



The Bulldog Bark

The voice of Alhambra High School
Cross —CC—> Country
Friday, August 17, 2018



The Season Has Started !

Every Day. 3:12 p.m.

Every Day. 3:12 p.m.

On The Track

On the Track

Now that the season has officially started, so has the seriousness. Workouts are every day after school at 3:12 on the track. Wear a watch, and have sweat pants for the warmup.

Simple Requirements

Simple, yes, but somehow so difficult for some athletes to realize. Belonging to a sport is a daily commitment, and that goes for every school sport - - football, water polo, tennis . . . and cross country.

Summer is Over

Classes start on Monday, and there is the yearly hassle of registration, lockers, ID pictures, parking spots, and everything else that goes on to get ready for school. Hopefully by this time the athlete is through with vacations, and has taken care of all the getting-ready-for-school hustle and bustle. And shows up for workouts.

Just 1 1/2 - 2 hours a day

Cross country only asks for a small portion of time each day. In order to do the conditioning and drills and get in the miles necessary to improve and be competitive, the athlete needs to be at workouts each day to maximize time spent well, and realize the maximum improvement.

Let's Make This a Great 2018

We have our share of running talent, and we are beginning to show a fair share of intensity and desire. In order for us to make an impact during the championship season in November, we need to be serious and diligent now in August.

See You All Very Soon

3:12 pm each afternoon.

Recruiting a Priority

More Bodies !

More Bodies !

We certainly could use more athletes on the team. Currently we show about 23 athletes on the roster, but at least a dozen more would make the team a lot more effective. We need our runners to spend some serious time the first few weeks of classes to persuade more students to join the team.

Girls

We at this point only have a few girls on the team. We could use some recruiting focus on convincing a few more young ladies to join the squad.

Historically the Alhambra cross country team has always been on the small side (going back 35 years in the records). However, we don't have to always be historical. There is no crime in having a larger team.

Posters

This week each runner will receive a folder with a batch of recruiting posters. Your assignment will be to talk each of your teachers into allowing you to post a poster or two in each of your classrooms. That way more students will be aware of the glories of our team, and more likely to make that long climb up to the track to be a part of the best sport on campus.



BBQ too !

Festival Of Rakes & Shovels

Saturday August 25 8:00 - 11:30 a.m.

This is the cleanup of the Hidden Valley Park course, which is a central location for meets not only for Alhambra but the rest of the DAL. All DAL member schools are asked to help with this essential pre-season cleanup of the course.

Bring shovels, rakes, gloves. And afterwards, the Bulldogs will have a bit of a team BBQ. See you there !

Thursday Aug 23

Parent Night 6:30 p.m.

Alhambra HS Library

The pre-season parent meeting is next week, where the families and coaches get together to prepare for the upcoming season.

Information

The coaches will have the schedule and the team handbook ready to hand out, and will of course answer all the questions about the season. Of course, some of the families are veterans so this will all be a refresher course.

Contributions and Donations

These are the current codes words for money. No program can run without financial support. The current suggested contribution is \$150.00 per runner. Make checks out to "Alhambra Cross Country" and give to Coach Paradise.

Volunteering

No successful season can happen without the support of the parents and families. The cross country team already has a strong core of support, and the coaches appreciate, and rely on, that continued help.

Transport

We will also need to go over the team needs for the season. Logistical transport (that's bringing the big stuff) includes making sure we have our team canopy, the ground tarp, the snack table, the water jug, the medical kit, et cetera arrive at each meet.

Snack Table

We also want to make sure that we have a snack table laid out for the kids since our Saturday meets are longer affairs and the runners do need a steady supply of calories and nutrients for the time we are there.

Photos !

We can always use photographers to chronicle the events. This is a great addition to the team archives.

Special Events

Our season traditionally has had two special events calendared each year that require extra planning and involvement.

Artichoke Beach Party

The Artichoke Invitational is a treat all by itself. The beach party afterwards is a special addition. And it's a road trip as well. Hopefully we can all join in the fun on this one.

Mt. SAC Invitational

This is the two-day overnight trip to Los Angeles to run in the largest high school cross country meet in the country. Parent support as chaperones is our big need here.

Stay Connected !! Bulldog Cross Country

• Website:

<http://www.alhambratrack.org/>

• Facebook:

<https://www.facebook.com/groups/298800043788316/?ref=bookmarks>

• Text :

@alhambracr to 81010 for cross country