



The Bulldog Bark

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



Wednesday September 4, 2019

Friday September 6 -- Hidden Valley Park

Little Ed Scrimmage

This is our annual pre-season scrimmage with Campolindo High, held at Hidden Valley Park. Not only does this give us a chance to test ourselves early in the season against one of the best teams in the state, we also get a competitive preview of the course which is the same as next week's Ed Sias Invitational.

Race Schedule:

4:30 Girls 5:00 Boys

Please arrive no later than 3:30 so you have plenty of time to warmup and do your drills.

Transportation

As was explained at the Parent Meeting, meet transportation is provided by the families.

No Uniforms

Since this is a non-scoring scrimmage, uniforms are not required.

Snack Table

We do pride ourselves on providing the best snack table on the planet. The coaches will provide the filled water jugs. We always appreciate the donations of fruit, bagels, trail mix, low-sodium crackers, and other assorted healthy foodstuffs for race recovery.

Week 4 Already?

It may be hard to believe, but we are a month into the season already. Classes have been in session for a few weeks, Labor Day has come and gone, and we've been in official workouts since August 12.

The Season Will Roll On

Races every weekend

This means that we are in full competitive mode now. Our race schedule starts with the scrimmage this Friday, and we then embark on 5 consecutive Saturdays of racing for the team.

September is full of races.

We fire up with our scrimmage this Friday. We then move on to start our slate of Saturdays:

9/14 Ed Sias @ Hidden Valley Park
9/21 Farmer's Invite @ Hayward HS
9/28 Ram Invite @ Westmoor HS

Stay In Touch

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

Head Coach: Angela Paradise
925-963-8127
coachangela88@yahoo.com

Website: alhambtrack.org

Remind: Text @alhambtrack to 81010

Facebook: Alhambra Cross Country Team

Course Cleaning & team BBQ !

Along with runners from all 13 teams in the DAL, the Alhambra Bulldogs descended on the Hidden Valley course with a flurry of rakes and shovels. A maelstrom of scraping and digging add hewing and trimming and lopping ensued and in just under two hours the course was a magnificent example of tamed wilderness.

And of course, we were the only school with the subsequent barbecue and team meal, which was a real treat as well for runners, families, and even alumni.



Happy Bulldogs chow down at the BBQ.

Our Own Reminders:

Water! Watches! Shoes! Sweats!

And what do the coaches have to nag athletes about consistently at workouts? Well, running, of course, but on top of that a few requirements to make sure our workouts are as effective as possible.

Water:

Bring a water bottle. We will have a water outlet available for refills, but bringing water is always an essential start to a workout.

Watches:

This is the single best tool for running effectiveness. Each athlete needs a wristwatch to know how far and how fast they are running. The watch does not need to be one of the high-end body function alert and social media combo units - - - a simple time piece will suffice.

Shoes:

As the season progresses, some athletes may need new shoes. This is the absolute best preventative for painful and expensive leg and foot injuries. If your shoes are over a month old, you just might be in line for new ones.

Sweat pants:

As another precaution for injury prevention, we ask all athletes to wear sweat pants through the entirety of our warmup and drill procedures. This goes a long way to avoid cramps, pulls, strains, and even minor aches.

Captain Carson !

Your 2019 team captain is senior Carson Edwards. He is a four year runner for Alhambra, and is our top runner. Last year he earned All-League 2nd Team Honors at our league championships, and is focused on improving on that this year.



Carson is also currently ranked 8th in our league, and 12th overall in NCS for Division IV, for all returning runners. As a senior veteran on a team that is mostly underclassmen and underclasswomen, he provides a wealth of experience to pass on to the team throughout the season.

And a Few More Reminders:

As we settle into the routine of workouts and races, the coaches need to reinforce a few of our team policies.

Attendance and Communication

Of course we expect all athletes to make all workouts. Our overall attendance has been very good, but we still have some cases of mystery absences with no communications. There are many ways to contact Coach Paradise (see the box to the left).

Aches, Injuries, Illness

Running training is hard and demanding, and everyone will feel aches and pains and twinges and soreness and stiffness and fatigue, et cetera. This is normal. And at times, some of these aches and pains are signs of an injury. We want to make sure that our athletes are taken care of, which is why we have a trainer on duty every day. She can do an evaluation and prescribe a course of activity to enhance recovery.

If the pain is a serious enough injury, then the athlete needs to see a physician so we can get full information. Then we can plan accordingly.

However, sorenesses and aches and all the rest of the expected common results of running are not cause enough to miss workouts. If an athlete can attend classes, then that athlete can make it to workouts, even if it is a modified one.

Illness:

This is where communication is essential. Please contact Coach Paradise with any concerns about an athlete's health so we as coaches can be as proactive as possible in assisting a return to full running health.

Team Schedule Posted On the Web Site

Go to alhambtrack.org, click on "XC 2019 Schedule" and print out your copy of this year's schedule. Tape it to the refrigerator door, and your next two months are set.

Hidden Valley PR's

first name	last name	course	time	place	out of	distance	divisions	race	date
Andres	Alvarez	Hidden Valley	23:52	40	40	2.0	Boys	Little Ed	8/31/2018
Andres	Alvarez	Hidden Valley	18:33	130	134	2.0	BJV	DAL Finals	11/3/2018
Riley	DeGeorge	Hidden Valley	14:46.4	69	165	2.0	BJV	DAL # 1	9/26/2018
Sam	DiBetta	Hidden Valley	13:33	17	40	2.0	Boys	Little Ed	8/31/2018
Sam	DiBetta	Hidden Valley	19:47.5	51	77	3.0	BV	DAL # 1	9/26/2018
Sam	DiBetta	Hidden Valley	12:47.7	39	172	2.0	BFS	DAL Finals	11/3/2018
Sam	DiBetta	Hidden Valley	12:39.5	10	163	2.0	B Frosh	Ed Sias	9/8/2018
Carson	Edwards	Hidden Valley	11:38	3	40	2.0	Boys	Little Ed	8/31/2018
Carson	Edwards	Hidden Valley	18:40.3	50	75	3.0	BV	DAL Finals	11/5/2016
Carson	Edwards	Hidden Valley	17:25.4	23	66	3.0	BV	DAL Finals	11/4/2017
Carson	Edwards	Hidden Valley	17:11.1	10	77	3.0	BV	DAL # 1	9/26/2018
Carson	Edwards	Hidden Valley	17:02.7	16	71	3.0	BV	DAL Finals	10/24/2018
Carson	Edwards	Hidden Valley	12:45.2	20	192	2.0	BFS	DAL # 1	9/28/2018
Carson	Edwards	Hidden Valley	12:26.6	22	230	2.0	B Frosh	Ed Sias	9/10/2016
Carson	Edwards	Hidden Valley	11:34.3	28	130	2.0	BV	Ed Sias	9/8/2018
Brandon	Gray	Hidden Valley	16:02.3	140	144	1.95	BJV	DAL Finals	11/4/2018
Joaquin	Hinkens	Hidden Valley	18:22	36	40	2.0	Boys	Little Ed	8/31/2018
Joaquin	Hinkens	Hidden Valley	16:23.0	152	181	2.0	BFS	DAL # 1	9/26/2018
Sidney	Kuehn	Hidden Valley	13:26	15	40	2.0	Boys	Little Ed	8/31/2018
Sidney	Kuehn	Hidden Valley	15:10.2	123	216	2.0	BFS	DAL # 1	9/26/2017
Sidney	Kuehn	Hidden Valley	14:37.3	133	170	2.0	BFS	Ed Sias	9/9/2017
Sidney	Kuehn	Hidden Valley	13:32.4	68	146	2.0	BS	DAL Finals	11/4/2017
Sidney	Kuehn	Hidden Valley	12:55.1	74	130	2.0	BV	Ed Sias	9/8/2018
Jared	Lipman	Hidden Valley	16:31.1	114	135	2.0	BJV	DAL Finals	11/4/2018
Pearla	Lopez-Cardinale	Hidden Valley	17:35	21	29	2.0	Girls	Little Ed	8/31/2018
Pearla	Lopez-Cardinale	Hidden Valley	18:24.8	61	80	2.0	GFS	DAL # 1	9/26/2018
Pearla	Lopez-Cardinale	Hidden Valley	18:13.1	68	105	2.0	GJV	Ed Sias	9/8/2018
Pearla	Lopez-Cardinale	Hidden Valley	15:56.6	31	75	2.0	GJV	DAL Finals	11/4/2018
Aaron	Manning	Hidden Valley	14:48.0	104	181	2.0	BFS	DAL # 1	9/26/2018
Aaron	Manning	Hidden Valley	13:59.3	92	172	2.0	BFS	DAL Finals	11/3/2018
Ryan	McCauley	Hidden Valley	13:59	19	40	2.0	Boys	Little Ed	8/31/2018
Ryan	McCauley	Hidden Valley	13:53.4	85	172	2.0	BFS	DAL Finals	11/3/2018
Ryan	McCauley	Hidden Valley	13:31.4	46	139	2.0	BJV	Ed Sias	9/8/2018
Ryan	McCauley	Hidden Valley	13:07.0	26	181	2.0	BFS	DAL # 1	9/26/2018
Skye	McKinsey	Hidden Valley	15:29.4	19	75	2.0	GJV	DAL Finals	11/4/2018
Christian	Ruiz	Hidden Valley	18:22	35	40	2.0	Boys	Little Ed	8/31/2018
Christian	Ruiz	Hidden Valley	15:41.8	106	165	2.0	BJV	DAL # 1	9/26/2018
Christian	Ruiz	Hidden Valley	12:57.0	43	172	2.0	BFS	DAL Finals	11/3/2018
Nolin	Searls	Hidden Valley	19:35.0	55	71	3.0	BV	DAL Finals	11/4/2018
Nolin	Searls	Hidden Valley	13:34.3	40	163	2.0	B Frosh	Ed Sias	9/8/2018
Nolin	Searls	Hidden Valley	13:25.0	40	181	2.0	BFS	DAL # 1	9/26/2018
Ali	Sobhy	Hidden Valley	15:45.7	117	163	2.0	B Frosh	Ed Sias	9/8/2018
Ali	Sobhy	Hidden Valley	15:38.0	132	181	2.0	BFS	DAL # 1	9/26/2018
Ali	Sobhy	Hidden Valley	14:35.2	117	172	2.0	BFS	DAL Finals	11/3/2018
Badruddeen	Sobhy	Hidden Valley	14:32	25	40	2.0	Boys	Little Ed	8/31/2018
Badruddeen	Sobhy	Hidden Valley	14:52.8	141	170	2.0	BFS	Ed Sias	9/9/2017
Badruddeen	Sobhy	Hidden Valley	14:35.3	98	216	2.0	BFS	DAL # 1	9/26/2017
Badruddeen	Sobhy	Hidden Valley	13:59.5	100	130	2.0	BV	Ed Sias	9/8/2018
Badruddeen	Sobhy	Hidden Valley	13:56.5	49	135	2.0	BJV	DAL Finals	10/24/2018
Badruddeen	Sobhy	Hidden Valley	13:50.5	80	146	2.0	BS	DAL Finals	11/4/2017
Badruddeen	Sobhy	Hidden Valley	13:35.1	63	230	2.0	B Frosh	Ed Sias	9/10/2016
Badruddeen	Sobhy	Hidden Valley	13:33.5	33	165	2.0	BJV	DAL # 1	9/26/2018
Badruddeen	Sobhy	Hidden Valley	13:27.9	44	192	2.0	BFS	DAL # 1	9/28/2016
Badruddeen	Sobhy	Hidden Valley	13:22.6	82	179	2.0	BFS	DAL Finals	11/5/2016
Benjamin	Smyers	Hidden Valley	14:26	24	40	2.0	Boys	Little Ed	8/31/2018
Benjamin	Smyers	Hidden Valley	13:16.0	29	181	2.0	BFS	DAL # 1	9/26/2018
Benjamin	Smyers	Hidden Valley	13:15.1	36	139	2.0	BJV	Ed Sias	9/8/2018
Benjamin	Smyers	Hidden Valley	12:38.4	31	172	2.0	BFS	DAL Finals	11/3/2018
Colby	Thompson	Hidden Valley	12:46	10	40	2.0	Boys	Little Ed	8/31/2018
Colby	Thompson	Hidden Valley	19:18.0	44	77	3.0	BV	DAL # 1	9/26/2018
Colby	Thompson	Hidden Valley	18:43.5	45	71	3.0	BV	DAL Finals	10/24/2018
Colby	Thompson	Hidden Valley	12:27.7	7	163	2.0	B Frosh	Ed Sias	9/8/2018