



The Bulldog Bark

The voice of Alhambra High School
Track & Field
Wednesday, February 6, 2019



Cold & Wet Weather

Yes, it has been raining. Yes, it has been cold. And yes, we even had hail. So? **Workouts are never canceled . . .**

Rain is no reason to think that there is no workout. Even hail is not a problem. We could even deal with snow. If the weather is too inclement for working out on the track, we always have the hallways and the weight room to handle our team.

Wear Warm Clothing

Be prepared for cold. Sweats every day.

Let other teams show weakness

Every day we work out in bad weather is a day some other team doesn't. And every day we decided to not go to a wet workout is a day some other team is. Let's be the ones with the persistence.



And on Monday, the rain subsided enough for a moment to give us this remarkable display.

Attendance: Workouts Are Every Day

One of the most-repeated sayings is "Showing up is half the battle." This is also true for track and field. It is hard to improve if one does not do the necessary work regularly.

Sign-In Sheet

Coach Hern has posted the sign-in sheet on a clipboard just inside the track shed office by the door. Each athlete is expected to sign in each day, so we know who has been in attendance. This allows us to better tailor our workouts.

"Oh, but . . ."

There are always lots of excuses, but being available for your chosen sport 1 1/2 hours a day, 5 (sometimes 6) days a week is not a lot of time in the sports world. Serious athletes can rearrange their schedules to make the time.

Technique Days

As much as the coaches like to think that we know everything, we still don't know everything about our current crop of athletes. The first few weeks of any season are exercises not only in general conditioning, but assessment of individual athletes to figure out their strengths and potential.

Veterans already locked in

We do have a strong returning core of upper-classmen (and upper-class women) who are already established performers in one set of events or another. This is always a good sign for a team, and we welcome having the luxury of their experience.

Rookies ?

Well, we just don't know. And we have to find out. That's why we are having technique days twice a week early in the season to try to see how our newcomers (and even veterans) fit into more events. So, our mid-week days early season are learning experiences as we try out lots of athletes in lots of events - - Coach Suitos for the long and triple jump, Coach Wondrusch for the shot put and discus throw, and Coach Brewer for the hurdles, high jump, and pole vault.

Expand your horizons

Some athletes never really try other events, and so miss out on the chance to discover hidden potential. As a team we want to have competitive athletes in all events (there are 16 total), so avail yourselves of this opportunity to learn a new event.

Early Signs Good

Lots of kids, lots of trying out in different events, lots of enthusiasm. So far, real early in this very young season, the coaches have been very encouraged by what they have seen so far.

Veterans are already been impressive in their efforts, and are also doing a great job being team leaders in warmups, workouts, attendance, and enthusiasm. And the newbies have been quick to pick up on the new events and the level of intensity asked of them.

Looks good for 2019 !

Martinez Relays Coming March 9

Our own track invitational, the longest running track meet in the entire state, is coming soon. The 83rd annual Martinez Relays is not only a historical event, and a source of pride for the city of Martinez, it is also a big fundraiser for our program.

Sign-ups

We can't do this event without the volunteer help of our track families. While we have professional help to handle the computer timing, and the starting, we need the man (and woman) power to handle the snack bar, the field events, the awards, helping with setup the day before, and the takedown the afternoon of. And more !

Check out the website (alhambra-track.org) to find the SignUpGenius link for the Relays.

Thanks in advance for your help.

Volunteers Needed For Home Meets, Team Events

We also need volunteers throughout the season. We have two home meets, our DAL Championships obligation, and all the other team events that crop up during any season.

Check out that SignUpGenius link as well on our website.

Thanks in advance for your help.

REMIND Is Up

REMIND is the application that allows team-wide text notifications of information. Be sure to sign in and get on the list. We don't want our track families to be left out of the information loop at any time. Here's the sign up: text @dogstandf to 81010.