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

Head Ski Coach: Vince Lambres

Assistant Ski Coach: Jim Fitzpatrick

Assistant Ski Coach: Jack Anderson Assistant Ski Coach: Mark Pinski Assistant Ski Coach: Chris Taylor Assistant Ski Coach: Chris Costamagna Fax: 530-677-2299

Superintendent Principal Lisa Garrett Mascot Athletic Director Steve Wehr Bruins Tyson Escobar

2017-2018 Ponderosa Bruins Ski/Snowboard Schedule

DAY	DATE EVENT		LOCATION	TIME	DISMISSAL	DEPARTURE
Wednesday	10/11/2017 Parent Meeting		PHS - Cafeteria			
Wednesday	11/1/2017 Dry Land Training		PHS - Stadium	4:00 PM		
Thursday	11/2/2017 Dry Land Training		PHS - Stadium	2:30 PM		
Friday	11/3/2017 Dry Land Training		PHS - Stadium	3:00 PM		
Wednesday	11/8/2017 Dry Land Training		PHS - Stadium	4:00 PM		
Thursday	11/9/2017 Dry Land Training		PHS - Stadium	2:30 PM		
Friday	11/10/2017 Dry Land Training		PHS - Stadium	3:00 PM		
Wednesday	11/15/2017 Dry Land Training		PHS - Stadium	4:00 PM		
Thursday	11/16/2017 Dry Land Training		PHS - Stadium	2:30 PM		
Friday	11/17/2017 Dry Land Training		PHS - Stadium	3:00 PM		
Wednesday	11/29/2017 Dry Land Training		PHS - Stadium	4:00 PM		
Thursday	11/30/2017 Dry Land Training		PHS - Stadium	2:30 PM		
Friday	12/1/2017 Dry Land Training		PHS - Stadium	3:00 PM		
Wednesday	12/6/2017 Dry Land Training		PHS - Stadium	4:00 PM		
Thursday	12/7/2017 Dry Land Training		PHS - Stadium	2:30 PM		
Friday	12/8/2017 Dry Land Training		PHS - Stadium	3:00 PM		
Saturday	12/9/2017 On Hill Practice		Sierra-at-Tahoe	8:00 AM		6:30 am bus
Saturday	12/16/2017 On Hill Practice		Sierra-at-Tahoe	8:00 AM		6:30 am bus
Thursday	12/21/2017 On Hill Practice		Sierra-at-Tahoe	8:00 AM		6:30 am bus
Wednesday	1/3/2018 On Hill Practice	TBA - only use 1/3 or 1/4	Sierra-at-Tahoe	8:00 AM		6:30 am bus
Thursday	1/4/2018 On Hill Practice	TBA - only use 1/3 or 1/4	Sierra-at-Tahoe	8:00 AM		6:30 am bus
Saturday	1/6/2018 On Hill Practice		Sierra-at-Tahoe	8:00 AM		6:30 am bus
Monday	1/8/2018 Giant Slalom #1		Sierra-at-Tahoe	8:00 AM		6:30 am bus
Thursday	1/11/2018 Dry Land Training		PHS - Stadium	2:30 PM		
Thursday	1/11/2018 Giant Slalom #1 Make up if needed		Sierra-at-Tahoe	8:00 AM		6:30 am bus
Saturday	1/13/2018 On Hill Practice		Sierra-at-Tahoe	8:00 AM		6:30 am bus
Monday	1/15/2018 Giant Slalom #2		Sierra-at-Tahoe	8:00 AM		6:30 am bus
Thursday	1/18/2018 Dry Land Training		PHS - Stadium	2:30 PM		
Thursday	1/18/2018 Giant Slalom #2 Make up if needed		Sierra-at-Tahoe	8:00 AM		6:30 am bus
Saturday	1/20/2018 On Hill Practice		Sierra-at-Tahoe	8:00 AM		6:30 am bus
Monday	1/22/2018 Slalom #1		Sierra-at-Tahoe	8:00 AM		6:30 am bus
Thursday	1/25/2018 Dry Land Training		PHS - Stadium	2:30 PM		
Thursday	1/25/2018 Slalom #1 Make up if needed		Sierra-at-Tahoe	8:00 AM		6:30 am bus
Saturday	1/27/2018 On Hill Practice		Sierra-at-Tahoe	8:00 AM		6:30 am bus
Monday	1/29/2018 Giant Slalom #3		Sierra-at-Tahoe	8:00 AM	All Day	6:30 am bus
Thursday	2/1/2018 Dry Land Training		PHS - Stadium	2:30 PM		
Thursday	2/1/2018 Giant Slalom #3 Make up if needed		Sierra-at-Tahoe	8:00 AM	All Day	6:30 am bus
Saturday	2/3/2018 On Hill Practice		Sierra-at-Tahoe	8:00 AM		6:30 am bus
Monday	2/5/2018 Slalom #2		Sierra-at-Tahoe	8:00 AM		6:30 am bus
Thursday	2/8/2018 Dry Land Training		PHS - Stadium	2:30 PM		
Thursday	2/8/2018 Slalom #2 Make up if needed		Sierra-at-Tahoe	8:00 AM	All Day	6:30 am bus
Saturday	2/10/2018 On Hill Practice		Sierra-at-Tahoe	8:00 AM		6:30 am bus
Monday	2/12/2018 Slalom #3 - Final race and division av	varas	Sierra-at-Tahoe	8:00 AM		6:30 am bus
Thursday	2/15/2018 Dry Land Training		PHS - Stadium	2:30 PM		C 20
Thursday	2/15/2018 Slalom #3 Make up if needed	61.1.0.15	Sierra-at-Tahoe	8:00 AM		6:30 am bus
Saturday	2/17/2018 On Hill Practice	State Qualifiers Only	Sierra-at-Tahoe	8:00 AM		No Bus
Thursday	2/21/2018 Dry Land Training		PHS - Stadium	2:30 PM		
Thursday	2/22/2018 Dry Land Training	State 0 - 115 0 - 1	PHS - Stadium	2:30 PM		
Saturday	2/24/2018 On Hill Practice	State Qualifiers Only	Sierra-at-Tahoe	8:00 AM		No Bus
Thursday	2/28/2018 Dry Land Training		PHS - Stadium	2:30 PM		
Thursday	3/1/2018 Dry Land Training		PHS - Stadium	2:30 PM		
Sunday	3/4/2018 State Championships		Mt. Shasta		411.0	
Monday	3/5/2018 State Championships		Mt. Shasta		All Day	
Tuesday	3/6/2018 State Championships		Mt. Shasta		All Day	
Wednesday	3/7/2018 State Championships		Mt. Shasta		All Day	
Thursday	3/8/2018 State Championships		Mt. Shasta		All Day	
Friday	3/9/2018 State Championships		Mt. Shasta		All Day	
Tuesday	3/13/2018 Banquet		PHS - Cafeteria			

Alpine Race Team - Head Coach: Tim Green

Head Snowboard Coach: Tim Green Assistant Snowboard Coach: Paul Fong Head Dryland Coach: Tim Green Assistant Dryland Coach: Chris Costamagna

Dryland Training Starting Nov. 1st Wednesday 4:00 pm - 5:30 pm Thursday 2:30 pm - 4:00 pm Friday 3:00 pm - 4:30 pm