

Hello All PHS CC Staff, Athletes, Families and Fans,

IMPORTANT 2026 Schedule Updates and HELP needed!

Practices are as normal this week just with some added items. We do not foresee these added items needing to stretch beyond 15 minutes before normal scheduled practice times or 15 minutes after normal practice times, and only for the days outlined details below. Friday will be a pre-meet day and should see the team being dismissed earlier than the normal 5:45 schedule, how early depends a lot on the athletes that day. The coaching staff hopes to see everyone out this upcoming Saturday for our races at the Bull Dog Invite @ Willow Hills Reservoir in Folsom (site of the Section Championship / State Qualifier races in Nov.)

Monday 9/28/26 2:30-4:30 (Normal Collab Day Practice Schedule) Athletes come prepared @2:30 to be back to work as family! Can't wait to hear every one's weekend peaks and valleys. Coach Norwood will do an end of practice roll call and announcements AFTER workout and strength (mandatory staff meeting so athletes will start ASAP with workout review with coaches into activation).

Tuesday 9/29/26 @ 3:30pm Senior Poster Pictures: Emmy Angelo, Devin Maldonado & Gavin Scowcroft please meet in P-1 to be the 1st Bruin CC Runners ever for Senior Posters. These 3 Seniors are all four year CC family members, all having held captain positions, hard working dedicated, super deserving so starting a new tradition with these 3 only seems fitting!

Tuesday 9/29/26 Normal Practice 3:45-5:45

Wednesday 9/30/26 Normal Practice 3:45-5:45 & Coach Spiess' Birthday!

Thursday FLEX for CAPTAINS & ALL BRUIN CC... Capt. meeting & help get things ready for TEAM FAMILY DINNER!

Thursday 10/1/26 3:45-5pm Practice into clean up for team dinner...

Thursday 10/1/26 5-6pm Bruin CC Team Dinner for athletes & occurring immediately after practice. We NEED help getting the food purchased, prepared, and to Ponderosa for this season's amazing Bruin Cross Country Family! [Please sign up here to help!](#)

Friday 10/2/26 3:45-? *No later than 5:30pm Pre-meet practice *Van MUST be loaded with ALL TEAM GEAR!

Saturday 10/3/26 Bull Dog Invite @ Willow Hills Reservoir, Folsom CA

All Athletes will be expected to be @ team camp NO LATER than 8am! Captains & Coaches 7:45am. Varsity Girls will race first with starting gun going off @ 9am. We are not sure on race families as of now and thus cannot say an estimated departure / pick up time but we know it will NOT be LATER than 1:30pm. We will update the seasons schedule and have departure / pick up time on race sheets later this week.

I do apologize for getting this out so late Sunday. My niece got married yesterday & family events take a lot of family help so we are just getting done with wedding cleanup duties this evening! I hope this helps for your planning purposes for Bruin CC Family!

:) Coach Norwood

Together

Everyone

Achieves

More

Pride

Honor

Spirit!

Working hard to get better...GO BRUINS!

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