

Dear PHS T&F Athletes and Families,

I wanted to send this out and apologize for the issues many faced last night with our Ponderosa buses not returning to Bella Vista for pick up. This was not planned on my part and in my 2 decades + of coaching T&F here we have never had this happen. Sadly it happened on a school night, during Championship and AP Testing Week! I realize this was NOT ideal. Due to this mistake made by administration I had to make some calls last night that went against district policy and our handbook rules. I apologize for holding to these rules and standards and then same day breaking them. Please know the Norwoods, (Coach Norwood, Mr. Norwood, Coach N. Norwood & social media manger / photographer Raegan) all did our very best trying to accept verbal confirmations, view texts that said okay and trust athletes who called home when trying to get our team home as quickly and safely as possible last night. THANK YOU TO ALL THE PARENTS AND FAMILIES FOR HELPING & UNDERSTANDING! YOU ALL were so amazing last night and I felt so grateful for the many parents who came to help! We went from over 80 waiting for buses, quickly to 76, and before we could get buses to BV we were down to 21 and a ton of equipment... THANK YOU!

PLEASE know I do NOT take occurrences like this lightly. I take your children's safety and well being as our first priority! We have addressed Friday travel plans and have confirmed that we are to be picked up and the buses should be there prior to us finishing! I have also requested and filed for our trip to have a stop Friday night after the meet @ Chik-Fil-A. We will have buses to pick us up from BV, take us to dinner, and then return us to Pondo. This is the last meet where the whole team is still together. However, it is also OKAY to sign YOUR son or daughter out after the conclusion of the meet and take them home (or even join us @ Chik-Fil-A). \*NOTE if the meet runs behind or has delays we will not make our dinner stop if our buses cannot due so in the drivers allotted driving time. I estimate the meet should be done by 7:30-8:30pm, if we go over that window we will NOT stop.\*

Yesterday was a great first day of CVC T&F Championships! There were some ups and some down for our Bruins but we still have tomorrow and as there was only 1 varsity event finalized on the track last night it is still anyone's meet at this point. There were some amazing PR's and we hope to see that continue tomorrow. All of our Ponderosa T&F Athletes that are scheduled to compete Friday ([meet order of events here again](#)) will be competing not only for their PR and team points, but for 1st-3rd place medals in all final events as well! Reminder that anyone in a Varsity event that makes finals (TOP 8) and finishes the event moves onto Div 2 Trials next Tuesday! D2 Format with order of events can be found [here](#) at this site by clicking on "Format and Rules" and then clicking on "TrackD2Format". This includes our [Unified Athletes and their partners!](#) **All Unified Athletes and PARTNERS will be meeting today 5/7/26 @ practice with Coach Wascher!** All Frosh/Soph athletes season concludes tomorrow.

**TODAY WILL BE A SHORT PRACTICE!** Student-Athletes should be focused on individual physical needs for recovery like HYDRATION, proper fueling, stretching, rolling out, slushing / ice as needed, heat as needed, mental prep and visualization for

tomorrow along with Goal review with coaches. At home athletes should be preparing all gear, equipment, bags, food and drink for Friday. It will feel HOT tomorrow @ BV being in the 80's with sunshine. All should consider cooling towels, sunscreen, shade hats, EXTRA HYDRATION PACKING, etc.

Please continue to look at [athletic.net](http://athletic.net) for our upcoming season events, like BANQUET! The link to RSVP and sign up to help out is [here](#). All T&F Student-Athletes need to be aware of Uniform / Warm-up turn in day and team clean up day in order to finish the last of team member responsibilities. These last pieces of the season schedule are so VERY IMPORTANT, we want our whole team to finish out together. Team work makes the dream work!

I will send out an email once Championship week has concluded as to what season looks like for those who qualified to move on! Keep in mind Div. 2 Trials is Tuesday, May 12th @ Vista Del Lago (so lucky it is so close)... we would LOVE everyone to come and cheer on those that qualify!

I hope this helps for your planning purposes!

Coach Karen Norwood