



# The Bulldog Bark

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



Friday, June 21, 2019

## And Our Network

### Team Communications

A strong component of any team success is communication. Alhambra Cross Country is no exception to this, and we try to keep open as many channels as possible to get information and news flowing back and forth between coaches, athletes, and families. Here are our avenues of information flow.

#### Verbal

This is every day at every workout. Lots of details get broadcast and mentioned by the coaches each day. And athletes need to inform coaches about conflicts and issues as they arise. Likewise, there are a number of casual and informal chats with parents at the start and end of workouts as athletes are dropped off and picked up.

#### E-mail and text

We do ask that all athletes that have made verbal requests of coaches follow up with an e-mail to that coach. This is to ensure that we have fully established a communication link on any particular issue.

#### Website

We have the luxury of having an excellent web master who has constructed a very informative website that stays up-to-date (as much as possible) with the team doings, as well as archiving the history and records and photos of the team, present and past.

#### Team App Remind

This application is a text blast to the entire team for specific and time-sensitive information. It's an excellent way to communicate immediately items that require a short notice.

#### The Bark

Our newsletter is a combination of general information, extended commentary, race data and analysis, and philosophical musings. This is available on our website and on our Facebook page.

#### Facebook page

Of course, no institution can shake off the influence of Facebook. We have our own page, and it provides an alternative venue to all of the above to stay in touch with our program.

## Spreading Our Wings

### Wednesday 6/26 Workout at Hidden Valley Park

We will be changing up our workout location next week. We're asking the athletes to convene at Hidden Valley Park at 8:00 am.

This is the site of 4 of our races this year, including our league championships, so we need to take advantage of its proximity to Martinez to get familiar with the place prior to our competitions.

#### Location

We will be meeting in the parking lot on the Center Street side of the park.

#### Other "remote" workouts

We have also tentatively penciled in a workout at Canyon Middle School in Castro Valley, since that site also shows up on our schedule later in the year.

## And a Bit of a Reminder:

### 4th of July Races

We'd like all of our athletes to sign up for a holiday race this 4th of July. Not only is it a good workout, it also give the coaches a chance to see just what level of fitness our athletes have achieved.

#### • 2019 Firecracker 5K Pleasant Hill

8:00 a.m. Downton Pleasant Hill Crescent Drive  
<https://raceroster.com/events/2019/22911/2019-firecracker-5k-in-pleasant-hill>

#### • Stars & Stripes 5K Run Concord

8:15. Todos Santos Plaza, Concord  
<https://brazenracing.com/starsandstripesrun/>

#### • Moraga 4th of July Fun Run

Canyon Club Brewery 1558 Canyon Rd  
<https://localraces.com/events/moraga-ca/2019-moraga-4th-of-july-fun-run>

## And some prognosis:

### 2019 Season - - Hmmm?

We had a pretty good season last year. Within our league (Diablo Athletic League, Valley Division) we placed well on the boys' side with 2nd place finishes in the BV, BJV, and BFS categories. With only 4 girls, we were not a team presence but still were able to field an All-League and State Meet competitor in Nicole Tria who has since graduated.

#### Young boys' team a year older

2018 also saw us field a very young and very raw boys' team. We had to rely heavily on an influx of freshman talent, and the season was a work in progress all year. However, we have returned all those rookies plus a few veterans, and our prospects are bright.

#### Girls' team work in progress

The last three years have seen our girls' team unable to field a complete team for competition. It takes 5 runners to make a scoring team, and Alhambra was shy even that. Our summer running so far has produced noticeably more girls' than that, and with a few more, we can only do better than recent season. So what can we expect?

On the boys' side, we are cautiously optimistic that we are a contender for the DAL-Valley title. Benicia appears to be our main competition, and Concord and Ygnacio are capable of surprising us. Berean Christian and Mt. Diablo remain programs with lots of work to do.

#### And our possible team leaders?

Carson Edwards (Sr) is our undisputed team leader. With his maniacal work ethic, he will emerge as one of the better runners in NCS Division IV by the end of the year. The rest of the trailing Bulldog pack consists of:

- Colby Thompson (So) - - ended the 2018 season as our # 2 runner.
- Nolin Searls (So) - - # 4 var runner for us 2018
- Ryan McCauley (Jr) - - All-League FS (top 6) for track 3200

\* Cristian Ruiz (So) - - great late season surge to make All-League (top 6) for FS track 3200

- Del Roderick (Sr) - - top 5 varsity runner 2018

And there is also a flock of other veterans who are putting in the summer miles to improve not only their own performances but our overall team picture.

## Contact specifics:

### Coaches:

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### Website:

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### Remind:

Text @alhambracr to 81010

### Facebook:

Alhambra Cross Country Team