

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

What an AWESOME showing on Saturday from our Bruins at the Bull Dog Invite! I hope all of you got your stat e-mails yesterday and have set your goals for the upcoming Rough Rider Meet next Friday 10/16. WE NEED PARENT DRIVERS FOR THIS!!!! ALL Varsity runners from 10/3 PLEASE have your jersey washed and ready to be checked back in Tuesday @ lunch in P-1 or Wednesday / Thursday @ practice!

We could use the following for donations for the CC runners: Popsicles, Fruit, Frozen Bananas, Body Armour, & electrolyte mix / drinks!

HOT, HOT, HOT, WEEK... drink lots of water and bring light shirts to run in that can be soaked with water, & wear sunscreen!

Monday 10/5, Collab. Practice 2:30-4:30pm

HOCO WEEK SPIRIT WEAR TOMORROW = PONDO CC GEAR to SCHOOL & to PG! Reminder that tomorrow is our practice that we start and finish from Pleasant Grove Middle School off of Green Valley Rd. Please plan on Bruin CC Athletes getting to PG and home from PG according to your own family plans. We would like to get all athletes there as soon as they are finished with classes in order to start rabbiting / sweeping the races that are scheduled to start @ 3:30pm! We realize that those of you that have a 7th period might be a little late and that is okay, just get there ASAP!

From the meet director for tomorrow, Tues. 10/6:

Meet will begin at 3:30 (trying to hold until 3:45 for our Bruin Rabbits and sweeps). Here are some details to help you with your planning! I'm also attaching a course map.

*Plenty of parking in front of our school. Walk all the way to the back of the school to find us. Feel free to set up your team "camps" on the blacktop.

*Order of races: JV Girls, JV Boys, Var Girls, Var Boys. We have ribbons for top ten finishers in each race.

*Ponderosa High School Cross Country team will be our rabbits and sweeps--we will also clearly chalk the course and have parents serving as course monitors.

*Varsity starts on grass; JV starts on blacktop. Same blacktop finish. No dirt. No hills. Flat and fast!

*Restrooms are located in the Multi-purpose room right next to our gym. We also have a filtered water station (just outside MP room) to refill water bottles.

We will do a quick coaches meeting at 3:15 to make sure everyone is good to go! Let me know if you have any questions, and see you all Tuesday, October 6th at Pleasant Grove Middle School!

Wednesday 10/7/26 as soon as practice is done we will dismiss from practice due to the District College and Career Fair @ UMHS starting @ 6:30pm!

Thursday 10/8/26 YONANAS, we need bananas to unpeel and freeze!

Friday 10/9/26 HOCO Home Game, early dismiss, if we can!

I hope this helps for your planning purposes!

:) Coach Karen Norwood