



The Bulldog Bark

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

Saturday, February 22, 2020



Pole Vault Scrimmage San Ramon Valley HS Saturday, February 22, 2020

The very first competition of the young season for the Bulldogs was a pole vault scrimmage at San Ramon High. We were represented by Ashley Breeze and Brian Radke.

Being a scrimmage, all the marks are unofficial. Scrimmages are designed for coaches and athletes to assess exactly where the athlete's development is at this point in the season, and to do so in a low-key setting.

Several schools were represented, which gave the event a substantial competitive atmosphere. Alhambra was joined by vaulters from Las Lomas, Weshington (Fremont), James Logan, American, and host San Ramon.

Ashley gave a good account of herself, seeing as her last competition at the 2019 DAL Championships saw her carried off the field with a broken ankle. It took a her a few tries, but she equalled her best of 7'6" and had some surprisingly close attempts at 8'0". A good day for her.



Ashley gets inverted on her 7'0" clearance.

Brian's path to his final clearance of 11' 6" was good considering that he was going through a progression of poles to find his best fit. The Washington coach was good enough to lend Brian a pole that seemed to fit the bill at the moment.



Brian at his last attempt at 12'0".

The experience was a very good one for our young vaulters. The event demands a steady stream of repetitions to learn the craft, and a friendly scrimmage like this is a great way to add a bit of competitive juice to the proceedings.

We will be returning to San Ramon Valley High School for another pole vault only event, the Shimansky Pole Vault Invitational on April 4th. This will be a larger event, with GFS and BFS in the morning, and GV and BV in the afternoon. Hopefully we will have all of our vaulters there for that one.