



The Bulldog Bark

The voice of Alhambra High School
Cross —CC-> Country
Wednesday, June 27, 2018



Got Your Fall Clearance Papers In Order? Don't Wait To The Last Minute !

Before any athlete can compete from August 13 on, he or she need to have all the necessary paperwork complete and handed in.

On-Line Process !

In a nod to the modern era, the registration process is now on-line and can be completed there. The one exception is that the doctor's form needs to be completed by the physician and then uploaded to the registration site. All the information can be found at this location:

<http://ahs-martinez-ca.schoolloop.com/file/1338040742502/1454747270116/8593420199569328600.pdf>

Biggest Obstacle —

For some families, getting the appointment for the sports physical examination is the biggest problem. There are often restrictions on insurance, overloaded doctors, difficulty in getting an appointment, et cetera. That is why it is crucial to get that taken care of now instead waiting for later and running the risk of missing days and weeks of workouts once August 13 rolls around.

First Defense Against Injury New Shoes

Running shoes are perhaps the single biggest factor in preventing running injuries. Since running is the sport that demands prolonged high impact activity, shoes are the primary thing that can shield young athletes from damage.

Regardless of shoe brand, or shoe fit, or shoe color, or shoe qualities (neutral, pronation support, supination support, high or low arch), the most significant factor is shoe age. If an athlete is running regularly, a pair of shoes loses over half of its cushioning ability in two months. That means a runner needs a new pair of shoes four times a year, or more.

But Coach, They Still Look New

Looks are deceiving. It's the cushioning that counts, and that starts to deteriorate the day you take them out of the box. Don't wait for an injury to happen.

On Your Own

Running on Weekends: Extended Summer Running

One of the irrefutable truths of running is that running more miles and for longer periods of time makes runners stronger and faster. Another truth of running is that the self-motivated runner will also be a better runner. Here is the chance to combine both of those truths.

Summer Running

We have the daily summer morning running, which focuses on developing not only running ability, but also overall strength (the weight room), functional leg strength (the warmup calisthenic drills), and the injury prevention work (pool work with the aqua-jogger flotation belts). These are all wonderful, but once an athlete gets into overall better physical condition, it is time to start working on accumulating time and distance spent running.

On Your Own

Runners who can handle a bit of an extended run (35 minutes without stopping, or more) should take advantage of the weekends to go out on individual runs of their own. 35 minutes is a good minimum time, since that allows the body time to add a good amount of conditioning. Speed is not the issue here, just the uninterrupted time spent running.

Veterans, and rookies who have improved to this point, will want to add a few more minutes as their conditioning allows. 60 minutes is an achievable goal, and 75+ minutes for the older veterans is not out of reach.

Self-Motivated

And the other aspect, aside from the physiological improvement, is the psychological maturing process of being able to get out of the door and go on a run with no one else to have to "push" you to do it. This will translate into not only superior conditioning going into the competitive season, but also a more competitive confidence in races.

Nutrition Alert

Eating is Good; Good Eating is Essential.

Runners expend a lot of energy. A lot. And so they need to take in lots of food to supply that energy. A runner who runs once a day for any real amount of time will need to eat frequently and healthily.

Eating frequently

Young runners need lots of food just to develop physically. The amount of growth in the adolescent years is remarkable, and lots of good food is required. Add on a steady amount of vigorous exercise, and you need even more food. The rule of thumb is that high school runners need to eat 6 times a day. At least. Three meals and three snacks. Or 6 meals. Or constant snacking.

Eating Right

This is the hard part. The teenage metabolism is such a furnace that I am sometimes convinced that a diet of cardboard and asphalt would not stop a teenager from growing. Still, runners need to be careful. Here are some tips:

- avoid greasy food
- baked foods are better than fried foods
- avoid processed foods and preserved foods - - this includes all sodas
- each meal should have something green in it.
- proteins are vital to muscle growth, so vegan and vegetarian diets have to double up on protein intake.
- carbohydrates are your friend - - eat up
- processed sugar is the Devil - - avoid

2018 Cross Country Schedule

8/13	M	First day of official workouts	
8/25	Sat	Course cleanup	Hidden Valley
8/31	Sat	Scrim: Little Ed	Hidden Valley
9/8	Sat	Ed Sias Invite	Hidden Valley
9/15	Sat	Viking Opener	Santa Rosa
9/26	W	DAL # 1	Hidden Valley
9/29	Sat	Ram Invite	Westmoor HS
10/6	Sat	Artichoke Invite	Half Moon Bay HS
10/3	Sat	Castro Valley Invite	Canyon MS
10/19	F	Mt. SAC Invite	Mt. San Antonio JC
10/24	W	DAL # 2	Newhall Park
11/3	Sat	DAL Finals	Hidden Valley
11/9	Fri	HOKA Postal Meet	Santa Rosa JC
11/17	Sat	NCS Championships	Hayward HS
11/24	Sat	State Championships	Fresno