



# The Bulldog Bark

The voice of Alhambra High School  
Cross —CC—> Country  
Sunday, August 26, 2018



## "Little Ed" Scrimmage Friday August 31

This coming Friday we are off to Hidden Valley Park for our annual pre-season scrimmage against Campolindo High. It is called the "Little Ed" scrimmage because it is the week before the Ed Sias Invitational on the same course.

### Race Schedule:

all boys' race at 4:15 p.m.

all girls' race at 4:45 p.m.

### Start of our Season

This scrimmage allows us to get in a race on one of our standard courses early in the season. And it establishes the beginning of our competitive season.

## Recruiting - More bodies !

Our campaign to attract more students to the cross country program is starting to pay off. We have seen quite a few boys show up to give running a try, and even two girls stopped by on Friday to check in.

### Not For Everyone

Not all the new boy candidates stuck with the program. There is no way to mask the fact that running is hard. We had a candidate or two who were here for a day or two and subsequently disappeared into the mist.

### Keep It Up !

The season is still early, in terms of getting a rookie runner into some sort of shape to run by the end. So we still need all of our regulars to keep on promoting cross country to see if we can add more bodies to the roster.

## Schedule Correction

Sharp eyes have caught an error in the schedule. The Castro Valley Invitational is on October 13. It had been mistakenly listed as October 3. Please note the correction on your calendars.

### 2018 Cross Country Schedule

8/13	M	First day of official workouts	
8/25	Sat	Course cleanup	Hidden Valley
8/31	Fri	Scrim: 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
10/13	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
11/17	Sat	NCS Championships	Hayward HS
11/24	Sat	State Championships	Fresno

## All-League Course Cleanup Festival Rakes & Shovels

Athletes from most of the member schools of the Diablo Athletic League converged on the Hidden Valley Course Saturday morning to rake, shovel, and smooth the course to groom it for the upcoming season.

### Remarkable turnout

By 8:00 a.m. the place was awash with athletes, coaches, and parents - all armed with a gardening implement. The task was to make ready a course that was overgrown with weeds, had weather incursions to the integrity of the paths, and was steep and dusty. Over 300 implement-armed runners and associates were ready to go.

By 8:15 all the bodies were deployed and attacking the job to make the paths wide and smooth. With all the bodies involved, the effort went a whole lot faster than the scheduled 4 1/2 hours. Weeds flew, dirt was scraped, and paths widened significantly.

### Remarkable result

In the estimation of coaches and parents who have been around for a while, the course has not looked this good in at least a decade. And it was all achieved in just two hours, less than half the allotted time.

### Central Site

The Hidden Valley Park course is a core location for much of the cross country in our local area. The Ed Sias Invitational is held here, and the Diablo Athletic League has one of its Center Meets here, as well as the League Finals championship race.

Keeping this course in shape is therefore in the best interests of all the teams in the league, and it was gratifying to see all those schools make a strong appearance.

### Bulldog Barbecue

Not only did we have almost our entire team there for the occasion (which no other school could boast), we also had the magnificent barbecue afterwards, courtesy of the parents who volunteered the food and preparation. We were the envy of the other teams.



Hundreds of league runners gather for instructions at the start of the day.



The march to the task.



Niocle and Pearla are ready to work.



Coach Brewer poses menacingly - no weed shall survive !

### Coach Angela

And all of this was the brainchild of our very own Coach Angela Paradise, who mentioned last year that Campolindo was shouldering all the course cleaning work and the rest of the league was benefitting from it. Her call for volunteerism was picked up by league management and placed on the official league schedule. And lo! It came to pass. Kudos to Coach !

## Tons of Information Parent Meeting Recap

We had our parent meeting in the school library last Thursday to a good turnout of families. Coach Angela ran through the essentials of the program - - the schedule, uniforms, transportation, finances, attendance, team photos, the team shirt, et cetera

### Team Handbooks

There were also team handbooks available, which also summarized much of the information we went over, so hopefully no one had to take notes.

There was of course the usual worries and questions about the hassles of the on-line athletic registration and clearance process. Also, the apparently inevitable slate of conflicts that can arise during any given season came up too.

### Family Communications

For staying in touch with our running families, we rely on the website, and the Facebook page, and the occasional text. Coach Angela has also asked each family to make sure they filled out the contact information sheet. The plan is to establish an e-mail communication connection as well.

### Special Events

Of course we had to talk about our two special trips of the season. The Artichoke Invitational with the beach party afterwards is always a treat. And our overnight trip to Mt. SAC takes quite a bit of preparation as well.

### Stay Tuned

All of this, and even more, will be brought up again throughout the season.

## Speaking of Communications: Talk To Your Coach

Already, early in the season, we have had some athletes mysteriously evaporate for a day or two, or assume that the coaches have psychic powers and can read the athletes' minds from afar. Granted that this is a compliment about our superior super powers, it still is a problem when coaches don't know where athletes are or why they are not in attendance.

### Simple Solution

But wait ! The answer to all this is here ! And all it requires is a simple trip to the office ! And here is that solution:

### Ms. Paradise - - Attendance Lady !

Yes, Coach Angela puts on her office alter-ego each day and handles attendance and parking issues in the office. And if anything arises for an athlete that would affect the workout, all it will take is a trip to the Attendance Office. A simple and elegant solution to all team communication problems on campus.



## Looking ahead: Eliminating Meet Schedule Conflicts With Standardized College Test Dates

The fall is a busy season for juniors and seniors who are looking ahead to college. The most popular test dates are in the fall, and these do conflict with our race schedule.

However, these tests are administered year-round, and it is possible with enough lead time to schedule other dates to work around the cross country schedule so that the athlete does not have to make a choice but can fully participate both in the sport of choice and college preparation.

### Pending Conflicts:

#### Oct 6 - - SAT and Artichoke Invitational

The alternate test dates are listed below. There is still plenty of time to register (or transfer registration) for these tests.

### SAT 2018 Test Dates:

Aug 25, Oct 6, Nov 3, Dec 1

### SAC registration site:

<https://collegereadiness.collegeboard.org/sat-subject-tests/register/online-registration>

## Team Moms For 2018 !

We are fortunate to have two eager volunteers to step into the position of our team mom. Sonia Cardinale and Monya Manning have raised their hands to accept this job.

The task of team mom is not an easy one, since it involves coordinating the involvement of families in helping the program out in all the areas that are not directly coaching. This is a long list, and Alhambra High cross country has a rich set of team traditions. So far already this season we have had to rely on our very impressive family support for the running camp, the pancake breakfast, and our most recent barbecue yesterday.

### Reminder ! !

## New Shoes Are Essential

Some of our runners are still plodding around in old shoes that are not just a few months old, but perhaps much longer than that

### Recipe for injury

Shoes are the first and best defense against running injury. The shock-absorbent qualities of the cushioning deteriorate quickly after starting to use the shoe. The effective life span of a running shoe for an active runner is 2 to 3 months. After that, the shoe needs replacing if the athlete is to have the same level of cushioning available.

### Check Your Shoes

Yes, shoes are a cost factor, but injury is always more expensive. Let's stay as healthy as we can.

## And Do We All Have Watches By Now?

The watch is one of the most important running tools we can have. Distance, pace, duration . . . these are the basic elements of distance running training, and each runner as he or she develops needs to also be self-alert to these. The watch handles all these details.

It doesn't have to be fancy or extravagant or have universal connectivity to all devices. Just the time. A stopwatch function is nice too.

Everyone needs one.



## Little Ed Scrimmage PR's

Here's a list of our veteran runners' best times on the 2-mile course at Hidden Valley Park. Let's see if we can hit some PR's this Friday.

Christopher Cota	16:12
Carson Edwards	12:27
Alan Kobylak	12:16
Sidney Kuehn	12:59
Graham Manning	11:53
Billy Skinner	15:09
Topher Skinner	16:42
Badruddeen Sobhy	13:22
Clara Duran	17:46
Nicole Tria	14:16

## Don't Be A Stranger

## Contact Your Coaches - - Anytime !

- *Enigmas Unraveled*
- *Conundrums Unconfounded*
- *Opacities Made Clear*

### Coach Angela Paradise

[coachangela88@yahoo.com](mailto:coachangela88@yahoo.com)  
925-963-8127

### Coach Peter Brewer

[pcbcrosscountry@yahoo.com](mailto:pcbcrosscountry@yahoo.com)  
510-919-4769

### Coach Evan Quigley

[emquigley@gmail.com](mailto:emquigley@gmail.com)  
925-852-3671