



The Bulldog Bark

The Voice of Alhambra Cross Country

Friday, November 6, 2020



Reshuffle the Deck

New Kennels For Next Week

As we get a little further down the line in our pre-season workouts, our team makeup has gotten a bit more defined. And since we will be adding a few more people next week as well, it behooves the coaches to rearrange the team groupings.

The coaches have been working on this, and we will have these new lineups posted when the runners arrive for Monday's workouts.



"Time and tide wait for no man."

-- old English proverb

We're Running Out Of Daylight

The days are getting shorter, and with our 3:00 p.m. start, we run up against darkness more each day. This will continue for the next two months until we get past the winter solstice (December 21).

What this means is that we need to have an exceedingly strong awareness of punctuality. Any delays or lag in getting started each afternoon takes away from our ability to maximize our workouts.

So far, so good

Our runners have been very good about this, and we hope to see this trend continue. Cross country is usually almost over in a normal season, so this steady diet of short-time workouts is a new development we all have to learn.

December 7th !

Getting Ready For The Official Season

We are just a few weeks away from the start of the official season, and that means that our runners have to be officially cleared. There are two requirements -- a physical examination form filled by a doctor, and a minimum 2.0 GPA on the last report card.

Physical Form

Coach Angela has been handing these out at the workouts. It is never too early to take care of this. Get that appointment right now, and take care of this piece of business early to avoid the hassle later.

2.0 GPA

This is more problematic. A GPA can't be turned around easily. The distance learning model has resulted in more kids statewide getting poorer grades. Alhambra is no exception. Be sure to stay on top of your classes, do your homework, and ask for help as you need it on any given assignment or in any given subject.

We're Getting Better

Workouts Work

It may sound trite, but doing the workouts invariably results in athletes getting into better shape. And as we are finishing up Week 4 of pre-season conditioning (with 4 more weeks to go before the official season starts), it is a very good sign to see that the work is paying off.

Recent Workouts Tell the Tale

The coaches are cautiously excited by the upward progress of not just some individuals but the team as a whole. As with any team, we start out with runners at various stages of fitness, and have to tailor the workouts to benefit each runner wherever he or she is at the moment.

Despite this initial gap in fitness levels, this week we saw every runner (except the two or three injured) run continuously for an hour at least once.

Sprints, too

And the 8 x 400 workout we did yesterday saw some very nice consistent levels across the board, especially from our top runners. This is very challenging, and to be consistent in this workout is an accomplishment.

Workout Adjustment

New Paces Coming Out Next Week

This performance improvement, coming in right on schedule in the 4th week, leads us into our next 4 week phase of training. And the improvement we've seen necessitates adjustments in the workout intensities.

Hitting the books

Coach Brewer has had to go back to the coaching manuals and pace tables to readjust the upcoming workouts to match the higher levels of fitness. This is a welcome task, because it indicates the potential for future improvement

Cautionary note --

Improvement takes time, and the runners who are currently near the top of our depth chart have spent several months already in some type of regular workout mode or another since the beginning of the summer.

Those who took more time off, or only got into regular workouts more recently, still are on a different improvement curve, and may realize their peak seasonal potential a bit later.

Don't Ask

Our Competition Schedule --

We Don't Know

Administrators and officials and politicians are still wrestling with high school sports schedules in California. And cross country is typically the last sport to get any notice or consideration.

As it stands, we do know that there are DAL races and NCS and State Championships tentatively scheduled. Whether any of those races actually occur is still open.

Regardless

We're still training, and we will find some competition for our team, somewhere, somehow.

NOVEMBER 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 OYO	2 Lollipop A-6.5 B-5 C/D 4	3 Franklin Canyon A-Orange Gate B-Louie Lane C/D Through Trestle	4 Vine Hill Loops A-Main B-Brown C/D Shell or Vista	5 400's TBD 8+	6 Hidden Valley A-2xVarsity B-1xV, 1xJV C/D 1x Varsity	7 OYO
8 OYO	9 Franklin Canyon A-Orange Gate B-Louie Lane C/D Through Trestle	10 Snake Road A- End B- Stop Sign C/D-Parking lot or cemetary	11 200m hill repeats A-2sets 4 B- C/D-	12 Vine Hill A- Main B- Brown C/D Shell or Vista	13 Hidden Valley Grass Loops 1000m 3-5	14 OYO
15 OYO	16 Marina A-V Loop x2 B-V loop+ duckponds C/D- Duckpond/field	17 Franklin Canyon A-McEwen B-Orange Gate C/D Louie Lane	18 400s 8+ tbd	19 Snake Road A-End B-Stop Sign C/D-TBD	20 Hidden Valley 2 mile course time trial	21 OYO
22 OYO	23 THANKS	24 GIVING	25 BREAK	26 OYO	27 TBD	28 OYO
29 OYO	30	1	2	3	4	5

The Next Few Weeks Tentative Workout Schedule

This is a rough idea of what the the coaches have in mind for the next few weeks. Things may change from day to day, but this is the general outline

Thanksgiving Week

We are still up in the air on this one, but plans are afoot. With no classes, we most likely will go to morning workouts. Stay tuned.

400's Are Tough

Here are the results from yesterday's workout. Our charges did well, and all showed quite a bit of gumption in the face of some serious physical discomfort.

Workout 11/06/20

Repeat 400's

Kennel 1	1	2	3	4	5	6	7	8
Tyler	69	67	68	68	68	66	66	66
Ben	70	68	68	65	69	67	68	65
Nolin	72	69	70	72	78	70	73	66
Vince	73	71	71	71	--	--	76	73
Juan	73	71	75	75	84	83	83	73
Kylee	77	79	81	80	107	75	81	78
Renae	74	85	87	76	88	76	84	86
Alexia	90	89	89	87	96	98	90	90
Kennel 2	1	2	3	4	5	6	7	8
Ryan	70	72	74	74	75	75	72	70
Ethan	85	89	87	84	94	94	--	--
Aaron	75	91	97	97	91	102	--	--
Kaelyn	88	91	94	101	98	97	--	--
Caleb	92	93	91	82	95	92	80	--
Reyna	106	104	106	111	102	105	--	--
Mia	95	96	101	106	99	103	--	--
Reina	113	--	119	--	116	--	119	--