

Hello all Bruin CC athletes, families, and supporters!

This week we have some important announcements; read on for info regarding this Saturday's Oakmont Invite, our team store link(!), a recap of shoe night, and our Snack Bar fundraiser next week!

Oakmont Invite, this Saturday 8/29

[HERE](#) is the race sheet that all athletes will get on Friday. We will plan race goals and go over times for breakfast, warm-up, and on-the-line as well as how they should prepare the night before for packing & eating/sleeping. Our first race is Varsity girls, with gun going off at 8am, and our other races spaced 30 minutes apart. ALL PHS Cross Country athletes must arrive to Johnson Springview Park by 7:00am for team camp setup & instructions. Parking & bathrooms at this location are limited, so please plan accordingly (arrive earlier to park & make sure you leave yourself enough time to wait in bathroom line before warm-up).

We would gladly welcome any donations of fresh fruit or other after-race treats for families that would like to do so! Our team currently has enough stock of Body Armor electrolyte drinks and granola bars to bring to this Saturday's meet, but we know how much our athletes love cold fruit after a race!

This Saturday is a **GET THERE ON YOUR OWN**, meaning that athletes must arrange their own transportation TO and FROM Johnson Springview Park, 5480 5th St. Rocklin CA. We are planning to dismiss athletes around (hopefully before) 10:30am. All athletes should plan to attend the entirety of the meet, supporting & cheering on all of their family members, down to our last race!

Shoe Night Recap & REDO

Families that were planning to eat pizza at Gold Country for dinner on Monday (or were just hoping for some free pizza!!), ***I AM SORRY!!!!*** Gold Country Run & Sport let us know upon arrival that there was a mixup within management with the pizza being ordered, and they were so sorry. They have offered to feed us pizza & drinks on another night, and are willing to even give us A SECOND SHOE NIGHT for CC season!!! If you missed Monday night or couldn't attend, or maybe you didn't get a gait analysis done and want one, or maybe you just want another time to hangout with your team members.. then 2nd opportunity shoe night is for you!! Coaches are in the works with GCRS for getting this on the books, we will let you know ASAP when a date is decided.

****SNACK BAR, NEXT FRIDAY on 9/4****

We **desperately need more volunteers** to sign up for our Football Snack Bar fundraiser next Friday!! Coaches plan to be there to assist and work the snack bar after practice, but that only covers so many slots! If you are able, please sign up you and/or your student-athlete for any times that are still available. The link to the Sign Up Genius is [HERE](#). Any help is appreciated!

2026 Cross Country Team Store!

Our captains & coaches have been working diligently with our merch rep from Tee Shirt Bar to get our team store up & running. The 2026 team store is open for **8 days only, [HERE](#)**. The sooner we close the store, the sooner that the orders are processed, created, and shipped to us! That being said, take a look at what's on there! Though not mandatory, we do encourage athletes to get one item from the store (like a tee shirt) if they are able so they have something lighter with our team logo on it that they can throw on top of their jersey on days that it's too hot to wear warm-up jackets (like Saturday...). Parents, family members, friends, supporters: the team store is open for everyone!

Cross Country Flex, Tomorrow 8/27

Unless otherwise arranged with coaches earlier in the week, all cross country athletes were red-checked into Coach N or Coach Norwood's flex for tomorrow. Captains will be participating in our weekly captains meeting handling several items of team business. All other athletes will be taking care of another aspect of our team fundraiser. They should have 25 contacts or more!! Anyone opting out of the fundraiser (or done early with our activity) will be working on yoga/stretching.

That's all for now, please be on the lookout for updates on our Snack Bar fundraiser, team fundraiser, team store, and upcoming travel meets (Woodbridge & Frogtown). P.S. If your child hasn't turned in the PINK transportation form, we need these ASAP!

Please reach out with any questions or concerns.

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

Coach N. Norwood