

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

The next 2 weeks are going to have several exciting events, so here is the information to help with your planning purposes!

> TOMORROW, SEPTEMBER 9th

Athletes were informed today at the end of practice that it will be an option to run to Coach Norwood's house to jump in the pool before finishing our easy mileage back to PHS for end of practice. It will be hot tomorrow, so this will be a great first Norwood Pool practice. Just a heads up for those that may wonder why your student-athlete looks like they went swimming when you pick them up tomorrow. Swimsuits are not necessary, since they will be running to & from Coach's house and not changing in between. Athletes will be picked up from PHS as normal, but Coach Norwood's address is 3901 Loma Dr for those wondering how far this run will be.

> THIS FRIDAY, SEPTEMBER 11th

Is our TEAM YOGA session at Yoga6 in El Dorado Hills (across from Town Center). One of our awesome team moms, Jamie Bordenave, will be hosting our team for a restorative **Fun Friday Yoga session at 5pm**. Athletes still have necessary easy mileage to do outside of our Fun Friday session, which can be done before school, during lunch, during Coach Norwood's FLEX, or after school during our typical practice time. ***Athletes will need to get to Yoga6 (by 5pm) on their own & have a ride arranged home for after our session.*** For our NEW athletes (anyone that was NOT with us last season), please have you or your athlete get the following information to Coach N by Wednesday (tomorrow!) :

- Student Name
- Parent Name
- Parent Phone Number
- Parent Email Address

Yoga6 will email waivers once Coach N. provides this information for new athletes. Returning athletes or Yoga6 clients do not need to re-do the waiver.

> FUNDRAISER UPDATE

We officially have 3 days left in our fundraiser. We are currently 79% of our season goal. Finish strong, athletes! This is the final push to get those calls & texts sent in the last few days to reach our season goal!

> YO-NANAS NEEDS

With the weather heating back up, we are back to yo-nanas snacks again this week! We are in need of **paper boats** (think snack bar nacho boats) and **plastic spoons!**

> WOODBRIDGE UPDATES

Woodbridge transportation arrangements have been arranged [HERE](#). If any corrections need to be made, please reply to this email ASAP. We are still looking for a few more spots in cars. *Woodbridge athletes -- please get \$30 to Coach N. ASAP to pay for your Woodbridge Shirt!*

Woodbridge parent drivers, please view the Meet Info [HERE](#). Our itinerary is a work in progress currently, as Emmy Angelo will be competing in the Saturday Night races, and all other competing athletes (our boys & Sadi Angelo) will be competing in a Green Division Saturday morning race (coaches will meet & discuss this with athletes soon).

Parking passes CANNOT be bought day-of or on site, so please pre-purchase passes [HERE](#).

> PARENT DRIVERS FOR NEXT WEEK, FROGTOWN 9/19

For the Saturday 9/19 Frogtown Invite in Angels Camp (anyone NOT attending Woodbridge), this meet is a PARENT VOLUNTEER transportation. So far, I have very few cleared drivers that have informed coaches they will be driving & have extra seats. Please discuss with your student-athlete their plan to get to/from the Frogtown Invite. We are the morning races this year as we are classified small school, and plan to be done before 12:30pm.

If you would like to be a cleared driver, please fill out the "Volunteer Personal Automobile Use Form" (yellow form) and provide the office with **a copy of your driver's license & insurance policy declaration page**. These forms sometimes take the office a couple days to process, so please get these turned in sooner rather than later if you're planning to be a cleared driver for next weekend!

> NEXT WEDNESDAY 9/16 PRACTICE @ VALLEY VIEW MONTESSORI

We will be rabbiting & sweeping (leading & helping straggler finish) the middle school cross country races at Valley View Montessori. This is a great opportunity for us to build relationships with future athletes and represent our wonderful PHS CC team out in the community. Athletes WITHOUT a 7th period will be asked to find a ride (with a friend or parent) to get to Valley View **as soon as possible**, as the first race starts at 4pm, and we want our athletes to warm-up & check-in with Coach N before rabbiting right away. Athletes WITH a 7th period, please plan rides accordingly to be at Valley View as soon as you can to not miss more races than necessary!

> OAKMONT PICTURES - Thank You Mr. Juan Calderon!

Our very own freshman Logan Calderon's dad, Juan Calderon, was amazing at our last meet & took photos that he was so gracious to share with us! Parents, if you ever have pictures you would like to share, we would LOVE to see & share these with the team. Please view these pictures [HERE](#), and know that this is a parent cheering on their own athlete, not focusing solely on taking pictures of each and every Pondo athlete. Thank you, Juan!

Thank you for taking the time to read these important updates. Please let me know if you have any questions or concerns.

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