



The Bulldog Bark

The voice of Alhambra High School
Track & Field
Wednesday, January 30, 2019



The 2019 Track Season Is Here !!

The official season kicked off this Monday with about 40 athletes answering the call to the first day of workouts. This is a good start to a long season that will continue into May.

Lots of Veterans

The Bulldogs return almost 50 veterans from last year's team, which is a very good start to any season. The coaches are also anticipating a solid set of newcomers, with about many having signed up already. This bodes well already for the squad, as having a larger teams is a great start towards a good season of accomplishment. Of course, there are all those workouts we have to do, too . . .

Workouts will continue daily after school on the track.

Shoes ! Shoes ! Shoes !

Proper footwear is essential for preventing injury. The coaches have already seen athletes show up in worn and tattered footwear. This is an invitation to injury. Track athletes need a new pair of training shoes each season to deal with the demands of the training.

And yes, most of the athletes will need to have a pair of spike shoes also for competitions.

Cost factor

Running shoes, especially good ones, are not cheap. Bargains can be found, but often the price range is \$100 or more for a pair of trainings shoes. The spike shoes also cost. However, injury is not cheap either, both monetarily and in terms of lost time during the season.

Shoe Sale for High Schools

There are several shoe stores in the area. Forward Motion Sports in Danville is offering a high school sale February 16-18. Mention you are from a high school, and you'll get the promotional discount.

Bulldogs Already Making A Mark

Nick Momaney competed in the UC Berkeley All-Comers track meet two weeks ago in the throws, and came away with a strong set of early season marks. Already a medalist from last year's DAL finals in the shot put and the discus, Nick leads off right where he left off last year.

These marks put him in the upper tier of our league right away, and near the top 5 in the Tri-Valley Area of NCS. A very good start, and the competitive season is still a month away.

Cal All Comers

UC Berkeley, Edwards Stadium
Jan 19, 2019
High School Boys

Nick Momaney

5th Shot (12 lb.) 14.16m 46-05.50 (PR)
2nd Javelin 37.62m 123-05
7th Discus 39.70m 130-03



Nick poses on the awards podium at the 2018 DAL Championships.

Stay Informed

Check Out The Website

Track and Field is a busy sport. There are dozens of athletes of both genders running, jumping, hurdling, throwing, vaulting in 16 different events contested in four divisions. Workouts, schedules, assignments are many and frequently change. At times even the most organized moments look chaotic and frenzied.

It is important for the athlete and the families to stay up-to-date on all the goings on of the team. The web site is the primary source for all of that. Please check it frequently to see what all is going on:

<http://www.alhambratrack.org>

Register on Remind

Remind is the application that allows the coaches to send out text notifications via phone to the team roster. This will be another of our team information venues. Check back to the website for the registration information.

2019 Schedule

1/28	Mon	First day of practice	
2/23	Sat	DLS/Stocking/Super 7	DVC
3/2	Sat	Ugly Eagle Relays	Clayton Valley HS
3/6	Wed	DAL: @ College Park	College Park
3/9	Sat	Martinez Relays	Alhambra
3/13	Wed	DAL: Berean & YV @ Alh	Alhambra
3/16	Sat	Eddie Hart Invite	Pittsburg
		Dublin Distance Fiesta	Alhambra
3/23	Sat	Castro Valley Invitational	Castro Valley
		or -- Bay Area Relays	Foothill
		or -- Stapledon Relays	Antioch
3/27	Wed	DAL: Alh @ Benicia	Benicia HS
3/29-30	Fri-Sat	Stanford Invitational	Stanford U
4/1 - 4/5	M-F	Spring Break	
4/12	Fri	Woody Wilson Invite	UC Davis
4/19	Fri	Bob Warren	Acalanes
4/20	Sat	NorCal Frosh-Soph	Dublin
4/27	Sat	DAL Trials	Campolindo
5/4	Sat	DAL Finals	Campolindo
5/11	Sat	NCS Tri-Valley Champs	Dublin
5/17-18	Fri-Sat	NCS Meet of Champs	DVC
5/24-25	Fri-Sat	CIF State Champs	Buchanan HS, Clovis