

Happy Mid June Y'all,

I hope this email finds you enjoying your summer!

Some very exciting reminders... we have some Bruins scheduled to compete this weekend and you can watch them and cheer them on in their competitions! Our freshman phenom, Sadi Angelo, qualified for NON (Nike Outdoor Nationals) Championship in Eugene Oregon! She is scheduled to compete Saturday 6/20/26 @ 7:30pm in the Emerging Elite 2 Mile, Heat 1 and Monday 6/22/26 @ 12:30 in the Freshman Mile, Heat 4. Please cheer her on via the live stream you can access [here](#)! I am very excited to be attending NON this year to watch Sadi wrap up the last races of her VERY LONG 1st year as a Bruin!

Saturday, June 20th will also find Liam Trifiro & Jacob Arthur competing for the Ponderosa Bruins at the El Dorado County Fair Wheelbarrow Races representing Ponderosa in the High School Challenge Division! For all the traditionalist & long time El Dorado County Residents that will be at the Fair this Saturday evening PLEASE be sure to head out to the grandstands to witness the physical challenge known as the El Dorado County Wheelbarrow Races! Let's go Liam & Jacob!!!

I would also like to announce this year at the El Dorado County Fair our team's T&F social media manager and Photographer Raegan Norwood (my baby) finished runner up for Miss El Dorado and was crowned Miss Greater Foothills yesterday at the fair opening night! Thank you to all for the support!

We have officially started our Ponderosa Cross Country summer team runs 3x a week. We would love for any new Bruins interested in CC to join our Remind 101 App and XCStats.com in order to receive our team summer run reminders and our team emails.

Here is the link to join our Ponderosa Distance Runners Remind 101 App: <https://www.remind.com/join/phsdistan>. Please note the Remind 101 App is now only sending messages in the App and does not send it via text alerts. Thus you MUST check your app!

Here is how to join XCStats.com as a new athlete (and please be sure to include at least 1 parent/guardian contact info when registering as a new athlete). <https://www.xcstats.com/docs/GettingStartedwithXCStats.pdf>

Our Ponderosa team registration code for XCStats.com is "digdig!"

Monday, June 22nd @ 9am we will meet and do one of our summer team trail runs. Coach Spiess & Coach N will both be in attendance. Any and all can join us (parents, neighbors, younger siblings, visiting friends/ family) at whatever pace is appropriate for each individual (walk/ jog/ run).

Mondays we meet 9am @ the corner of Sophia Parkway and GreenValley Rd.

Wednesdays we meet 9am @ The El Dorado Trailhead Station, 4650 Oriental Street.

Saturdays (mileage days) vary and are based upon availability of coaching staff.

All team summer runs please plan to eat breakfast beforehand, bring water and a snack. Athletes should come ready to run with appropriate gear (trail shoes, socks, shirt, shorts) & sunscreen on!

Anyone planning to compete this fall in any sport for Ponderosa, this is a friendly reminder that **you MUST be a cleared athlete through Ponderosa's Athletic Secretary, by the first official school practice day.** This process can be found on our school home web page under Athletics / Registration / Home Campus. You can find it [here](#).

I look forward to seeing you out at our morning team summer runs and I hope this helps for your planning purposes!

Coach Karen Norwood & the Bruin CC Coaching Staff