

Hello all PHS CC athletes, families, and supporters!

I hope this week has been treating everyone well so far, especially after our eventful weekend with the Oakmont invite & lots of amazing marks! Our coaching staff was so incredibly proud of the effort we saw our Bruins put forth, and we are ecstatic looking towards the rest of our season.

SNACK BAR FUNDRAISER (THIS FRIDAY)

THIS FRIDAY, SEPT. 4TH, we are working the Football Snack Bar from 3:00pm - 10:00pm. **We still need volunteers!!** We are getting closer, but still need several spots for the varsity game shifts, and a few spots for the JV shifts (which is during our team practice). [HERE](#) is the link to check which slots are still available for sign-ups. Please help if you are able!

TEAM STORE (CLOSING SOON)

Our **TEAM STORE closes in 2 days!!** The link for the store is [HERE](#). If you are wanting any apparel to keep for this season, make sure to order before the store closes! We have crew necks, hoodies, tee shirts (cotton or dri-fit), and dri-fit long sleeves available! Feel free to share the link with any family, friends, neighbors, or supporters that might be interested in purchasing team apparel. Gear will be shipped to the school by order last name for pickup during practice.

YO-NANAS SNACKS

Today marked our second day with Yo-nanas as our after-practice snack. Thank you to all parents who sent your student-athlete with bananas or donated bunches for us to freeze! We had several athletes bring in their own toppings (chopped nuts, PB, chocolate chips, protein powder, granola, etc) to add into their frozen soft-served banana and they've been loving it! Feel free to send in any toppings or bananas if you'd like to contribute! We could also use additional spoons and cups (or the type of paper boats that snack bars usually sell nachos in; those would be perfect).

FUNDRAISER UPDATE

We officially have 10 days left in our team fundraiser, and we are currently sitting at 65% of our goal for this season. Your student-athletes were asked last Thursday to follow up with their "circle" (the 25 contacts they added & sent texts to) via a phone call. The purpose of the phone call was not to ask for money, but to simply ask "Hey ____, did you get the text I sent last week?" This method has proved to significantly increase fundraising contributions -- when our athletes actually have a voice call with the person they are asking to contribute to their team fundraiser. If student-athletes have not completed their follow-up phone calls, we ask that they do this by the end of this week that way we can reach our goal for this season!

OUR NEXT MEETS: WOODBRIDGE & FROGTOWN

All athletes invited to Woodbridge have been notified via email last week so they could begin planning their travel to Southern California ahead of time. All other athletes will be competing in Angels Camp on Saturday 9/19 at the Frogtown Invitational -- the same location that we will race at for Subsections later in our season! More information regarding travel/transportation, race sheets/ race families, race plans/goals, and other helpful info will go out late next week or early the following week.

Thank you for taking the time to read this email detailing all of our important updates for this week. Please reach out with any questions or concerns.

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

Coach N. Norwood