



The Bulldog Bark

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



Friday September 6, 2019

And the Season Begins !

Little Ed Scrimmage

We had our first competition of the year against Campolindo and Benicia at Hidden Valley Park on Friday, and got to show off our 2019 team. All 37 Bulldogs made the event, even if injured. Parent and grandparents and siblings were in attendance in abundance. Water, ice, and snacks appeared for the athletes. And the athletes ran.



The team area is teeming with activity as athletes get ready for races.

Girls 2.0 miles

(42 finishers)

1. Ellie Buckley	9	CAMP	12:50
16. Kylee Phillips	10	ALH	15:32
21. Jennifer Duncan	10	ALH	16:22
24. Skye McKinsey	11	ALH	16:49
26. Kaelyn Nguyen	10	ALH	16:57
27. Alexia Hesquierdo	9	ALH	17:09
31. Kady Brown	12	ALH	17:35
34. Reyna Arce	10	ALH	18:04
38. Mia Padrique	10	ALH	19:22

dnf Reina Felson-Lamb 10 ALH
dns Pearl Lopez-Cardinale 10 ALH
dns Laila Flahiff 10 ALH

knee
knee



The girls put on their game face at the starting line.

Our girls team is essentially brand new, with almost all of them first year runners. Except for Skye (and Pearl, who is still recuperating from knee surgery) none of the girls had ever run a cross country race before today. It was an exercise in nerves and excitement.

This was compounded by the fact that we were running against Campolindo, a team favored to finish in the top 3 in the State this year in D-III. Nonetheless, the ladies comported themselves well today.

Kylee has showed some good aggressiveness in workouts, and carried that over to be our lead girl from the very start. Her time is a good first effort on this tough course. Skye tried to hang with her early on but is still a few workouts away from being in shape. Jenny pulled a stealth maneuver and after a modest start passed runners the entire race. (Next time start a little faster, yes?)



Alexia, Kady, and Skye group up early in the race.

Skye, Kaelyn, and Alexia formed a nice group for us a bit back. Team pack running is a good skill to have, and the girls were able to help push each other through the race. Kady never caught her rhythm. Reyna kept up an even pace. Mia was perhaps a bit too cautious. Reina had breathing problems early on and had to drop out.

This was a pretty good debut for our team. A tough course was handled well, and all the girls were competitive within their place in the race. And all of them will improve on confidence alone as the season moves on (and, of course, by doing the workouts).



Jenny surges in to be our # 2 runner today.

And on another note, we also competed against Benicia in this race. They are our chief competitor in the Valley Division of the DAL. Even with our uneven performances today, had we scored the against just them, we would have beaten them by a point, 27-28.

Best Performance: Kylee ran strong against top area runners.

Best Sneak Attack: Jenny and her come-from-behind tactic

Boys 2.0 miles

(71 finishers)

1. Dylan Gunn	11	CAMP	10:41
4. Carson Edwards	12	ALH	11:11 PR :24
10. Tyler Allen	9	ALH	11:36
11. Ben Smyers	11	ALH	11:40 PR :58
16. Colby Thompson	10	ALH	12:00 PR :27
17. Nolin Searls	10	ALH	12:07 PR 1:18
20. Sam DiBetta	10	ALH	12:11 PR :28
21. Ryan McCauley	11	ALH	12:15 PR: 52
29. Cristian Ruiz	10	ALH	13:13
32. Juan Herrera	10	ALH	13:45
34. Joaquin Hinkens	10	ALH	13:48 PR 2:35
37. Aaron Manning	10	ALH	13:52 PR :07
44. Jared Lipman	10	ALH	14:37 PR 1:54
45. Badruddeen Sobhy	12	ALH	14:42
47. Vince Montegrande	10	ALH	14:54
50. Caleb McCauley	9	ALH	15:20
51. Tim Truex	12	ALH	15:23
55. Andres Alvarez	12	ALH	16:12 PR 2:21
60. Brandon Gray	12	ALH	16:37
64. Ethan Arnold-Muth	11	ALH	17:10
65. Maverick Gonzalez	11	ALH	17:27
69. Parrish Dodson	10	ALH	20:35
70. Santino Parenti	10	ALH	21:17
71. Chris Breedlove	9	ALH	26:00

dns Jonas Knopf 11 ALH hip
dns Ali Sobhy 10 ALH leg
dns Brayden Van Den Baard 10 ALH leg

The boys had a very good race today. We have a bunch of veterans on the team, and 10 of our 13 returnees improved, and most of them by substantial margins.

Carson led the way for us as expected, and stayed with the Campo boys for almost the whole way. Tyler was the biggest surprise on the day for us, racing very well as a freshman to a top-10 finish. Ben showed off his summer running conditioning to be only seconds behind Tyler. Our trailing pack arrived a few places later, and we placed 4 runners within 15 seconds. This is outstanding pack running and will help carry out team far if we can keep it up.

Cristian led the next wave of Bulldogs, even with having to struggle today. Juan made a fine statement with his first race. Joaquin and Aaron were close behind. Our next pack hove to a bit later with a cluster of Jared, Deen, and Vince.

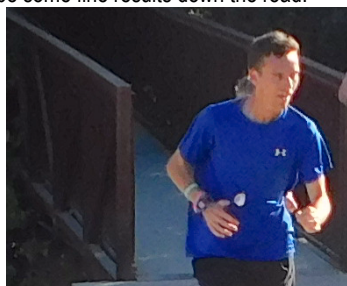
Andres powered in with a huge PR, and Brandon gave us a nice sprint at the end. Ethan and Parrish learned a lot about racing in their debut. Parrish came off the injured list to survive today. Tino and Chris are real troopers and plugged away to finish with steady paces.



Andres, Maverick, Deen, and Vince pack together early in the race.

For comparison purposes, we were handled easily by Campolindo, but were clearly better than Benicia who owned us last year. If we had scored against them today we would have beaten them 25-32. That's still close, and they will improve as the season continues. And so will we.

A hidden feature of cross country is how close together the top 7 runners are. If a team can have a gap between the 1-5 scoring runners of less than a minute, that's a pretty good team. today our gap was :56 seconds. Stretching that to our 1-7 runners, the gap was 1:04. This shows that if we can maintain this type of grouping in races as we improve through the season there will be some fine results down the road.



Carson leads the way for our boys today.

Best Performance: Carson

Best eye-opener: Tyler - - great opening race!

Best Pack-running: Colby, Nolin, Sam, Ryan - - now that's teamwork

Intestinal Fortitude: Chris

Most Improved: Joaquin & Andres had the huge PR's today

Notes:

1. Getting the entire team to the meet is a very good thing. 100% attendance today. Let's keep that up.
2. All the PR's are a very good sign. Early races are seldom the best races of the season. PR's from previous seasons are usually from the later races when the athlete is in the best shape. To have all these improvements, and such large ones to, so early in the season, means that we have the potential to improve even more as we progress through the season and the workouts.
3. Great family support - - lots of hands to volunteer with the finish line and timing, as well as the cheering and rooting. Let's do it again soon, shall we?

Thursday, September 12

Picture Day ! !

Don't miss out ! Wear your uniform ! And you should have already gotten the paperwork from Coach Paradise if you want to by some pictures.

Looking Ahead

And Since We Had So Much Fun Today, Here's What's Coming Up On Our Schedule

We have 3 Saturdays in a row:

9/14 Ed Sias @ Hidden Valley Park
9/21 Farmer's Invite @ Hayward HS
9/28 Ram Invite @ Westmoor HS

Our Own Reminders:

Water! Watches! Shoes! Sweats!

And what do the coaches have to nag athletes about consistently at workouts? Well, running, of course, but on top of that a few requirements to make sure our workouts are as effective as possible.

Water:

Bring a water bottle. We will have a water outlet available for refills, but bringing water is always an essential start to a workout.

Watches:

This is the single best tool for running effectiveness. Each athlete needs a wristwatch to know how far and how fast they are running. The watch does not need to be one of the high-end body function alert and social media combo units - - a simple time piece will suffice.

Shoes:

As the season progresses, some athletes may need new shoes. This is the absolute best preventative for painful and expensive leg and foot injuries. If your shoes are over a month old, you just might be in line for new ones.

Sweat pants:

As another precaution for injury prevention, we ask all athletes to wear sweat pants through the entirety of our warmup and drill procedures. This goes a long way to avoid cramps, pulls, strains, and even minor aches.

And a Few More Reminders:

As we settle into the routine of workouts and races, the coaches need to reinforce a few of our team policies.

Attendance and Communication

Of course we expect all athletes to make all workouts. Our overall attendance has been very good, but we still have some cases of mystery absences with no communications. There are many ways to contact Coach Paradise (see the box to the left).

Aches, Injuries, Illness

Running training is hard and demanding, and everyone will feel aches and pains and twinges and soreness and stiffness and fatigue, et cetera. This is normal. And at times, some of these aches and pains are signs of an injury. We want to make sure that our athletes are taken care of, which is why we have a trainer on duty every day. She can do an evaluation and prescribe a course of activity to enhance recovery.

If the pain is a serious enough injury, then the athlete needs to see a physician so we can get full information. Then we can plan accordingly.

However, sorenesses and aches and all the rest of the expected common results of running are not cause enough to miss workouts. If an athlete can attend classes, then that athlete can make it to workouts, even if it is a modified one.

Illness:

This is where communication is essential. Please contact Coach Paradise with any concerns about an athlete's health so we as coaches can be as proactive as possible in assisting a return to full running health.

Ed Sias Invite Saturday 9/14 Neighborhood Meet Good Team Test

This coming Saturday is the nearby Ed Sias Invitational at Hidden Valley Park. Many strong teams from all over the greater Bay Area will be here, and we can see just how we stack up against some of the strongest teams in the area, and in the state as well.

This meet is one where we will have runners in almost all the races, and the coaches want all the athletes to stay for all the races to show full team support.

Here is the race schedule:

8:30 am	Community & Coach Race
9:00	Boys' Frosh
9:25	Boys' Frosh Soph
9:50	Girls' Frosh Soph
10:15	Boys' Varsity SMALL SCHL
10:40	Girls' Varsity SMALL SCHL
11:05	Boys' Varsity LARGE SCHL
11:30	Girls' Varsity LARGE SCHL
11:55	Boys' Junior Varsity
12:20	Girls' Junior Varsity
12:45	Boys' FS & JV OVERFLOW "A-M"
1:10	Girls' FS & JV OVERFLOW
1:35	Boys' FS & JV OVERFLOW "N-Z"

We want all Alhambra athletes to arrive by 8:00. We'll be done with our races by 1:10 at the latest.

Stay In Touch

- Questions Answered !
- Enigmas Unraveled !
- Conundrums Unconfounded !

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