



# The Bulldog Bark

The Voice of Alhambra High School Cross Country



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**We're Off!**

## Summer Running Starts!

After a delay of a few weeks we are finally going to get going with our summer running program. As with everything in the this new Covid-19 world, procedures and protocols had to be established from scratch, so it took time to get the "green light" to proceed.

### Summer sessions

- Monday - Friday
- Alhambra High Track
- 8:00 - 10:00 a.m.

## Day 1 Procedure

Since this is all new to all of us, we have to have an extended orientation for the athletes on our first day. For those who join summer running later, here are the general points we will be covering:

- **Responsible social distancing at all times**
  - 6 feet apart
  - no carpooling with other families
  - no lingering and socializing after workouts
- **Mask etiquette**
  - wear mask in all activities and drills except running
  - while on runs have mask on neck to use when passing other people
  - even with a mask, still maintain social distance
- **Forms MUST be turned in before athlete is allowed to work out**
  - forms can be found on Alhambra Cross Country Facebook page
  - forms can be found on Alhambra High School Parents Facebook page
  - forms can be found on team webpage [alhambatrack.org](http://alhambatrack.org)
  - forms are available at workouts

### Shoes! Shoes!

This is the perfect time to buy new running shoes. Old ones, if they are more than 3-4 months old, are already on the downside of their effectiveness.

New shoes are the most effective way to prevent running injuries.

### Day 1 Necessaries

## What Each Runner Needs To Bring To Workouts

For us to be able to even hold summer workouts, and to be able to keep on holding them, the coaches have been given some very explicit guidelines that the team has to follow. Here is the list of essentials that each runner has to bring to workouts.

### Health - -

- mask
- personal container of hand sanitizer
- gloves
- own water (container big enough for the entire workout)

### Liability and permissions:

- waiver form
- athlete and parent contact info

### Team:

- sweat pants
- watch
- own mat/towel for core work
- tote bag big enough to hold everything
- suggested - - phone, with arm carrier or similar running phone device

## So, What Are These "Pods" ?

### Small groups

In order to minimize contact, the recommendations are to create small groups-within-groups. The numbers vary a bit, but we are adopting the 12 person per group model.

### Groups are maintained

Each group stays as a single gathering for at least a period of three weeks. This is to effectively minimize larger ranges of contact. Hence, there cannot be any movement from group to group until that three week window has elapsed.

### Group formation

Coaches decide who is in each group, but once a group is comprised, additional runners who join later are placed in new groups, and do not join already established groups.

### Pod vs. Pod

Each pod operates separately by distance from each other pod during workouts.

### Why "pods"?

We really don't know. Other terms used are "cohorts," "sections," and "bubbles." I suppose we can make up our own term.

### It took a village

## New Challenges Mean New Solutions

The guidelines we have been handed to use have are a model of best practices that have been mulled over at all levels. The Center For Disease Control recommendations were used by the National High School Sports Federation to shaped specifics for school athletics. These were passed along to the California Interscholastic Federation (CIF) who then adopted them as recommendations for each California Section (we are in the North Coast Section).

The State of California has been diligent in monitoring Covid guidelines across all aspects of society, and has allowed individual counties to hammer out details that followed those guidelines. In the matter of high school sports, counties have mostly taken their lead from their own established requirements for summer camps.

With all these levels of oversight, each school district then had a fairly clear picture of what was being considered and implemented, all with an eye towards an abundance of caution. And to the extent that these examples of sports being continued with all of these cautionary examples, it was up to each school site to adapt them to the particular configurations of the site with input from the stakeholders and a reasoned level of discussion.

What we have here at Alhambra High is a result of exceptional guidance from our Athletic Director Pat Ertola, Principal Matt Chamberlain, and Superintendent CJ Cammack. They have given us a template that is clear, precise, and still allows us a maximum leeway to continue the sport.

## Questions? Ask the coach:

Head Coach Angela Paradise  
925-963-8127  
[coachangela88@yahoo.com](mailto:coachangela88@yahoo.com)