



The Bulldog Bark

The Voice of Alhambra Cross Country
"The bright flame of pure running desire burns incandescently in our souls"



Monday, July 5, 2021

ALUMNI NEWS:

Hey, lookie here ! Alumna Marissa has landed on her feet at Chico State after two years at San Diego State. She joins a perennial podium team in the national D-II ranks, and looks to be a real asset to the program. Be sure to follow her on the Chico State cross country website as the collegiate season unfolds.

(<https://chicowildcats.com/sports/womens-cross-country/roster/marissa-d-atr/50640>)

2020-21 WOMEN'S CROSS COUNTRY ROSTER

A portrait of Marissa D'Atri, a young woman with long dark hair, smiling, wearing a black t-shirt with a bulldog logo.	MARISSA D'ATRI
CLASS: Junior	HIGHSCHOOL: Alhambra HS
HOMETOWN: Martinez	

JULY WORKOUTS

And now we are entering Week VI of our summer training season, which means that we are now halfway towards the start of the official season. Coach Angela and Coach Brewer have already made up the month's workouts, and copies are available when YOU show up to our daily workouts . . . 8:00 a.m. to 10:00 a.m. Monday through Friday.

We have a group of enthusiasts who are making the daily workouts regularly. We also have a few who are consistent, but wrap their appearances around a few family outings and such. And then there are the ones who haven't quite yet made the appearances.

Success in the fall is only made better by preparation in the summer. Distance running has no secrets . . . the more you run, the better you get. And the more you run under coaching supervision, the more you run even better.

Hope to see you all soon. Lace 'em up, get up to the track by 8:00 a.m., and rack up those miles.

PROSPECTS FOR 2021

Making predictions is always a touchy prospect, as things can change on a dime in the distance world. However, there are trends we can follow that give us a general idea of what to expect.

Diablo Athletic League Valley Division: This just might be our year to sweep the Valley Division varsity titles. We are two-time Boys' Varsity champs already, and our opposition does not bring back a whole lot from last year. The girls' side of the equation is looking a whole more solid than anything Ygancio Valley or Benicia (our two main rivals) has coming up. Of course, this is based on returnees. We have no idea of the upcoming entry talent on any program, including our own.

Diablo Athletic League Overall: This conversation starts and stops with whatever Campolindo does. College Park, oozing returning talent, is no slouch either. Northgate will bring an army. Acalanes somehow seems to sprout runners like my lawn sprouts weed. However, we have a solid senior class of boys who have spent 4 years training, and are poised to have a breakthrough senior year. Who knows which established program we can scare this year? Our girls' team, well under everyone's radar, can only be classified as a classic underdog team waiting to knock off the unsuspecting.

THE USUAL REMINDERS:

- Clearances: Get your physical taken care of before August 9th, our 1st day of official workouts.
- Shoes: You will need new shoes at the start of the season. Old shoes cause injuries.
- Nutrition: Adolescent athletes who do daily strenuous exercise need to eat 6 times a day. Fact.
- Sleep: Adolescent athletes need 8-9 hours of sleep daily. Stay away from video games and texting.

QUESTIONS? INQUIRIES? QUIZZICALITIES? QUERULOUSNESSES?

Please let your coaches know if anything comes up:

- Coach Angela Paradise - - coachangela88@yahoo.com
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