



The Bulldog Bark

The voice of Alhambra High School
Cross —CC-> Country
Thursday, August 30, 2018



Clearances a Problem !

Athletes Still Don't Have Paperwork Taken Care Of

We are finishing up the third week of the season and we still have athletes who have not taken care of the necessary clearances to be on a high school sports team.



Deadline - - 8/31 Friday noon

If the necessary paperwork is not in the school office, and authorized, that athlete will no longer be allowed to be a part of the team. No workouts. No contact. No participation. No. None. Good-bye.

Returning to the team

Once the fully-complete paperwork reaches the office, and Coach Angela has been able to verify it, then athletes may return to the team. Welcome back, beloved runner !

Still Too Many Athletes Uncleared !

Coach Angela has had to spend the better part of this week chasing down athletes who have yet to take care of this very necessary legal step towards being on the team. This is a set of requirements set down by law that all high schools have to follow, and we cannot "wink" at those who have completed the paperwork.

Always Hopeful

With all the assurances from the athletes this past week at workouts, the coaches should be optimistic that everyone will be able to run in tomorrow's scrimmage. However, years of coaching experience lead us to believe that this is not always the case. Please prove us entirely wrong.

First Competition of 2018 !

"Little Ed" Scrimmage @ Hidden Valley Park

- Friday, August 31, 2018 at 3:00 PM
- Hidden Valley Park, Martinez (Center Street side)
- Race Schedule
 - All Boys' race @ 4:15 p.m.
 - All Girls' race @ 4:45 p.m.

Arrive, and stick around

We need all the athletes to arrive at least an hour before their race time. We will have a very visible canopy to establish our team area.

All athletes are expected to stay for the duration of both races. Leaving a meet early is not really a strong statement of team unity.

Time to show off

This is our first of four races on this course. As such, it is a great opportunity to show off our summer running conditioning, and the very aggressive workouts we have undergone as the season has started. Hopefully we will see a slew of PR's (Personal Records) for this course.

We are racing against Campolindo and their mighty horde of runners. They are one of the major Division III powers in the entire state, and by running against them we can definitely find a measure of where our team is right now, and where we can expect to be at the end of the season.

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

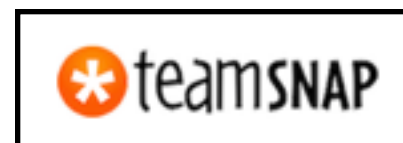
Put This On Your Calendar !

Picture Day

- Tue, Sep 25, 2018 at 3:12. On theTrack
- Return your order forms
- Wear your complete uniform

This may be a month away, but it is never too early to plan writing checks. Be sure to put this in your planner, and on your calendar, and in your phone, and with your reminders, et cetera.

Coach Angela has more forms.



And Yet Another Connection Venue

Team Communications In Full Glory

The world of electronic connectivity is always expanding, and the Alhambra Cross Country Team is no exception to utilizing this modern wonder.

Welcome to TeamSnap

By this time all families should have been invited to join TeamSnap, which automatically runs reminders about races, occasions, and special events to all of the runners and their households.

If you have not yet received this invitation, be sure to connect with the team moms Monya Manning and Sonia Cardinale to make sure you are completely up to speed on all of our team activities.

Don't Be A Stranger

Contact Your Coaches Anytime

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

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