

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

Well we have officially concluded the 2026 T&F season as of Monday 6/22/26 with the last and final day of the Nike Outdoor National T&F Meet! Our freshman phenom, Sadi Angelo, qualified for NON (Nike Outdoor Nationals) Championship in Eugene Oregon! She competed Saturday 6/20/26 @ 7:30pm in the Emerging Elite 2 Mile her 3200 photo and time can be seen [here](#) as she technically completed the 3200 just before the official 2-Mile finish line. [Athletic.net](#) and NON log results for the competitors to see how they did in both distances for this race. The official 2 Mile video of the race and results can be watched [here](#). Monday 6/22/26 @ 12:30 she ran in the freshman Mile, Heat 4. Similarly Sadi received results for the [1500m](#) / [1600m](#) / and the official [1-Mile](#) from this race, please check out her results for each distance and the video from the 1-Mile. It was a very exciting experience and so proud of Sadi finishing off her first year as a Bruin!

In addition to Sadi competing we had Liam Trifiro and Jacob Arthur who raced a different kind of race for the Bruins this past Saturday at the El Dorado County Fair. Both young men were representing Ponderosa Cross Country @ the Wheelbarrow Races for Ponderosa in the High School Challenge Division! These boys did an outstanding job finishing the race with enough weight (from the race videos I saw - thank you Braden Himley!) starting with probably 30 plus pounds over the required 50 lbs of sand completed the grueling obstacle course relay style handing off the wheelbarrow and sand ½ way through the obstacle course. Not only did they finish but they took 3rd place and podiumed!!!! Way to represent the Bruins Liam and Jacob!

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 29th @ 9am we will meet and do our last summer team trail run BEFORE the mandatory “CIF Dead Period 7/1 - 7/14”. Coach Norwood will be leading this last practice prior to the dead period and available to answer any questions, clarifications about our training plans during the 2 week dead period as athletes SHOULD REMAIN TRAINING ON THEIR PLAN, and reminding all athletes that coaches may NOT have any communication, contact, meet ups, phone calls, emails, texts, etc. during the official dead period July 1st-14th. This dead period is for ALL HIGH SCHOOL SPORTS in our section! Thus it is VERY important to ask anything by Monday’s team summer run!

Mondays we will meet 9am @ the corner of Sophia Parkway and Green Valley Rd.

We will start back up with our team summer runs (Mondays / Wednesdays / Saturdays) once the dead period has concluded. Our next team summer run after the dead period will be July 15th, Wednesday, we will 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