



# The Bulldog Bark

The Voice of Alhambra Cross Country

Thursday, October 15, 2020



**Welcome Back !**

## In-Person Workouts Return; Bulldogs Rarin' To Go

It only took three months, but after a prolonged hiatus the Alhambra Cross Country Team is back to in-person workouts. Our last such opportunity was Monday July 20, so essentially we have had to deal with three months of detached coaching and training at best.

### Solid Core of Veterans

It is nice to see that most of our veterans are just as eager as the coaches to get back to work on the team workouts. We have 20 names on the roster so far, and these are the majority of our returnees from last season. Glad to see them back.

### Looking Ahead

The attendance now at the start of these sessions is good, and spirits are up. These are good indicators of future success, both in terms of individual improvement and team success.



Core drills at the end of the workout.

### Pre-Emptive Paranoia

## Pandemic Rules Still In Effect

We are having our workouts at the pleasure of the school district. This privilege can be revoked at any time if it is deemed that any given sport has fallen short of the established Covid-19 protocols.

### Small Groups

We are allowed groups (we call them "kennels") of 12 athletes each. So far we have two such groups. They are to work out separately.

### Masks

Masks are to be worn at all times except when doing the actual running, and even then the mask is to be on the lower face to pull up when getting close to anyone else.

### Distancing

Even within each workout group, the athletes and coaches must maintain that minimum 6 feet distance (double arm length) from each other, even on the runs.

### No shared equipment

Each athlete has to have with him or her water, sanitizer, and any other needs specific to the sport. Absolutely no sharing of equipment or belongings.

### No close socializing

Before and after workouts mean that we cannot have athletes in close proximity in parking lots or on sidewalks while going to or coming from workouts. The mask and distancing requirements still apply.

### Under scrutiny

We, and all Alhambra sports, are under a close watch. Not just by our own coaches and administrators, but by the community at large. As runners, we are out in the community more than any other sport, and in that visibility, we are under more obligation to adhere to the pandemic rules. There can be no oopsies on this, as even a minor slip can be observed, reported, and the program shut down.

**Please be extremely vigilant.**



Socially distanced sprint drills.

## How's That Season Schedule Shaping Up?

That is a very good question, and I'm glad it got asked. Here's the answer: We don't know.

The Covid-19 precautions are still in effect. Even though the general curve of infections, hospitalizations, and deaths has been in a downturn, governing health agencies are still exceptionally cautious about everything.

### Established General Protocols

The more obvious concerns about public health dominate the civic leaders. So, limits are still in place on public gatherings, restaurants and bars, public maskings, stores and shopping social distancing, et

cetera. These are common shared civic concerns.

### Cross Country is not a common civic concern

We as a sport have always enjoyed being the least public and least acknowledged athletic activity. Pandemic policy and protocol for sports in general, high school sports particularly, and cross country specifically, are the last to be formulated.

### Still in the works

As a consequence, the possible future changes in protocols is still under consideration. School officials are hampered by lack of direction from local authorities, who are waiting on state directors, who in turn want to see a more dramatic reduction in Covid-19 cases before they authorize any reduction in restrictions.

### So, we wait

As mentioned, there has been a consistent reduction in the pertinent numbers in the last two months. If this is the trend, then limitations can be eased and procedures hammered out.

### Busy minds still at work

Fear not . . . many busy minds are still churning out all sorts of ideas for all sorts of possibilities. If and when we are allowed to move in a more open direction when it comes to racing, there will be an avalanche of suggestions.

As soon as the coaches know anything definite, we will most certainly pass it on.



A Coach's work is never done . . . Coach Angela checks over clearance forms.

### Questions? Queries?

Coach Angela Paradise  
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coachangela88@yhoo.com

**Brewer Sez:**

## Kids Did Their Homework !

These first few days of our newly restored workouts were a bit of a blank slate. What sort of shape would the Bulldogs be in after a three month layoff? Sure, there were posted workouts, and sure, there were our Zoom calls, but there wasn't any real consistency in followup

So - - - lo and behold ! Many of our top returnees have showed up and it is obvious that they did their running over the summer. Sure, there is a bit of rust, and it'll take some time to get back to normal warmups and drills, but the essential running? It's there.

This is impressive, and reason for some solid optimism about our team picture. With a core of runners who have been running on their own, we are in a much stronger place to think about future success.

Good work, and thanks to those athletes who put in the time and effort on their own.



Tyler powers in on his sprint drills.

## Things may change

### Time Schedules and Workouts

We have the workouts for the first three weeks of this pre-season mapped out. However, as the coaches have already figured out, reality is always intruding into plans.

So far we have had to make major adjustments due to the hot weather. We also have had to adjust workouts because of the very different fitness levels of the athletes. So, the workout calendar we handed out is already much different, and so the new one is at the end of this Bark.

It may change even more as we are working on fine-tuning things.



Beating the heat - - Kaelyn hangs out under the sprinkler for a while.

## October Workout Calendar

| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  |
|---|--|---|---|---|---|---|
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