



The Bulldog Bark

The voice of Alhambra High School Track & Field
Thursday, February 21, 2019



Meet Saturday

DeLaSalle "Super 7" Invite

We are off to our 1st meet of the year this Saturday. This is our chance to get a first look at just what sort of team we have right now.

Where: Diablo Valley College
Time: events start at 9:00;
arrive early!

Know your events

The Alhambra entries for events have been posted and all athletes should know their events. The coaches have tried to get at least two events for each athlete.

This meet is mostly relay races, with a few individual races and individual field events. The meet management allows multiple relay entries per team, so this lets us get more kids into the action.

Arrive on time

The meet is close by, the start of the events is convenient, so there is no reason to arrive late or try to get there "just in time." It is much more preferable to get there early and avoid the hassles of being in a hurry, trying to find parking, et cetera.

Also, since this is the first meet of the season, our athletes will need to acquaint themselves with meet procedures, the layout of the events, team area, restrooms, snack bar, et cetera.

Bring Your Stuff!!

Each athletes needs to bring the uniform, the shoes, a water bottle, and warm clothes. It is also advisable to bring some snacks and your homework

Meet protocols

We use this meet to allow the athletes to get used to how a meet is run. There are procedures to follow, rules to know, and efficient ways to maximize the marks and times.

- **warmups** - - know when your event is, and start your warmups 30 minutes before you have to report to the bullpen

- **check-ins** - - runners need to report to the bullpen (the staging area) to let the clerk know they are there. That's where the athletes get their heat and lane assignments. The clerk also tells them when to report to the starting line.

- **relays stick together** - - all four members of the relay need to stick together from the start of the warmup to the end of the race. This means having the uniforms, the shoes, the baton, et cetera.

- **Multiple events simultaneously** - - Some of you will be in two events at the same time. You need to inform the officials at both events of this, and be smart enough to run back and forth to keep up your participation in both.

- **in case of relay absences** - - in a perfect world, everything goes according to plan. But in a world of teenage athletes, this is not always so. So: if your relay is missing a person for whatever reason, the remaining relay members should go look for a replacement from other teammates.

Look at the entry sheet - - see who else has an open event (athletes can only do a max of four events) and track them down. Alternately, if you only have two or three events, be available to jump in at the last minute to help out teammates so they don't have to lose a chance to race.

Stay to the end of the meet

Yes, this is a team, so we watch all the races and events and cheer for our teammates. We are a fairly large team this year, and we have entries in the very last race, so bring on team spirit!

Coach Brewer will have replacement spikes for shoes

If your spikes are too long, or you are missing a few, or yours are dull, Coach Brewer has sets of spikes for sale. \$1.00 for a full set. Such a bargain.



Help: set up, tear down, clean up

We will have our team area established in the bleachers right about the starting line. Coach Brewer will arrive early to grab the spot, which is considered prime real estate at this meet.

If you are also that early, a bit of help in getting the area set up is appreciated. Also, as the meet goes along, it is appreciated if athletes can help monitor the cleanliness.

And after the meet? helping Coach Brewer pack it all away is a real plus.



Snack Table - - Donations welcome!

On long meet days like this, kids need to eat, and eat healthily. Most snack bars serve up grease and starch concoctions, so we would like to offer ups some healthier offerings for the athletes to graze on during the day.

The coaches will provide the water. It would nice to have an array of foodstuffs. Experience has shown that the following make easy and quality snacks:

- Fruit: tangerines; bananas; grapes
- energy and sports bars
- crackers and pretzels
- bagels with peanut butter
- suggestions?

Thanks in advance for your generosity.

Team Goals

Full participation - - we want to see as many athletes as possible at every meet. The schedule has been arranged so that the majority of our meets offer events for almost all of our athletes.

Assessment - - this is our first meet, and we have lots of new kids, as well as our veterans. We don't fully know who can do what, so this meet gives the coaches a chance to see the athletes in action.,

Meet Procedures - - this meet also gives the team a chance to ease into learning to manage themselves at a meet. There is a lot of independent responsibility at a larger meet, and this will be our first lesson of the season.

Comparison - - we get to look at other teams as well, especially our league rivals. And we can see just how well we do overall as a team. It would be nice to finish in the top half of the team standings.

Just to let you know: We have 81 names on the roster. 57 are entered in this meet. This is turning out to be a good-sized team. As the roster stabilizes, we hope to get even more Bulldogs at our meets.