

Hello all Bruin CC Athletes and Families,

I hope this message finds you well! Please see important updates and reminders for this week and beyond:

1. Team Dinner – Thursday, October 2nd

Our team dinner will be held in the large gym foyer after athletes finish their run, around 4:45 PM. This event is hosted by the Inspire students and Mrs. Wascher. We still need several food items from our amazing parents and families. If you're able to help, please check the [Sign-Up Genius here](#) to see what you can bring.

Please bring cooked and heated dishes (especially beans, rice, and meat) ready to serve. We will have a couple of outlets available if crock pots need power to keep food warm. Also, please bring serving utensils if needed; all servingware will be sent home with athletes to avoid anything being left behind.

2. Fun Friday Practice in EDH – Friday, October 3rd

We're lucky to have a free Bruin Cross Country Team Yoga Restoration Session at YogaSix (1006 White Rock, Suite 110, El Dorado Hills Town Center) from 4:00 to 5:00 PM. Students must get there on their own—carpooling may be necessary for younger athletes. There will be limited spots in the school van(s) with coaches for driving to EDH but not back to PHS.

We encourage all athletes to complete their easy mileage run before the yoga session—before school, during 7th period, lunch, or right after school. Running after yoga is possible if necessary but not preferred.

Today, we will collect parent emails and phone numbers from athletes so YogaSix can send waiver forms that must be signed before Friday afternoon. Please look for an email from YogaSix (not from XC Stats or coaches) and check your spam folder just in case.

3. Runner Injury Talk

Thank you to Dr. Angelo for presenting to our team today about runner injuries! The presentation is attached to the end of this email for your reference.

4. Rabbitting & Sweeping @ PGMS – Wednesday, October 8th

Next week, we will support our middle school runners by leading as “rabbits” and “turtles/sweepers” at their cross country meet. For this off-campus practice, we will meet right after school at Pleasant Grove Middle School by 3 PM (for athletes without 7th period) to prepare for the first race. All athletes must arrange their own transportation to and from Pleasant Grove. More details will be shared with athletes soon.

5. Monday, October 13th – No School Practice

Coach Spiess will host a practice at Willow Hills Monday morning, October 13th. Please plan to attend or log your absence and complete your workout independently as usual.

6. **Friday, October 17th – Rough Rider Invite (Drivers Needed!)**

This is an all-day meet (will be absent from ALL Friday classes, students need to make arrangements with teachers ahead of time). The meet is in Clovis at the State Meet course. We will need any and all **cleared** parent drivers that are available. (*Yes this is also Coach Norwood's birthday*)

Thank you for noting these updates and calendar reminders! Athletic.net is regularly updated with more details and times, so please check there for additional information. As always, feel free to reach out with any questions or concerns.

Keep working hard to getting better! Go Bruins!

Best,
Coach N