



The Bulldog Bark

The voice of Alhambra High School
Cross —CC-> Country
Friday, July 20, 2018



Alumna Sighting !

Bulldog Great D'Atri Drops In On Summer Workouts

We are getting a treat these past few days as '18 graduate Melissa D'Atri has been stopping by to join our workouts. She is getting her summer running prior to entering San Diego State University this fall where she is a scholarship runner on their cross country & track teams.

Marissa has also been kind enough to share some of her running knowledge and experience with our team. As one of the most decorated Alhambra female runners (3 State Meet appearances in cross country; 2 State Meet appearances in track) Marissa brings a wealth of experience to the table, and we are glad to have her with us for a few days to come before she is off to start her college career.



Marissa takes a moment to give a little talk on motivation to the rapt Bulldog runners.

T-Shirt Quote Contest

What Will Your Shirt Say in 2018?

Coach Paradise has announced that the 2018 team shirt quote is now open for suggestions. Submissions, in writing, need to be submitted to Coach Paradise right away. The window of opportunity closes Friday August 10. The team will vote on the entries the following week.

Strong Tradition

The back of the Alhambra cross country tee-shirts has been the site of many memorable and challenging sayings over the years. Pithy, confrontational, inspirational . . . we've seen a lot. What will 2018 bring? Let's see what the team comes up with this year.

OYO - - What Does That Mean, Anyway?

Cross country is not an easy sport. Daily running, daily fatigue, daily more running . . . and this is the "easy" pre-season preparation period of training. And now the coaches tell the runners to do more?

On Your Own

There is no secret to success in distance running. It takes a lot of time - - time to get used to the daily running, time to improve so the running is easier, and time to get the entire body (legs, core, heart, lungs) adjusted to these demands. But there's one more part of the body that needs to be trained as well.

The Brain

And there is still no secret to success in distance running. The athlete has to want to improve, and will demonstrate this willingness by running on his or her own time outside of workouts to get in additional time and miles. This means that motivating yourself to run, on your own, and on your own time, is as valuable a skill as the actual running.

Get Out The Door

We encourage all runners to put in this individual effort on the weekends during the summer. The hardest part is actually stepping out of the door and starting to run. Once going, the rest is easier.

Magic Minutes

These are individual runs, so there are no weight sessions or water workouts or really even warmups. It's just going on a run. The recommended minimum is 35 minutes of non-stop running. Veterans and varsity candidates are expected to go 45-60 minutes, and at times even 75 minutes without stopping.

And the payoff

The consensus among running coaches, especially college coaches, is that 2/3 (or more) of the success of a runner during the regular season is due to the summer running intensity of the athlete. The more a runner does, and the more intensely the runner does it, the more successful the season is.

Cross Training

Trying To Keep Everyone Healthy

Weight training for overall body tone and balanced muscle development . . . water workouts for zero-impact form work . . . and the exercise bikes for cardiovascular work.

There really isn't a single way to prevent running injuries, and for younger runners who are also trying to fumble their way through adolescence, there are even more challenges as running makes strong demands on young developing bodies.

But We Try

New shoes are a must. Communicating with the coaches is essential. Knowing the difference between being sore and tired as opposed to being actually injured is important. And the cross training as well.



Coach Brewer and Nolin chat about elevating heart rate while on the exercise bike.

Check Us Out

Facebook: Alhambra Cross Country Team
Web Page: <http://www.alhambratrack.org/>

Not everyone is aware of these two information sites about our program. Spread the word !