

Hello all Ponderosa Cross Country Families and Supporters,

Thank you for your continued support this season! Please review these important updates for next week and beyond:

1. **Team Merchandise:** [https://stores.inksoft.com/phs\\_xc/shop/home](https://stores.inksoft.com/phs_xc/shop/home)

Our online store is open for 7 days (though it currently shows 10). The sooner it closes, the sooner gear can be made and delivered. We kindly ask each athlete to consider purchasing at least one item—there are affordable options like a \$15 t-shirt—to help them match with this year's team gear at meets, especially on warmer days. Remember to always bring their team-issued jacket and warm-up pants as well, even if they purchase a tee shirt to wear over their tank on warmer days.

2. **Tomorrow Saturday Long Run:**

Tomorrow's team long run is at 9am in Old Folsom. Please see Coach Wieland's Remind101 message with details on the workout and how to get to this location specifically. If you are unable to attend the team run on Saturday's, please log your absence, and still complete your workout on your own. We expect to see ALL athletes having a logged workout for tomorrow!

3. **Frogtown Meet Transportation (Saturday, 9/20):**

If your athlete is attending Frogtown (not Woodbridge), please have them confirm their transportation plans with the coaches on Monday. Check with the school office or your email to verify driver clearance status. Cleared drivers, please let us know if you can drive and how many athletes you can accommodate. Athletes are of course welcome to ride with their own parents or families, but you can only have other athletes in your car as a cleared driver. If your athlete needs a ride, please inform the coaching staff ASAP so we can arrange carpooling with cleared drivers who have open seats. All Frogtown athletes/drivers will meet at PHS at 7:30 AM to take attendance and depart promptly. We plan to arrive between 9:00 and 9:15 AM, allowing time to park, walk in, and find our team camp spot (the same location as always for

returning athletes), just outside the gate connecting the fairgrounds to the RV park. Race sheets will be sent home next week.

#### 4. **First Team Dinner:**

Our first team dinner is Thursday, October 2nd, starting immediately after practice in the large gym. We may request potluck dishes—details coming soon!

We hope the athletes enjoyed today's Fun Friday practice of an Ultimate Frisbee game! Wishing everyone a wonderful weekend! As always, please reach out with any questions or concerns.

Always working hard to get better!

Coach N & Coach Norwood