



The Bulldog Bark

The voice of Alhambra High School
Track & Field

Monday, January 14, 2019



Welcome to the 2019 Season !

The 2019 Alhambra track & field season is just around the corner. The coaches are optimistic about this year, with strong veterans coming back and a large number of total returnees. Within our Valley Division of the Diablo Athletic League, the Bulldogs look to be strong contenders for top team finishes.

First day of workouts

The official season starts on Monday January 28 at 3:30 p.m. on the track. Come prepared to work out. Wear sweats and bring a water bottle as well. See you there!

Clearances

All athletes need to be cleared athletically before being allowed to participate in team activities. If you have already been in an Alhambra sport this school year, you are already good to go. If this your first sport this school year, you need to go through the registration process on line and have a physical examination by a doctor. All the information can be found at:
<http://ahs-martinez-ca.schoolloop.com/athletics>

Schedule

Check out this year's schedule. We have a lot on our plate. Along with our DAL dual meets, we have a slate of weekend invitationals to showcase both our Varsity and Frosh-Soph teams. We also are looking forward to having our top athletes showcases in a few high-profile meets.

Of special note is our very own Martinez Relays, which is the longest-running invitational in the state. This meet traditionally attracts many area teams, and requires a strong volunteer presence to provide the met efficiency we are noted for.

Web site

Alumnus Joel Timbrell has done a marvelous job of creating and maintaining a website for Alhambra High running. This is where athletes, parents, coaches, and

interested supporters can find out all about the program. This year's addition is the complete record book of top-10 lists in each event for all divisions: Varsity and Frosh-Soph, girls and boys. Check it out at:
<http://www.alhambtrack.org/>

Know your coaches

Here is the 2019 lineup for the Bulldog coaches:



Katherine Hern - - She is in her 4th year as head coach, and will cover the distances as well as handling all the administrative duties.



Alan Hern - - also the head football coach, he will oversee the sprints and relays.



Jeff Suitos - - Jeff is the Bulldog record holder in the triple jump, and will coach the horizontal jumps.



Daniel Wondrusch - - he returns as coach of the Bulldog army of throwers.



Peter Brewer - - he is the new kid on the block this year, and will cover hurdles, high jump, and pole vault.

2019 Schedule

1/28	Mon	First day of practice	
2/23	Sat	DLS/Stocking/Super 7	Diablo Valley College
3/2	Sat	Ugly Eagle Relays	Clayton Valley HS
3/6	Wed	DAL: @ College Park	College Park HS
3/9	Sat	Martinez Relays	Alhambra HS
3/13	Wed	DAL: Berean & YV @ Alh	Alhambra HS
3/16	Sat	Eddie Hart Invite	Pittsburg HS
		Dublin Distance Fiesta	Alhambra HS
3/23	Sat	Castro Valley Invitational	Castro Valley HS
		or - - Bay Area Relays	Foothill HS
		or - - Stapledon Relays	Antioch HS
3/27	Wed	DAL: Alh @ Benicia	Benicia HS
3/29-30	Fri-Sat	Stanford Invitational	Stanford U
4/1 - 4/5	M-F	Spring Break	
4/12	Fri	Woody Wilson Invite	UC Davis
4/19	Fri	Bob Warren	Acalanes HS
4/20	Sat	NorCal Frosh-Soph	Dublin HS
4/27	Sat	DAL Trials	Campolindo HS
5/4	Sat	DAL Finals	Campolindo HS
5/11	Sat	NCS Tri-Valley Champs	Dublin HS
5/17-18	Fri-Sat	NCS Meet of Champs	Diablo Valley College
5/24-25	Fri-Sat	CIF State Champs	Buchanan HS, Clovis