



The Bulldog Bark

The voice of Alhambra High School
Cross —CC-> Country
Friday, July 13, 2018



Run ! Fun ! Sun ! Summer Running Continues

The Bulldogs are putting up an impressive summer of running so far. We have a steady group of about two dozen runners who make most of the runs. This means that we have a core of runners who are getting in some serious miles in preparation for the regular season workouts. Cross training

The summer is not all just running. Coach Paradise has a steady routine of weight room drills and pool works to break up the workouts and help reduce injury.



The splash festival is on as part of the pool workout warmup.



The Junior-Senior boys' team wins the kick board relay race.

Always Recruiting Friends Ask Friends To Run Cross Country

Even with a nice uptick in numbers for summer running, we still are looking to add more people to the team.

Peer Recruiting

The most effective way students are attracted to cross country is through their friends. As a runner, you are our best advertising for the team. Let your buddies know how much fun you're having, and invite them to try it out.

More Freshmen

Even though we have a nice core of freshmen already coming to summer running, and word is there are a few more who are going to join later, we still want to see new runners coming out. Sophomores, Juniors, and Seniors also, of course.

The Girls' Team

We also would like to see more girls come out for the sport. There are more girls out already than last year, but the ladies' squad is still small and we would like to have more numbers.

So Spread the Word !

Cross Country is the best sport in the world. Fact. Let your friends know.

Looking Ahead: Important Dates and Times

July 13 - Aug 10 8:00 a.m.
Summer Weekday Workouts
Aug 2 - 7 all day
Tahoe Running Camp
Aug 13 3:12 p.m.
Official Season Daily Workouts Start
Aug 20 Classes Start

While Coach Paradise and 12 runners are off to camp, Coach Brewer will be conducting the morning runs as usual.

We will be transitioning to the afternoon workouts once the official season starts.

And Still Looking Ahead: Avoiding Conflicts During the Official Season

We all seem to live very busy lives, and with all of those obligations and activities, sometimes the commitment that a high school sport requires takes a hit.

Known Priorities

Clearly there are a few things more important than cross country. God, family, school . . . these come to mind. These are all obligations and commitments that have priority over lots of things, and not just sports.

However . . .

The regular season of cross country is only 12 weeks. Anything that takes away from workouts and competitions takes away from the development and improvement of the runner and the team.

Joining the team means just that - - joining. All of the workouts and all of the competitions are essential for the maximum success possible.

Please look at the schedule and make sure that each runner is fully capable of making all of the workouts and all of the races.

Oops - - Schedule Change !

The Little Ed Scrimmage will be held on Friday 8/31. Previous schedules had it listed erroneously as being on Saturday.

2018 Cross Country Schedule

8/13	M	First day of official workouts	
8/25	Sat	Course cleanup	Hidden Valley
8/31	Fri	Scrimmage: Little Ed	Hidden Valley
9/8	Sat	Ed Invite	Hidden Valley
9/15	Sat	Viking Opener	Santa Rosa
9/26	W	DAL # 1	Hidden Valley
9/29	Sat	Ram Invite	Westmoor HS
10/6	Sat	Artichoke Invite	Half Moon Bay HS
10/3	Sat	Castro Valley Invite	Canyon MS
10/19	F	Mt. SAC Invite	Mt. San Antonio JC
10/24	W	DAL # 2	Newhall Park
11/3	Sat	DAL Finals	Hidden Valley
11/9	Fri	HOKA Postal Meet	Santa Rosa JC
11/17	Sat	NCS Championships	Hayward HS
11/24	Sat	State Championships	Fresno