



The Bulldog Bark

The Voice of Alhambra Cross Country
"Where Lunacy Has Permanent Residence"



Monday August 5, 2019

The Last Few Days

Summer Running Almost Over

The long easy days of summer, and the morning summer runs, are all coming to an end with the last week of summer running here, and the start of school the following week. There were 10 weeks of running available to us, and it wasn't just running.

Miles, of course

Sure, our major impulse for summer running is get running miles into our squad. The more an athlete runs, the better that athlete becomes at running and is able to run longer and faster. So, we had a strong presence all summer from our core of veterans with a few rookies thrown in.

Destination workouts

We have taken trips to two of our more challenging courses. The team has taken time to specifically do workouts to learn the intricacies of Hidden Valley, site to 5 of our races. We also took a day to travel to Castro Valley to get used to Canyon Middle School course, which is very tough.

Humboldt Running Camp

5 athletes and 2 coaches made this high-intensity camp in the redwood forest around Humboldt State University, and were exposed to a full-immersion running experience of runs, drills, lectures and presentations, more runs, meals and sleep for a week.

Pancake Breakfast

The day before Coach Angela goes back to her day job as Attendance Clerk is our traditional summer running Pancake Breakfast. This year we even got a surprise visit and shoutout from Principal Chamberlin.

And Now for the Season !

Hopefully the few dozen athletes who made a regular appearance will be able to step in the daily workout structure when official workouts start, and already be in full stride (pardon the pun.)

Season Starts Earlier This Year

The official start of the season is a full week earlier than previous years. Mon & Tue 8/12 & 13 we will meet at the track at 8:00 am. Claases begin 8/14 and we will transistion to a 3:12 p.m. start for the rest off the season

At this point there is no "wiggle" room for not being in attendance at all workouts, nor for not being prepared with the paperwork. As America's favorite movie star puppet character Yoda says, "No. Try not. Do... or do not. There is no try." So let's be prepared to do the workouts and the competitions.

Necessary Paperwork

Registration and Clearances

Season Starts August 12

We are now in the last week of summer running so we definitely need to emphasize getting the clearance process taken care of. This is a yearly procedure, and without it, no athlete can be on a school team ater August 12. So:

Let's Get It Done

This process is almost entirely on-line. Go to: <http://ahs-martinez-ca.schoolloop.com/file/1530581990245/1500707823667/6576613431550379097.pdf>

and follow the instructions.

The Choke Point

Getting the physical examination form completed and signed by a physician is crucial. Make your doctor's appointment now and avoid the rush later.

Money

The instructions ask you to make your contribution on-line. Please wait until the Parent Night and bring your check book or cash then.

• Wednesday August 20

• 6:00 p.m.

• Alhambra High Library

Parent Meeting

All your questiions answered

Any new sport experience has its own flavor and organizational details. The coaches will do their best to present the particulars of cross country to our new families.

Volunteering

No high school sport can operate without extensive parent support. Some of our ongoing needs for parent help include athlete transportation on the weekends, helping to supply the team snack table at races, being the team photographer, et cetera.

Special Events

We have added two fundraiser events to our volunteer needs. One is selling t-shirts at th DAL championships, and the other is selling souvenirs at the NCS-MOC Championships. Both of these need parent involvement for shifts of several hours.

Helping to plan the Awards Night also involves a degreed of parent involvement, as this is a special evening encapsulating the entire season.

Money

Always a delicate subject, but necessary. The team has to expend funds for meet entries, uniform replenishment, maintaining our web site, awards, our internal scholarship fund, clerical supplies, and variouis reimbursements. We have a modest donation request of \$150 per athlete.

And Our Network

Team Talk: Our Connections

A strong component of any team success is communication. Alhambra Cross Country is no exception to this, and we try to keep open as many channels as possible to get information and news flowing back and forth between coaches, athletes, and families. Here are our avenues of information flow.

Verbal

This is every day at every workout. Lots of details get broadcast and mentioned by the coaches each day. And athletes need to inform coaches about conflicts and issues as they arise. Likewise, there are a number of casual chats with parents at the start and end of workouts as athletes are dropped off and picked up.

E-mail and text

We do ask that all athletes that have made verbal requests of coaches follow up with an e-mail to the coach. This is to ensure that we have fully established a communication link on any particular issue.

Website

We have the luxury of having an excellent web master who has constructed a very informative website that stays up-to-date (as much as possible) with the team doings, as well as archiving the history and records and photos of the team, present and past.

Team App Remind

This application is a text blast to the entire team for specific and time-sensitive information. It's an excellent way to communicate immediately items that require a short notice.

The Bark

Our newsletter is a combination of general information, extended commentary, race data and analysis, and philosophical musings. This is available on our website and on our Facebook page.

Facebook page

Of course, no institution can shake off the influence of Facebook. We have our own page, and it provides an alternative venue to all of the above to stay in touch with our program.

Stay In Touch

- Questions Answered !
- Enigmas Unraveled !
- Conundrums Unconfounded !

Head Coach: Angela Paradise

925-963-8127

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Website: alhambatrack.org

Remind: Text @alhambatrack to 81010

Facebook: Alhambra Cross Country Team

Nutrition Corner

Food And The Runner

Running is a strenuous activity, and for competitive runners, even more so. Health concerns often center on foot and shin and knee injuries. Eating healthily is also an important concern.

Recommendations

There are any number of experts out there ready with advice on the perfect diet. Many of these are trendy rather than substantive. We are also discovering that many people have food restrictions in one category or another. However, there are some overall guidelines that apply to almost every dietary situation.

Eat lots

Runners need calories. The expenditure of energy requires refueling. This means eating a lot. For an adolescent athlete who is putting in at least 30 minutes of continual running a day, he or she should eat at least 6 times a day. The general rule of thumb is three meals and three large snacks.

Balance

Carbohydrates for energy; and proteins for muscle and joint growth and repair. Fruits and vegetables for vitamins and natural sugars. Water and electrolytes for hydration. These are all good. The generalists in the nutrition trade talk about having lots of different colors on your plate at any given meal.

Bad stuff

Grease. Fried foods. Processed foods (high salt content). Processed flours - - no nutritional value left in the grains. Very rich dairy, with all that milk fat concentrated. Sodas - - all fizz and sugar and no electrolytes to replenish depleted fluids. Examples of the perfect bad meal - - pepperoni pizzas with extra cheese. Or a cheeseburger with fries and a coke.

Meat is okay

If the runner is not too weirded out about eating animal flesh, meat is not bad. Great source of protein, creatine, and often the necessary iron for oxygen delivery. Of course, fried is evil since the grease stays on the meat. Baked or grilled is much better.

For the non-meat eater, the runner must be sure to have plenty of plant-based protein in his or her diet.

Carbs

Bread. Bagels. Potatoes. Pasta. It's all good. Almost always bad: Pastries. Cakes. Most muffins. Doughnuts. Anything with empty flour covered with grease and sugar is not good.

Stir fry an exception

Quick fry dishes with light cooking oils, and comprised of vegetables and lean meat or fish . . . great stuff.

The teenage contradiction

However as much as we can make recommendations, at times it appears that teenagers could have a diet of cardboard and pencil shavings and still thrive and grow. The highly active metabolisms of this age group seem to be able to consume just about anything. The overall concern is to have lots of food for the active kid, and to be aware of keeping balance in meals.

Team Schedule is Out !!!

Our finalized race schedule is now posted on the web site. Check it out at <http://www.alhambtrack.org/2019-xc-schedule.php>

What we have planned for you

The Season Highlights !

Just because the cross country season focuses on running, and more running, and then additional running, doesn't mean we don't mix in a steady stream of outings and adventures. Here are a few to look forward to.

Local Travel to Meets -

We tend to like to go to meets a bit outside of our immediate area, so we can compete against different teams than just our neighboring schools. We will be going a bit south to the Farmer's Invite at Hayward High, and the Castro Valley Invite at Canyon Middle School. Often we see teams at these meets from Central and Northern California.

A Bit Further Out -

The Dogs take in the action in Daly City on the Peninsula at the Ram Invite at Westmoor High School. Here we encounter squads from San Francisco and San Jose.

And the road trips !

The Artichoke Invitational is always a treat. The fabled course is a challenge, and the beach party afterwards is legendary.

The Los Angeles overnight excursion to the Mt. SAC (San Antonio College) meet is exciting. This is the largest high school meet in the country, and it takes two days and over 100 races to accommodate all the runners. The Bulldogs have been regulars at this event for almost 30 years now, and enjoy consistent success in our division races.

Trivia Quiz:

1. Who are our 4-year runners?
2. Coach Angela ran track in college. Name her event, and the two colleges.
3. What are the two least favorite otter pop colors?
4. Why did Alhambra not run in last year's NCS finals?

Answers:

1) Carson Edwards & Deen Sobhy
2) 100 hurdles & 400 hurdles; Cabrillo JC & Hayward State
3) Purple & orange
4) Races cancelled due to degraded air quality from wildfire smoke.

Test Dates & the Schedule

There is enough variation in test dates so that families can make arrangements to avoid conflicts with our running schedule. Perhaps the ACT is the toughest to arrange, with some seniors having to make a choice between the Ed Sias Invite or the Mt. SAC Invite.

For Juniors and Sophomores who are taking these tests earlier in their academic career, the suggestion is to select the testing for the winter or spring dates to completely avoid conflict with the cross country schedule.

2019 PSAT Testing Dates

October 16, 2019 Primary Date
October 19, 2019 Saturday Date
October 30, 2019 Alternate Date

2019-20 SAT Testing Dates

August 24, 2019
October 5, 2019
November 2, 2019
December 7
March 14, 2020
May 2, 2020
June 6, 2020

2019-20 ACT Testing Dates

September 14, 2019
October 26, 2019
December 14, 2019
February 8, 2020
April 4, 2020

Team Treats

So What Is All This Chatter About Otter Pops?

Our office shed on the track has a refrigerator. In that refrigerator is a freezer, which is stuffed with otter pops. These delectable packages of flavored sugar water are highly desirable treats at the end of our workouts.

Coach Angela has been maintaining this Bulldog tradition for years, and it is a mainstay of team joy throughout the season.

However, the supply of otter pops needs replenishing as the season goes along, and this is where we welcome a steady stream of donations.



Lots of smiles at the traditional summer running Pancake Breakfast !