

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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2017-2018 Ponderosa Bruins Girls Frosh Soccer Schedule

DAY	DATE	OPPONENT	LOCATION	TIME	DISMISSAL	DEPARTURE
Tuesday	12/5/2017	Rocklin High School	Rocklin High School	4:00 PM		
Tuesday	12/19/2017	*Antelope High School	Antelope High School	3:30 PM		
Friday	12/15/2017	Oak Ridge High School	Ponderosa High School	3:30 PM		
Friday	12/22/2017	*Bella Vista High School	Ponderosa High School	3:30 PM		
Tuesday	1/9/2018	*Whitney High School	Ponderosa High School	3:30 PM		
Friday	1/12/2018	*Del Campo High School	Del Campo High School	3:30 PM	Del Campo is not fielding a frosh team	
Tuesday	1/16/2018	*Oakmont High School	Oakmont High School	3:30 PM	Oakmont not fielding a team this school year -	
Friday	1/19/2018	*Roseville High School	Ponderosa High School	3:30 PM		
Tuesday	1/23/2018	*Cosumnes Oaks High School	Ponderosa High School	3:30 PM	Cosumnes is not fielding a frosh team	
Tuesday	1/23/2018	Oak Ridge High School	Oak Ridge High School	3:30 PM		
Friday	1/26/2018	*Antelope High School	Ponderosa High School	3:30 PM		
Tuesday	1/30/2018	*Bella Vista High School	Bella Vista High School	3:30 PM		
Friday	2/2/2018	*Whitney High School	Whitney High School	3:30 PM		
Tuesday	2/6/2018	*Del Campo High School	Ponderosa High School	3:30 PM	Del Campo is not fielding a frosh team	
Friday	2/9/2018	*Oakmont High School	Ponderosa High School	3:30 PM	Oakmont not fielding a team this school year -	
Tuesday	2/13/2018	*Roseville High School	Roseville High School	3:30 PM		
Thursday	2/15/2018	*Cosumnes Oaks High School	Cosumnes Oaks High School	3:30 PM	Cosumnes is not fielding a frosh team	

Practice Time: 6:30 - 8:00 pm stadium

Dead Period: October 16 - November 5
Practice Begins: 6-Nov
First Scrimmage: 18-Nov
First Contest: 24-Nov
Last Contest: 15-Feb

Varsity Coach: Greg Spangler	JV Coach: Joe Humphrey	Frosh Coach: Matt Duane
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