



The Bulldog Bark

The Voice of Alhambra Cross Country
"Where Lunacy Has Permanent Residence"



Monday, June 17, 2019

It's Never Too Early

Fall Clearances: Let's Get Them Taken Care Of Soon

Even with summer running just starting, it is never too late to start getting ready for the fall competitive season. And the biggest component of getting ready is the athletic clearance process.

On-line process

In the spirit of the march towards full cyber-immersion, the athletic clearance process is now fully on-line. This all starts with a visit to the Alhambra High web page and clicking on the athletic clearance ink. Here's the athletic page:

<http://www.alhambrahigh.org/athletics>

Physical exam

And the most important part of the clearance process is the physical exam. Often this is the biggest hangup to getting the athlete fully cleared. It behooves our athletes to get those appointments made now, and getting those physical exams taken care of before the official season starts.

Official season starts August 12

At this point, the athlete cannot work out with the team or be a part of team activities without being fully cleared. That may seem a ways off, but things have a way of sneaking up on us all.

Test Conflicts ?

Standardized Testing Date Options

Every year standardized tests seem to be scheduled in direct conflict with our competitive schedule. Juniors and seniors who need these test scores for their upcoming college admission applications are often faced with calendaring issues.

Here is the short schedule for the upcoming dates for the two most common standardized tests. There are several dates for each test. And yes, colleges do take the later scores even after the rest of the application is sent in.

If you are one of those juniors or seniors facing this conflict, consider other dates. Dates and sites can be shifted with the testing agencies, given enough lead time. Hopefully our athletes can fully participate in the academic AND the athletic competitions.

2019 ACT Dates

July 13
September 14
October 5
October 26
December 14
December 7

2019 SAT

August 24

November 2

How Much Is Enough ?

Summer Miles Dictate Fall Success

Summer running is the core basis for the success of any cross country program. Exercise physiologists claim that 70% or more of any season's success is based on the summer running done by the competitors.

Starting out

For beginners, of course we start off with mild shorter runs and work up the distance and intensity ladders when the athlete is ready. Hopefully, by the end of the summer, a rookie runner will have logged between 100-200 total miles.

Veterans

Our returning runners are held to a higher standard. They may be out of shape, but with experience we anticipate they can get back into the regimen quicker, and get into the longer runs sooner. These runners should be able to get in 200-300 summer miles.

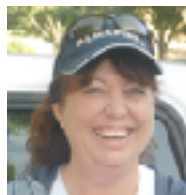
Veteran veterans

Very serious returning runners know what they need, and are hard to hold back. 400+ miles per summer is not unusual, and often more. These are the runners who improve the most, and frequently have the fewest injuries.

Contact the coaches anytime

And Your Loving Coaches For 2019 Are:

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