



# The Bulldog Bark

The voice of Alhambra High School  
Cross —CC-> Country  
Sunday, July 29, 2018



## What Goes Up Must Come Down

### Downhill Training !

Earlier in the week we had a hill workout that focused on just getting to the top of a long grind. We also had a series of repeats on a loop that featured a steep incline at the end. But that is only part 1 hill training.

Friday we convened at Hidden Valley Park for the workout, and as part of the workout had drills on getting down hills efficiently. The Hidden Valley course has a precipitous craggy down slope near the end of the race, and the might Bulldog runners practiced scampering down hills with confidence.



Coach Paradise monitors the activity from the top.



Dean leads the pack on the exercise.



Colby learns quickly.



## Sigh . . . The End of Summer ?

### Last Pool Workout

### Wednesday Aug 1st

My, the summer flies by fast, doesn't it? Doesn't seem like we have put 6 weeks of running into the books already, and will be starting the official season in just two more weeks, does it?

One of the more popular parts of the summer has been the pool workouts, with the aqua joggers, the kickboard relays, and the holding-your-breath contests.

Our last pool workout is coming up this Wednesday. Splish-splash !

## August 2nd - 7th

### Annual Running Camp

A dozen or so Bulldogs, along with Coach Paradise and a chaperone, are off to the annual Alhambra cross country running camp at Lake Tahoe for 6 days. The planning has been going on for some time, the shopping lists have been drawn up, the activities set up, and of course, all the various trails and routes and runs have been plotted by Coach and the veterans.

#### High altitude - - and attitude

This is a summer-long anticipated event, and Coach Paradise had no problem filling up the limited spots available. The stories about the camp have become legendary, if not perhaps a bit exaggerated. Still, expect the trails to be rugged and the water to be cold, all as promised.

#### And the rest of us ?

For August 2nd and 3rd, the workouts will be OYO - - On Your Own. Athletes are expected to do between 35 - 60 minutes of non-stop running on each day. Coach Paradise will leave instructions.

For August 6 and 7, Coach Brewer will be back from vacation and will take care of the morning runs.

## Wednesday, August 8

### Running - And Pancakes ! !

Once again, the Bulldogs will have a pancake festival after a workout. We'll have our usual morning workout, and when done return to feast on a pancake breakfast lovingly prepared by your coaches and parents at the school

This is a remarkable Bulldog tradition, and we know that all of you are very eager to participate in it.

See you there !



## Time To Get Serious

### Official Season Starts

### August 13

We are only two weeks away from the official start of the 2018 cross season. At that point many necessary and important things come into play.

#### Clearances

All of the paperwork needs to be taken care of before an athlete can join the team. No exceptions here. Get it done now. Follow the directions on the Alhambra High web site.

#### Attendance

Yes, classes have not yet started on the 13th. Yes, workouts start on the 13th. Missing workouts at this point is no demonstration of team enthusiasm. And we are a 6 days a week program.

#### Conflicts and Distractions

We live in a busy world, and often we have conflicting choices for our time. To be a runner, those two hours each day needs to be a priority. Once the season starts, we need to have our calendars cleared out to provide that daily time.