

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

I hope this email finds everyone getting great rest and recovery for the upcoming Championship Week! This e-mail will contain a lot of important info. so please read all of the information within and do NOT hesitate to reach out if you have questions!

A big get well to Coach Frankie who had a minor surgery on Friday and after talking with him this morning, I wanted to pass along- Frankie is doing GREAT! Coach Frankie should be back with us again on Monday!

As announced Friday @ practice... Raegan has finished editing the team photos taken at our last home meet on 4/22! They are up on PondoBruins.com and can also be accessed [here](#). Entries for next week's Championship Trials / Finals being held @ Bella Vista on Wed. 5/6 & Fri. 5/8 can be found on athletic.net under our schedule along with further details like out of class time.

REMEMBER ALL CHEER BUDDY MESSAGES & GIFTS DUE ON WEDNESDAY 5/6/26!

To keep all Championship week info easily available some of the information below you may have already seen. Already sent in previous emails, discussed at announcements, and posted out at practice, the meet schedule for Wednesday 5/6 & Friday 5/8 can be accessed yet again [here](#). Details of the CVC Championship Meet format can once again be found [here](#). Although Ponderosa is undefeated on BOTH the girls and boys side, beating each league school in head to head competition this next week is going to prove EXTREMELY DIFFICULT to pull out a league title for our Bruins. In order to make it from trials to finals an athlete needs to be in the top 8 to make it onto finals. The Championship meet is scored 1st-6th place in finals for each event with all schools (7 in total, including Pondo) competing against each other all at once. This is MUCH different than competing against one school at a time, where only 1st-3rd score points! At the end of any dual or double dual meet for each school we beat head to head it was a championship point. In the Championship Meet each school you end up beating at the end of the meet results in 2 Championship points! To check out the current CVC Team Championship points for each school look [here](#). Reminder that at Championships any athlete who places 1st-8th in FINALS of that event moves onto Div. 2 Trials being held Tues. 5/12 @ Vista Del Lago! Let's take a bus of qualifiers to Div. 2 Trials Pondo!

I continue to update our season schedule with details for upcoming events. PLEASE stay up to date and current by checking this season's schedule [here](#).

2026 Bruin T&F Awards Banquet will be held Thursday, May 14th! Please RSVP as soon as possible so we have an accurate head count for ordering main dishes and purchasing table wear. **The sign-up genius to RSVP and help with side dishes can be found [here](#).**

I hope this information has helped for your planning purposes! Coach Karen Norwood