



The Bulldog Bark

*The Voice of Alhambra Track & Field
Where Intensity is Not a Crime*



Friday, February 14, 2020

The Season Begins !!! Bulldogs Kick Off 2020 Campaign

The Alhambra Track season got started this week, and by all accounts we are already off to a very good start. We have a strong core of returning veterans, and a nice showing of new athletes.

Almost 60 athletes are showing up daily, more have shown up each day, and we are still waiting on the winter sports athletes to join us as soon as those sports finish their season. With over 90 names on the potential roster, we are already in a good position to be a presence this year.

Parent Meeting News

Our annual parent meeting was this past week. The highlights that were covered were:

- the schedule - -
- volunteering - -
- money - -

Schedule:

Our competitions are already set, with perhaps one addition as we move on. Most of the meets are for all of our athletes. A few are for select athletes in elite invitationals, and a few more are focused only on a single event area (e.g. distance and pole vault).

Volunteering:

We have two home meets and our own invitational that require a bucketload of volunteers to make them happen. Our weekend away meets lean on parent transportation. We also ask families to contribute to our team snack table to keep our kids hydrated and nutritionally ready for a long day of competition.

Money:

Alhambra High asks for \$150.00 per athlete to cover the costs of the athletic program. Additionally, we

have our own team fundraiser to put into our team account. Our own Martinez Relays raises money through entry fees, the concessions stand, and sponsorships. And we have the t-shirt concession at the DAL finals.

Yes, We Have Holiday Workouts

4 days off at the beginning of the season is not a recipe for success. That's why we have a workout scheduled for Monday 2/17 at 3:15.

In any sport, but even more so in track when specific conditioning is crucial, athletes cannot afford to take time off. We have but 12 weeks to build up skills and conditioning to a championship level, and time off can only detract from maximum performance potential.

Our Web Site:

AlhambraTrack.org

All of the pertinent details are contained on this site. Here you'll find the

- SignUpGenius links

The season long volunteer needs, as well as a separate signup justw for our own Martinez Relays.

- Team Handbook

A general summary of team policies

- Remind App signup

Stay in the electronic info loop and sign p for regular text updates as the season goes along.

- School Records

Be aware of Bulldog success - - we are rewriting this document



There mighty Bulldogs gather prior to the day's workout. Early season attendance has been encouraging.

Know Your Coaches:

Our coaching staff has a wealth of experience, both competitively and in instruction. Here is our 2020 lineup.

Head Coach: Katherine Hern



Throws: Dan Wondrusch



Horizontal Jumps: Jeff Suits



Sprints & Relays: Alan Hern



Hurdles: John Lucas



Distance & Pole Vault: Peter Brewer



2020 Alhambra Track Schedule

| Date | Meet | Location | Who goes |
|------------------|---------------------------------|------------------------|---------------------|
| Sat, Feb 29 | DeLaSalle Invite | DVC | Everyone |
| Sat, Mar 14 | Martinez Relays | Alhambra HS | Everyone |
| Thu, Mar 19 | DAL v. Ygnacio Valley | Ygnacio Valley | Everyone |
| Sat, Mar 21 | Dublin Distance Fiesta | Dublin HS | distance runners |
| Wed, Mar 25 | DAL v. Benicia | Alhambra HS | everyone |
| Sat, Mar 28 | Bay Area Relays | Foothill HS | everyone |
| Wed, Apr 1 | DAL v. Concord | Concord HS | everyone |
| Fri-Sat, Apr 3-4 | Stanford Invite | Stanford | selected athletes |
| Sat Apr 4 | Shimansky Pole Vault Meet | San Ramon Valley HS | pole vaulters |
| Wed, Apr 8 | NorCal 1-Day Deca | Alhambra HS | interested athletes |
| Wed, Apr 15 | DAL v. College Park | Alhambra HS | everyone |
| Sar, Apr 18 | Fred Faucett Invitational | Vallejo | everyone |
| Fri, Apr 24 | Bob Warren Relays | Acalanes HS | everyone |
| Sat, Apr 25 | Sacramento MOC Invite | American River College | selected athletes |
| Sat, May 2 | DAL Championship Trials | Campolindo HS | qualifying athletes |
| Sat, May 9 | DAL Championship Finals | Campolindo HS | qualifying athletes |
| Sat, May 16 | NCS Tri-Valley Championship | Foothill HS | qualifying athletes |
| Fri, May 22 | NCS Meet Of Champions | Dublin HS | qualifying athletes |
| Fri, May 29 | CIF State Championships Prelims | Buchanan HS, Clovis | qualifying athletes |
| Sat, May 30 | CIF State Championships Finals | Buchanan HS, Clovis | qualifying athletes |