

Hello all PHS Cross Country athletes, parents, and supporters!

This is our FIRST OFFICIAL team communication for the beginning of cross country season. If you are getting this email, **congratulations!** You either (1) are a student-athlete that successfully created your account and checked your email, or (2) were added as a parent/guardian by your student-athlete. Yay!

A couple of *very important* notes for this week:

MANDATORY PARENT MEETING to make our final team roster this season is TOMORROW, THURSDAY AUGUST 20th AT 5pm in classroom P1 (after practice). Please plan to have at least one parent or guardian in attendance if your child would like to remain on our roster for this season. This includes veteran parents as well. The coaching staff is trying to minimize how many times you need to come to PHS for meetings, so we schedule this before Back to School Night so you can get early parking & be done with CC meetings before going to the gym at 6pm for Back to School Night!

Your student-athletes went home with "homework" from the coaching staff tonight to prepare for our fundraiser kickoff on Friday. So yes, if they are bugging and asking for contacts for friends/family/neighbors/etc, we asked them to! We will cover more about this tomorrow at the parent meeting, as well as the events coming up on our calendar. Our team calendar can be found on Athletic.net under "Ponderosa XC."

This is a short email as coaches are trying to rush out the door from practice, but wanted to be sure we sent a notice about parent meeting in case your athlete has not let you know yet! We sure hope they have, because we have been reminding them all week!

Please reach out with any questions or concerns. We look forward to meeting & seeing you all tomorrow at 5pm in classroom P-1.

Always working hard to get better..... GO BRUINS!!

Best,

Coach N. (Natalie Norwood)

nnorwood@eduhdsd.k12.ca.us