



The Bulldog Bark

The voice of Alhambra High School
Track & Field

Thursday, February 14, 2019



Love the Rain - - Love the Workout

Again, we were reminded that we live in Northern California, and that means rain in the winter. Today was a continual downpour for most of the day, so the workout was driven indoors.

This did not deter the bulk of our team, so we did hallways, stairs, plyometrics, weights, and calisthenics in an extended circuit. Times 10.

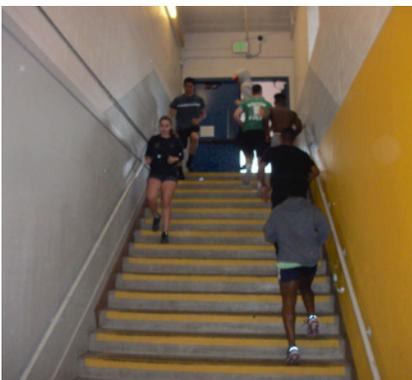
No stopping the Bulldogs this season.



Squats, pushups, flutter kicks.



Hallways.



Stairs

Weekend workouts

This coming weekend is a 4-day school holiday. This is fine for families who are planning getaways and students who are already a bit tired of the new semester.

However, it is just another weekend for athletes. And that means that we cannot afford, this early in the season, to kiss off four full days and not expect it to have a negative impact on the athletes' progress.

So - - the coaches have a plan:

Friday - - Coach Brewer is available all day (9:00 a.m. on) for workouts - - primarily hurdles, high jump, and pole vault. Distance will have already been given their workouts.

Contact him at:

510-925-479 or

pcbcrosscountry@yahoo.com

Saturday - - Once again, Coach Brewer will be available for workouts.

Sunday - - day off

Monday - - full team workout with the coaches. Time TBA.

Shoes: The Time Is Now

There is no excuse for old shoes. They are an invitation to injury, and a barricade against improvement. Serious track athletes and runners get new shoes every three months. Proper footwear is the first line of defense against injury, and a lot cheaper than a co-pay.

The coaches recommend that each athlete get a new pair of workout shoes, and also the proper shoes for each running or field event. These include a variety of spike shoes for runners, and the the smooth-soled competition shoes for throwers.

There are many good shoe stores in the area that can accommodate you. Here is the promotion for a discount at Forward Motion Sports in Danville this weekend:

FORWARD MOTION SPORTS presents...

15th Annual SPIKE WEEKEND

When: SAT, February 16th 10:00am - 7:00pm
SUN, February 17th 10:00am - 5:00pm
MON, February 18th 10:00am - 7:00pm

Where: **FORWARD MOTION SPORTS**

432 Hartz Avenue
Danville, CA 94526
925-820-0966
www.forwardmotion.com



Check them out at:

<https://cdn4.sportngin.com/attachments/document/6f19-1764312/>

Spike Weekend 2019 1 .pdf

Parent Night 2/20

February 20 @ 5:30 p.m.

Alhambra HS Library

With the season about to enter the competition phase, it's time for our Parent Meeting. This is an important time in any program because it sets the tone for the level of success we would like for all of our athletes throughout the season.

Volunteers

We cannot do the job without the participation of the families. We need all the hands we can muster, as you are able, to put on our two home meets and our own invitational.

We also have need of larger scaled help for the the whole season, which includes help with snacks, photography and videography, transportation, parent communication, fundraising, and more

SignUp Genius

Most of these areas are already up and covered in the SignUp Genius sites already established for the season. This does not mean that this is the entire list. More opportunities will arise as the season progresses, but these are a very good start.

Donations

No athletic program can survive without financial support. It takes quite a bit of outlay to make any season successful, even with the constant economizing that we have already done. Please be sure that you have ear-marked your contribution to "Alhambra Track" so that it gets directed to the track program instead to an amorphous athletic fund.

See you all there !

Stay In Touch !

We have a few ways to keep the families up to speed with our program and the day-to-day communications as they arise:

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

We have a fantastic webmaster in Joel Timbrell, former Bulldog runner. He keeps the updates and results and records all organized for us right here right now.

REMIND: this app allows us to inform on a very immediate basis all athletes and families of the very latest. Sign up here by texting @dogstandf to 81010 to receive text updates.