

Hello Bruin Cross Country Athletes, Families, and Supporters!

We're excited to kick off our first league meet this week! Our athletes have been working hard all season. They've completed their toughest workout of the week and had an easy run today to prepare. Tomorrow will be an easy pre-meet day (please plan for an early dismissal at 5:00 PM), and the race is on Thursday!

Race Sheets:

Attached to this email are the race sheets for your review. Athletes will receive hard copies tomorrow and set their goals for the 2-mile or 5K race.

Volunteer Opportunities:

Since this is a league meet, we need parent volunteers to cover some duties! Please see the Sign Up Genius link [here](#). We need:

- **2 parent volunteers** to serve as course monitors for one hour each:
 - 1:45–2:45 PM during the Frosh/Soph races (recommended for a Varsity parent)
 - 2:45–3:45 PM during the Varsity races (recommended for a Frosh/Soph parent)

Additionally, we need **1 parent to assist the Ponderosa coaches with shoe chips**. This meet will not use bibs. Instead, athletes will be assigned shoe chips to tie onto their laces before the race, and all chips must be returned to BV Timing as a team. If you can help with this, please let us know ASAP so we can add you to the list. Without help, coaches will be trying to track down chips before we leave for team dinner at Chipotle.

Thursday Schedule:

- Captains out of class: 11:15 AM
- Team out of class: 11:30 AM
- Depart Ponderosa HS: 11:45 AM

Race Times:

- Frosh/Soph Boys: 2:00 PM
- Varsity Boys: 2:45 PM
- Varsity Girls: 3:15 PM

After the Meet:

- Cool down and depart
- Team dinner stop at Chipotle Mexican Grill, 5223 Hazel Ave, Fair Oaks, CA.
- *Athletes who want to purchase dinner should bring money.*
- Return to Ponderosa HS by approximately 6:00–6:30 PM on the team bus.

Important Reminder for Athletes:

Your athletes were reminded to prioritize their student responsibilities first. They must check in with their 3rd, 5th, and 7th period teachers about work they will miss or need to turn in. Per district and school rules, absences for sports do not extend deadlines. Some may need to complete homework, tests, or quizzes *before* departing for the meet. Please encourage your athlete to speak with their teachers by tomorrow if they haven't already.

Upcoming Team Dinner:

On October 2nd, Mrs. Wascher and the INSPIRE students will host a team dinner for us in the cafeteria! We will be sending out a Sign Up Genius soon to ask for parent help with food donations. Please keep an eye out for that!

Thank you all for your support and dedication to Bruin Cross Country. Let's have another great week of working hard to get better!

Best,

Coach N.