pennants shall be awarded."

Families and Athletes might also be interested in next week's [Championship Format found here](#), as it is different (as is the event schedule) from the CVC league dual meets we have been doing. I hope this helps to better understand the process the team will be going through next Wednesday CVC Championship Trials and Friday CVC Championship Finals. Both days are mandatory for all members of the team and mandatory to stay through the end of the meet. Anyone competing at the Frosh / Soph level will conclude their season next week. Anyone competing at the varsity level MUST make the top 8 in finals of that event or meet the @ large mark for D2 in order to move on in the playoffs to Div 2 Trials.

[Here is the format for Div. 2 Trials](#)

[Here is the format for this year's Divisional T&F Championships](#)

[Here is the format for this year's Masters Meet \(CIF T&F State qualifying meet\)](#)

All of the above can be found at the SJS website listed under Track & Field. Some of these updates were just published this month as the format has changed from previous

years. PLEASE take a look if you think you might make it out of the CVC league Championship Finals.

Team pictures are still in the process of being edited from picture day and our last home meet, stay tuned! Seniors we found with the first use of the new stadium lights and my new plan for senior night it was NOT conducive for photos with the blaring lights behind you. I apologize as these photos did NOT come out. We will set-up a backdrop at banquet night and Raegan will be there to take senior pictures and senior family photos at the banquet, again I am so very sorry!

Please keep up to date on our [season schedule](#) found on athletic.net as we have added important items like banquet, team clean up days, and returning of team gear dates.

If you made it to the end, give yourself a huge pat on the back!!! I hope this information has helped for your planning purposes!

:) Coach Karen Norwood