

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

ATHLETES: IF YOU HAVE NOT YET, PLEASE ADD YOUR PARENTS EMAILS CONTACTS ON YOUR XC STATS ACCOUNT SO THEY CAN RECEIVE THESE EMAILS.

If your son/daughter had a parent missing from our mandatory parent meeting last night, please print this email and send it to practice next week with a signature to indicate that a parent/guardian received and understands the information detailed in this email OR THEY WILL NOT BE ABLE TO REMAIN ON OUR FINAL ROSTER

This email will serve as a recap of much of what was covered at our MANDATORY meeting (since we covered so much in our 1-hour meeting) and also provide additional information and logistics for future meets.

Parent Meeting Recap

2025 Season Staff: Head Coach Karen Norwood, Co-Head Coach Natalie Norwood, Training Coach Brian Wieland, Training Coach Nathan Spiess, Assistant Training Coach Frank Ramisch, Assistant Coach Frankie LaBua, Moral Support & Sanity Mr. Vince Norwood, Snack Bar Mommies Hunter & Khile, Team Chiropractor Dr. Tim Angelo @ NorCal Spine & Sport

Athletic Director: Alex LaBass | **Athletic Secretary:** Angela Stevens (handles clearances, grades, attendance, and transportation forms)

2025 Cross Country Team Captains (announced Tuesday): Senior Captain Emmy Angelo, Captain Jacob Arthur (Junior), Captain Weston Lauer (Junior), Captain Lilli Erwin (Junior), Captain Jackson Gilbert (Junior), Captain Sadi Angelo (Sophomore), and Captain Austin Jones (Sophomore)

Websites & Apps: XC Stats, Athletic.net, Pondobruins.com, Remind 101, Money Dolly, Ca.milesplit.com

- **XC Stats:** EACH athlete must be registered in order to get team emails (like this one) and to log absences
- **Athletic.net:** Holds our team master calendar, allows us to register for meets
- **Pondobruins.com:** Our team webpage. Can lead you to any important links, including our team handbook
- **Remind 101:** Text @phsdistan to 81010 or use the code on the app to get in-app messages from coaches
- **Money Dolly:** The platform we are using for our team fundraiser

Important Notes: Upcoming Schedule

TOMORROW - Saturday 8/22: Long run practice, 9am in Folsom, meeting in the parking garage on Scott Street under Sutter Street Steakhouse. Come prepared!

Monday 8/24 - Shoe Night: After practice at 5pm, athletes will meet at **Gold Country Running & Sport (EDH Town Center)** for free pizza, gait analysis, expert advice, and 20% discount on everything in the store (except watches). This is a great opportunity to get properly fitted for running shoes!

Next Meet - Oakmont Invite, Saturday 8/29: Our first race is scheduled for August 29th. ALL athletes will run 4k. Athletes must be cleared and attending all practices to compete. **I will send a separate email with detailed race information next week.**

Wednesday 9/4 - Football Snack Bar Fundraiser: This is a NEW fundraising opportunity for our program. **We currently have only 3 volunteers signed up and NEED MORE VOLUNTEERS.** Please take a look at the Sign Up Genius linked here [INSERT LINK] if you are available to help.

Additional meets on the calendar: Rabbitting meets, League Meets, Subsections, Sections, State, and Varsity-only meets. Full calendar available on Athletic.net and Pondobruins.com.

Fundraising - ACTION REQUIRED

Our team fundraiser kicked off this past Friday, August 22nd, using the Money Dolly platform. Student-athletes logged into the app, set up their accounts, and are **required to have 25 contacts added to their circle**. On **Monday**, we will be checking that they have sent texts to these 25 people via the Money Dolly app.

If your family is choosing to forgo the fundraiser, a \$500 check can be made out to "**Ponderosa Cross Country**" in lieu of their participation. This can be from a business or personal account.

We encourage all athletes to participate by sending out their texts to family members and adults, then following up with phone calls. If somebody donates to them, they should send a thank you text or make a phone call thanking the donor for supporting our program.

Practice Information

Practice Schedule: Each school day

- **Mondays:** 2:30-4:30pm
- **Tuesday-Friday:** 3:45-5:45pm

- Practice runs rain or shine (AQI permitting)

Practice includes warm-up, drills, workout, strength, cool down, snack, clean-up, and dismissal. Be prepared for practicing perfectly with proper attire (layers), socks/shoes, water bottle, post-workout fuel, and a positive attitude!

THIS Thursday CC Flex (RED CHECK): Tuesdays and Thursdays during the school day, we hold a CC flex period. On **Thursdays in classroom P1**, this serves as a team study hall for those with slipping grades, a time for captains to meet with coaches for team business, and where CC athletes will participate in various strength/stretching/yoga sessions. All athletes are **RED CHECKED** (meaning they are required to attend Thursday CC flex) for fundraiser check-in and team business. **If an athlete has a conflict with this red check on Thursday, please let us know ASAP.**

Housekeeping & Team Policies

Handbook: If you have not already, please ensure that you and your athlete have reviewed our team handbook (found on Pondobruins.com), printed the last page, signed it, and returned it to Coach Norwood or Coach N.

Logging Absences - CRITICAL POLICY: ALL absences must be logged into XC Stats. Students need to log absences **24 hours in advance** by clicking "report an absence" on XC Stats. However, just because an absence is logged in time does NOT automatically make it excused.

Excused Absences: Only doctors, dentist, and driving appointments are excused WHEN a return-to-school note or verification of the scheduled appointment comes back with the athlete the next day of practice they attend. Athletes with excused absences must make arrangements to get the workout from coaches so they can execute this workout before or after the appointment.

Unexcused Absences: Athletes get ONE unexcused absence in the season. If an athlete has 2 consecutive unexcused absences (in a row) OR 3+ unexcused absences in the season, that athlete may be held out of the next competition at the coaches' discretion. This is for the safety of the athlete and for equity within the team.

Sick or Injured Athletes: If an athlete is sick or injured but at school, they should be coming to practice to check in and letting the coach decide what the best modification is for them on that practice day.

Communication is key! When athletes know they will be gone, they need to communicate so they can be given a workout (modified if needed) as well as the strength routine for that day.

Student-athlete, STUDENT first: Grade checks occur at the quarter mark. To be eligible to stay on our team, the district requires at least a 2.0 GPA, and as a team (per

our handbook) we require NO Fs. All athletes without a 7th period have the option (and are encouraged) to use Coach N's classroom, **L-6**, to study and do homework before practice starts. There are Chromebooks, desks, and a quiet place to study. If grades fall, coaches may utilize practice time for students to study rather than participating with the rest of the team. Coaches will also NOT allow athletes to compete if grades are not maintained.

Athletic Fees & Donations: The district voluntary athletic contribution is **\$95**, and checks can be made payable to **EDUHSD**. This fee does not go towards our program but rather towards funding athletic custodians and district athletic operations. **If you would like to make a donation directly to our program**, checks can be made out to **"Ponderosa Cross Country"**. We also encourage parents or families who want to support our program to help us by bringing snacks so our athletes have post-practice and post-race snacks available. Good items include granola or protein bars, grape or cherry tomatoes, applesauce pouches, fruit, water bottles, and BodyArmor electrolyte and sports drinks.

Meet Day Policies & Transportation

Race Plans: Prior to any meet or competition, we send athletes home with a "race sheet." Our team race sheets detail directions to the meet location, the times of each race, and who is in each race family. It also gives an important checklist for athletes to remember the night before and morning of, as well as some goal-setting for the race itself. Please take a look at these race sheets when they come home each pre-meet day and/or ask your student-athlete about their plan.

Duration of the Meet: Athletes will be expected to stay for the duration of any meet and may not leave even if their race is over. The team will be dismissed after the team huddle/meeting at the end of the meet. If traveling home, athletes may be signed out by their parent or guardian only at this time. **Failure to show up for any meet without prior approval (not just logging in XC Stats) will face disciplinary action that may include competition suspension.**

Parent Drivers: If you would like to be a cleared driver for this season and be able to volunteer to drive athletes other than your own, please have your athlete get a parent driver form from the coaching staff or front office. The parent driver form is a **YELLOW** form. Please fill it out and return it if you are willing to drive.

PINK Transportation Permission Sheet (REQUIRED FOR ALL ATHLETES): ALL athletes must have the PINK sheet that we passed out at the parent meeting filled out and returned. This means they can ride with cleared parent drivers, coaches, and team transportation (bus, vans, etc.). **Every athlete must return this form.**

Rules of the Road and Training Philosophy

If concerned about our rules of the road policy, please ask your student-athlete to explain it back to you (since we have been reviewing it all this week and last!). Our rules of the road are important since Ponderosa does NOT have sidewalks or neighborhoods to run in. Instead, we have the "shoulders" on Meder and Ponderosa roads, which are not very wide at all. All athletes know to run with at least one other person at all times, in case of emergency.

Average Athletes vs Good Athletes vs Great Athletes: Athletes are encouraged to recognize their choices can make a difference in their season and training. This includes how they fuel their bodies (good nutrition), get adequate rest (sleep), stay hydrated, and improve their mentality. Great athletes ALSO do their daily stretch routines that were provided by Coach Wieland. **Life lessons, better people, greater good... Recognize your choices make a difference! Always working hard to get better!**

Thank you for taking the time to read this lengthy email. Please reach out with any questions or concerns.

Always working hard to get better!

Best,

Coach N