

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

THANK YOU ALL for a great season but it actually isn't done! I know a lot, most of you have concluded, but there are some of us that still have practice each day and a lot going on with the season. PLEASE be respectful of this and know that there are some of us that have not gained our afternoons back and still have long hours to put in.

A top page banner link to the photos for the entire season, including the banquet, are up @ www.pondobruins.com ! If you are interested in purchasing photos from this season without the watermark please message Raegan Norwood via email raeslensphotos@gmail.com. If you are interested in being a senior rep please apply through Raegan's website or email any questions you may have to her. Any Moms or Dads who are interested in booking any sessions for senior pictures, family pictures, etc. please inquire through her website raeslens.mypixiset.com. Raegan wanted to thank everyone for their support this season and helping her to grow her business!

Coach Aedan Ming also sent out an e-mail with the link for our team picture day! Please read what he sent:

The photos from picture day are finally up! Some info below before you purchase: Individuals are sorted chronologically - group photos by # of people.

You can also buy digital downloads.

About digital downloads: Purchasing a digital download will remove the watermark. After checkout, you will receive an email with a download link. I will also create a Google Photos album with your photos as soon as I can - sent via email.

Use code "bruintf26" for 15% off if order is \$40 or more.

Any profit made from this will go back into PHS Track via training equipment.

Email: aedanm@hotmail.com

Phone: 530-647-6777

The photos can be found here: <https://sportisart.zenfoliosite.com/phstf-picture-day-2026>

This is a message from a team parent: After the awards banquet last week, someone else mistakenly took the lid from my slow cooker. My lid is different from the average, having a long black handle that spans the width of the lid, with a long groove in the top to hold the spoon, plus little tabs at the ends for the latches. This cooker actually belongs to my mother-in-law and I borrowed it, so I am invested in trying to find it. PLEASE anyone who may have this return to classroom P-1 where I have a crockpot lid cleaned and waiting for exchange as it is NOT the one described above but was left behind last Thursday night.

We NEED HELP out at the track today to finish the job from Monday now that our new \$30,000 pole vault pit has been dried out and is no longer draining a small river from the new foam pads. We want to get this stored away properly so we can continue to have this great equipment for our team for many more years! **If you can help PLEASE be at the track today 3:45pm**, I will have treats for all who can come and help!

If you did NOT check in your uniform and warm ups on Monday at our last Mandatory practice then you will have a school fine issued under your name for the fees associated with the missing uniform and warm ups. If you would like to turn these items in LATE you may do so in person ONLY! Please do NOT leave team gear laying on a desk with a sticky or note! **The next uniform check in time and date is Wednesday, TODAY, out at the track @ 3:45pm!** The next uniform check-in time will be Thursday 5/21 after school out @ the track, time TBA after today's session.

Summer training and preseason info will be coming out soon!

I wanted to send an update for the past 3 days now and apologize for not having this out over the weekend but it was a packed full Saturday & Sunday for Ponderosa T&F to represent! We kicked off @ 6:30am on Saturday out @ Sac City's Hughes Stadium picking up all athlete wrist bands, hauling in gear, setting up team camp areas and checking in field implements & poles. Captain Braysen Tapp was first to compete for the Bruins and his performance in the shot put showcased a personal best of 43'10.25"! This distance placed Tapp 4th and he brought home an SJS Medal! Fitting as his next sports season will be in that same stadium playing Sac City Football! Senior Olivia Novello also competed in the shot put as a D2 Div. Finals Qualifier and ended her last throw as a Bruin with an outstanding Personal Best of 31'6"! Captain Cheyenne Jones competed in pole vault for the last Divisional meet after each of her Bruin Track & Field Seasons making it to the Div meet in all 4 of her field events! It was a bitter sweet ending for a stellar senior! River Coppa, our shining star sophomore, experienced his first Div finals with no other Bruins allowed on the infield, not even a coach, a rough way to compete but he handled it well on the blustery windy day as a high jumper! Coach Mieke is excited for his planned return in the next two years! It was Makayla Murray who wrapped up the field competition for the Bruins with an astonishing Personal Best Jump of 17'7.25". This jump puts her 2nd on Ponderosa's All Time School Record Board with a long jump that qualified her for MASTER FINALS on Saturday!

Saturday on the track we first raced our VB 4x100 Relay Team; Lucas Wynne, Ethan Hamersly, Kolby Graves and alternate Adam Kowaleski as anchor leg with our qualifier Miles Hansen home sick. Timing on the last handoff wasn't there but the team was smart and mature enough that they didn't leave the zone and Adam had to seriously put on the brakes in order to get the baton and keep the exchange legal, so not a great time, but proud of the DQ avoidance running smart, especially with 3 of the 4 legs returning next season! Emmy & Sadi were up next in the 1600. Our freshman phenom was also smart about taking the lead when the whole pack went out too slow for anyone to qualify and thus she became the sacrificial lamb with 4 laps and a windy day where everyone tucked in behind her. Sadi took 8th in her heat of 5:17.62. Captain Emmy ran equally as intelligent and kicked when it was necessary finishing 4th for a SJS D2 Section Medal & podium spot with her 5:07.31 that qualified her onto Master Finals this Saturday. Although Emmy has decided to drop and focus on the 3200m only coming up in 3 days! The D2 1600m was the event of the day for the Bruins! Up next was the boys 1600m with Jacob Arthur who ran 4:29 and Captain Colby Woodward who ran a 4:31! Along with Braden Himley who WON the race in 4:21.10 and brings home the GOLD as the SJS D2 CHAMPION of the 1600m! He too will not race the 1600 this

Saturday @ Masters and has chosen to concentrate on the 3200m only @ Master Finals! Bailey Suetta had a bitter sweet race as it seriously was her fastest looking 100 from block start through her drive phase. However they ran the 100m the opposite direction due to the heavy wind and there were multiple lines at the finish... many girls did not know which was the actual finish and did not run through the correct line. Bailey appeared to finish 3rd in her heat in a screaming time but alas the actual finish line cross after she had shut down her speed had her results showing 9th her heat but still in the 2nd fastest 100 time of her career. We're so excited for Captain Bailey's Senior Season where we are confident that 12.5 100m time will be made official! Senior Grady Morris & Sophomore Weston Lauer in the 800m found themselves in a screaming fast heat... Grady took 6th scoring points for the Pondo Boys in 1:57.89! Although not a PR and his season has concluded we will look forward to all of the wonderful times and races Grady will be running to @ CSU Chico next year! The Bruins day ended with the 300 Hurdles. Up first we had Emma Maxwell and our stud sophomore tied her PR for the 3rd time in a row with a 47.89, way to be consistent Emma! Calvin Lea was our last competitor of the day hurdling in lane 9 and this is a tough lane around the curve for a hurdler! He ran about ½ second of his PR and again so happy to have both of these amazing hurdles back for TWO more seasons to see what they can do as upperclassmen next year! The day saw some great Pondo performances and some tearful last Bruin competitions for some of our Seniors! You can see all of the Division Finals results [here](#).

Sunday several of us from the PHS T&F Staff attended Mr. Chuck Buettner's Celebration of Life! It was a wonderful day of friends, food, and story telling honoring Chuck. I do think the section has done a nice job with their starter salutes to Chuck each of the playoff meets. He will be missed but NEVER forgotten as what I do will continue to be in efforts to grow our sport in a positive manner helping others to grow as well!

Still in season (thus we are still practicing) the following Bruins will compete **Saturday 5/23 @ Master Finals** in the following events at the listed times **@ Folsom High School**. I really encourage anyone interested to come watch the amazing performances from the top T&F high school elite athletes from the SJS! This is to see who will move onto the Prestigious CIF T&F State Championship! There is a \$5 parking fee and an entry fee for spectators.

Makayla Murray Long Jump = Report @ 2pm / Scratch @ 2:30pm / Event competes @ 3pm

Emmy Angelo 3200m = Scratch @ 7:29pm / Event competes @ 7:44pm

Sadi Angelo 3200m = Scratch @ 7:29pm / Event competes @ 7:44pm

Braden Himley 3200m = Scratch @ 7:46pm / Event competes @ 8:01pm

In addition to the above moving onto this Saturday will be all of our **Unified Athletes** and their partners! Please see below:

4x 100 Meter Relay Scratch @ 4:45pm / Event competes @ 5pm

Mens team

Athlete: Andy Marty

Partner: Reece Craig

Partner: Brandon Ragan

Athlete: Seth Jordan

Unified Long Jump Report @ 4:30 / Scratch @ 5pm / Event competes @ 5:30pm

Womens

Athlete: Kennedy Maurer Partner: Payton MacDonald

Mens

Athlete: Andy Marty partner: Cameron Price

Athlete: Cameron Craig Partner: Chase Shalz

Athlete: Jaxson Subia Partner: Caiden Prentice

Athlete: Rhys Romanowski Partner: Caden Baltao

Athlete: Seth Jordan Partner: Brandon Ragan

Unified 100M Scratch @ 6:19pm / Event competes @ 6:34pm

Womens

Athlete: Kennedy Maurer Partner: Cynthia Hernandez

Mens

Athlete: Andy Marty partner: Reece Craig

Athlete: Cameron Craig Partner: Chase Shalz

Athlete: Jaxson Subia Partner: Gavin Scowcroft

Athlete: Rhys Romanowski Partner: Michael Zizek

Athlete: Seth Jordan Partner: Brandon Ragan

Unified Shot Put Report @ 5:45 / Scratch @ 6:15pm / Event competes @ 6:45pm

Womens

Athlete: Kennedy Maurer Partner: Kaitlyn Storck

Mens

Athlete: Andy Marty Partner: Reece Craig

Athlete: Cameron Craig Partner: Lucas Wynn

Athlete: Jaxon Subia Partner: Caden Baltao

Athlete: Rhys Romanowski Partner: Cameron Price

Athlete: Seth Jordan Partner: Shea Sonnenburg

I hope all of this information helps for your planning purposes!

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