

Ponderosa High School
 3661 Ponderosa Road, Shingle Springs, CA 95682-9460
 School Phone: 530-677-2281 Fax: 530-677-2299

Superintendent Steve Wehr	Principal Lisa Garrett	Mascot Bruins	Athletic Director Tyson Escobar
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**2018 Ponderosa Bruins
Swimming Schedule**

DAY	DATE	OPPONENT	LOCATION	TIME	DISMISSAL	DEPARTURE
Thursday	3/1/2018	*Antelope High School	Ponderosa High School	3:30 PM		
Thursday	3/8/2018	*Bella Vista High School	Bella Vista High School	3:30 PM		
Thursday	3/15/2018	*Whitney High School	Whitney High School	4:00 PM		
Thursday	3/22/2018	*Del Campo High School	Ponderosa High School	4:00 PM		
Thursday	4/6/2018	*Oakmont High School	Ponderosa High School	4:00 PM		
Thursday	4/12/2018	*Roseville High School	Roseville High School	4:00 PM		
Thursday	4/19/2018	*Cosumnes Oaks High School	Ponderosa High School	4:00 PM		
Friday	4/27/2018	*League Trials	Antelope High School	TBA		
Saturday	4/28/2018	*League Finals	Antelope High School	TBA		
		League Championships				
Thursday	5/10/2018	*Girls Section Trials	Tokay High School	TBA		
Friday	5/11/2018	*Boys Section Trials	Tokay High School	TBA		
Saturday	5/12/2018	*Section Finals	Tokay High School	TBA		
Friday	5/18/2018	*State Swimming and Dive	Clovis West Aquatic Complex	TBA		
Saturday	5/19/2018	*State Swimming and Dive	Clovis West Aquatic Complex	TBA		

Practice Time:

Dead Period: January 15 - February 4
 Practice Begins: 5-Feb
 First Scrimmage: 17-Feb
 First Contest: 23-Feb
 Last Contest: 28-Apr
 First Playoff Game: 10-May

*=League Event

Girls Coach: Aimee Lehr 530-417-0018

Boys Coach: Dave Stoddard 916-716-8670

JV Coach: Matt Jaehn 530-391-9716

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**2018 Ponderosa Bruins
Dive Schedule**

DAY	DATE	OPPONENT	LOCATION	TIME	DISMISSAL	DEPARTURE
Tuesday	2/27/2018	Antelope High School	Whitney High School	4:00 PM		
Wednesday	3/7/2018	Bella Vista High School	Oakmont High School	5:30 PM		
Tuesday	3/13/2018	Whitney High School	Whitney High School	4:00 PM		
Tuesday	3/20/2018	Del Campo High School	Bella Vista High School	4:00 PM		
Wednesday	4/4/2018	Oakmont High School	Oakmont High School	5:30 PM		
Tuesday	4/10/2018	Roseville High School	Whitney High School	4:00 PM		
Tuesday	4/17/2018	Cosumnes Oaks High School	Bella Vista High School	4:00 PM		
Tuesday	4/24/2018	Championships	Whitney High School	12:00 PM		

*=League Event

Dive Coach: Becky Trageser