

## **Hello all Ponderosa Cross Country Athletes, Families, and Supporters,**

I hope this message finds you well! Please take a moment to review several important updates regarding our upcoming meets this Saturday, as well as some team (and community) information.

### **Team Store Closing Soon — Please Order!**

Our team store will be closing soon. We would like to close by the end of the week, even though it still says 6 days left. The sooner we "close" the store, the sooner our orders are processed, printed, and delivered to us! Please review the available items with your athlete and consider purchasing at least one piece from the store, such as the \$15 cotton tee—the most affordable option. Items include cotton and dri-fit tees, long sleeves, tanks, hoodies, crewnecks, and more, available in multiple sizes and price ranges to suit everyone. If you have family members or even neighbors that want some gear, please feel free to order for them or yourself as well!

**Please visit the team store here:** [stores.inksoft.com/phs\\_xc/shop/home](https://stores.inksoft.com/phs_xc/shop/home)

Why are we asking each athlete to purchase? On hot competition days, athletes can warm up in their shirt (over their tank) instead of wearing both jacket and pants layers—though they should still bring their jacket and pants. Wearing this year's logo helps unify the team's look and spirit!

### **Transportation & Carpools Finalized**

Transportation arrangements for both the Woodbridge and Frogtown meets are now finalized. Athletes have confirmed their rides today.

Attached to this email, you will find a detailed document listing all carpools for both meets. If you volunteered to drive, you are able to see who you will be in charge of bringing!

### **Woodbridge Meet Itinerary — Travel Details**

For families and athletes traveling with Coaches Norwood and Wieland to Southern California on Friday for the Woodbridge meet:

- **Meeting Time:** 7:00 AM at the Ponderosa High School parking lot (please arrive promptly).
- This early start ensures everyone is accounted for before we caravan together.
- Athlete meals and meal money are covered by the program. However, parents and family members are responsible for their own meals.
- Athletes are encouraged to bring snacks for the car ride.
- Note: Food stops may change from last year depending on athletes' needs.

The Woodbridge itinerary is attached for your reference.

### **Frogtown Meet Race Time Update & Arrival**

The Frogtown race sheet is also attached with updated race times. Please note:

- The race time is earlier than originally scheduled.
- We will meet at the Ponderosa parking lot at **6:45 AM** for attendance and a prompt group departure. (I know... too early!)
- Construction in Angels Camp requires us to allow an additional 15 minutes for traffic delays.
- Parking at Calaveras Fairgrounds is **\$10 cash only** (no cards or mobile payment apps accepted).
- Athlete bus entrance and coach van entrance are free via Gun Club Road.
- **Parents driving athletes must enter via the main parking entrance at 101 Frogtown Rd and pay the parking fee.**

The reason for our early departure, even when our first race is not until 10:00am: We want athletes to arrive early to set up, warm up, and mentally prepare without rushing. Frogtown is an important course for building mental toughness.

We will arrive hopefully by 8:30/8:45am to set up team camp. Then we should have only 30 about minutes to show athletes important areas (bathroom, start line, finish line, team camp, etc), settle in, and our first group begin warming-up at 9:20! See race sheet for more detailed times for both races. (When to eat last big meal, start warm-up, be on the line, etc.).

### **Additional Frogtown Meet Information from the Meet Director:**

- Bring **cash** for concessions and merchandise (including Smoothie Patrol and GIC T-shirt vendors).
- Weather is expected to be moderate and warm, with a chance of light rain **the day before the meet** that may reduce dust.
- Athletes should bring warm-up pants and jacket, racing shorts and tank, plus a change of clothes in case of mud (especially if it rains the day prior).

Thank you for your attention to these details. Please review the attached documents carefully and as always, reach out with any questions.

Let's have a great weekend supporting our Bruins! Always working hard to get better, even when we are in two separate places on Saturday!