

DEERFIELD BOYS CROSS COUNTRY – The DFDC

Dear incoming freshman parents,

I'm thrilled your son is potentially interested in joining the Deerfield cross country team. I truly believe joining the team is the *second* best decision a high schooler can make. That might sound like a sweeping statement, but consider my perspective.

My name is Scott Friedlander, and I am the head coach of the Deerfield boys cross country team. 13 short years ago, I graduated from Deerfield High School, and 17 short years ago, I attended 8th grade activities night and put my name on a list of incoming freshmen potentially interested in joining Deerfield cross country. My experience between 17 and 13 years ago completely changed my life and set me up for success well beyond high school. I am sincerely indebted to my 8th grade self for putting my name on that list.

I arrived at my first practice as a regular kid, an average athlete, and with no intent of making cross country any more than an after school activity and good exercise. But immediately, juniors and seniors on the team started voluntarily conversing with me. They taught me cross country, showed me their running routes, and included me in social activities. I wondered - *Why?* They told me that my classmates and I are the future of the team. *Why do they care if they'll be out of high school by the time I'm their age?* They said they care because even when they're no longer at Deerfield, this team will always be important to them. *Really?* And then DHS cross country alumni started showing up to practice. College kids. College graduates. They had such bigger lives to live, *why did they bother to come to our practice?* They said they learned so much from their teammates, their coaches, and the sport of distance running that they applied to their high school running careers, and later, applied to life. They said they were better students, better professionals, better family members, and better people because of the lessons and discipline they learned from Deerfield cross country. Plus, they said some their fondest memories came from their time as a Deerfield cross country runner, and it's fun to go back to reminisce and meet the next generation. *Wow.*

After learning this, I decided to buy in to the culture. And *that's* the best decision a high schooler can make.

We call ourselves the **DFDC**, which stands for Deerfield Distance Crew, because it's more than just a regular high school sports team. The moniker was invented by the team in the late 1990s, so I'm too young to know all the details of how it started, but I helped carry the torch. It represents the unique mentorship and inclusivity of one big unseparated team – from freshmen to seniors and from slowest to fastest. It represents keeping your eyes on your goals at all times - from working hard at practice to making smart decisions about diet, sleep, time management, and attitude when away from practice. It represents being model students and citizens with an excellent history of academic success and a school-wide reputation for being good kids. Pride in knowing we're the cleanest program in the school when it comes to drugs and alcohol – not because we're told to, but because it's detrimental to our training (and I'm confident about that, since I *know* it was true in my day, and I'm confident it hasn't wavered since).

I've heard from countless cross country parents, including my own, that they wish there were a magic way to tell the parents of all incoming freshmen that there is an easy way to guarantee an extremely positive high school experience that you and your son will be proud of. Everybody who joins the cross country team is proud they did.

As I said, I bought in. I made great friends, I worked hard, I had fun, and I improved – a lot. I ran a mile in 7:35 during the first week of practice, and I ran a mile in 4:29 before I graduated. I built myself an identity, and I had something to strive for. When I ran a three-mile cross country race in 14:45 my senior year, that was my ticket into Brown University – an educational experience beyond my wildest expectations. But as an admitted athlete at Brown, I had to rely on the mentality I developed as a high school runner to survive in a very tough academic environment. If my work ethic could create an All-State runner out of an average athlete, I learned that same work ethic could create a competitive Ivy League student out of someone who was admitted for athletics. I did it, and I did it well, and I got a lot out of my college experience. I absolutely credit Deerfield cross country with equipping me with the skills and mentality to do that, and I am much better off today because of it. It doesn't stop there. I apply those lessons to my career, and I try to apply the same work ethic as coach as I did when I was a runner.

There are countless DFDC stories like mine, many more being constructed right now, and even more that will begin next year. When my coach retired, I came back to coach because I wanted to help maintain the incredible culture he helped develop. I get a ton of satisfaction from helping kids learn and grow through cross country and putting great young men out into the world after high school. I hope your son will be a part of it.

If you have any questions whatsoever, feel free to send me an email or give me a call. Anything at all. It is not a bother, this is my passion!

Scott Friedlander

Head Coach – Deerfield Boys Cross Country

DFDC Class of 2008

sfriedlander@dist113.org

847-207-4040

Twitter: @CoachScottDFDC

dist113.org/BoysCrossCountry

Head Coach
Scott Friedlander
DFDC Class of 2008

2020-21 Team Captain
Zack Greco
DFDC Class of 2021

Assistant Coach
Sam Friedland
DFDC Class of 2013

2020-21 Team Captain
Charlie Hart
DFDC Class of 2021

Assistant Coach
Bill Anderson
DFDC Class of 2015

2020-21 Team Captain
Jonah Kaplan
DFDC Class of 2021

Assistant Coach
Ryan Brown

2020-21 Team Captain
Josh Puyear
DFDC Class of 2021

Assistant Coach
Tracey Wool

2020-21 Team Captain
Jeremy Rosenblum
DFDC Class of 2021

2020-2120 Cross Country Team Roster

Seniors

DFDC Class of 2021

Brendan Beamer
Max Bolon
Max Dunn
Ethan Friedman
Zack Greco
Charlie Hart
Joe Healy
Jonah Kaplan
Asher Kriegel
Logan Lofland
Zach Luke
Brent Meilman
AJ Osborn
Josh Puyear
Brian Reich
Jeremy Rosenblum
Drew Shore
Ben Spiegel
Trey Symonanis
Spencer Vernier
Sam Voigt
Ben Zamler

Juniors

DFDC Class of 2022

Carson Amstutz
Cole Bernstein
Ryan Bernstein
Ethan Blacher
Noam Dor
Spencer Farber
David Fisher
Noah Fishman
Robert Getty
Jack Gordon
Nick Krishnan
Eric Lakemaker
Carter Levinson
Evan Morris
Lucas Moskovitz
Chase Needelman
Jonah Satyr
Brandon Stein
Ian Van Every

Sophomores

DFDC Class of 2023

Brandon Barber
Nadav Basa
Adam Fenster
Lucas Goldenberg
Kyle Jensen
Jeremy Lamm
TJ Mangurten
Jack Pinsky
Jordan Plocker
Ethan Schott
Drew Spiegel
Avi Wolkenberg

Freshmen

DFDC Class of 2024

Zach Bolon
Grant Borucki
Dane Brown
Aiden Cheris
Dylan Cohen
Max Drumke
Brendan Engel
Andrew Firestone
Seth Fish
John Healy
Ryan Jones
Max Luke
David Sanders
Ben Segall
Edwin Shi
Asher Siegel
Matt Solovy
Ian Trusky
Dawid Turos
Nathan Wolski
Jon Wool

2020-21 Accomplishments

CSL North Conference CHAMPIONS!

Swept all four levels... for the second straight year!

- Varsity Champions!
- JV Champions!
- Sophomore Champions!
- Freshman Champions!

Six CSL North All-Conference Runners:

- Josh Puyear (Sr) – 3rd place
- Ryan Bernstein (Jr) – 4th place
- Cole Bernstein (Jr) – 6th place
- Charlie Hart (Sr) – 10th place
- Lucas Moskovitz (Jr) – 12th place
- Ben Zamler (Sr) – 14th place



Photos from 2019. All 2020 images include masks ☺

Deerfield Cross Country Recent History

CSL North Conference Champions

2020, 2019, 2008, 2007, 2006, 2005

IHSA State Championships

2A Team Qualifiers

2017, 2015, 2014, 2012

IHSA State Championships

3A Individual Qualifiers

Josh Puyear (2020)

Alex Gold (2011 – 35th)

Billy Malmed (2008 – 28th)

Scott Friedlander (2007 – 21st)

Noble Schermerhorn (2006 – 11th)

Noble Schermerhorn (2005 – 36th)

Dan Bailey (2005 – 85th)

Jeff Bailey (2001 – 96th)

Collegiate Cross Country Runners

Ben Kraemer	DFDC 2020	Vanderbilt University
Bradley Brodsky	DFDC 2019	Drake University
Declan Black	DFDC 2019	Savannah College of Art and Design
Henry Shore	DFDC 2018	St. Olaf College
Charles Nash	DFDC 2015	University of Iowa
Billy Anderson	DFDC 2015	St. Olaf College
Reilly Grant	DFDC 2014	Grinnell College
Alex Gold	DFDC 2013	University of Illinois
Pat Wylie	DFDC 2010	University of Pittsburgh
Dan Channon	DFDC 2010	University of Wisconsin – Stout
Michael Bukszar	DFDC 2010	Loras College
Billy Malmed	DFDC 2009	Vanderbilt University
Scott Friedlander	DFDC 2008	Brown University
Joe Sullivan	DFDC 2008	University of Chicago
Colin Johnson	DFDC 2008	Augustana College
Jordan Bell-Masterson	DFDC 2008	Grinnell College
Noble Schermerhorn	DFDC 2007	University of Illinois
Chris Sally	DFDC 2007	Augustana College
Dan Bailey	DFDC 2006	Augustana College
Matt Cervarich	DFDC 2006	Vaparaiso University
Jeff Bailey	DFDC 2003	Augustana College
Nate Stops	DFDC 2002	Butler University

Unique Features That Make Cross Country Awesome!

Everyone can join – no cuts. Everyone competes – no benchwarmers. Everyone has a chance to accomplish individual goals.

Although cross country contains varsity, junior varsity, sophomore, and freshmen levels, the separation only applies to racing. We are truly one single team of about 75 runners from freshmen to seniors and from slowest to fastest. There is one coaching staff and one big, altogether practice each day. We all go to meets together, but compete at different times, which means the freshmen get to watch and cheer for Varsity, and Varsity gets to watch and cheer for the freshmen.

Most runners do not disband after the season ends. It's completely optional, but about 70% of our roster becomes the distance crew on the Track & Field team in the winter and spring – joining forces with sprinters, jumpers, and throwers on a roster that reaches over 100 athletes. Head cross country coach Scott Friedlander is also on the Track & Field coaching staff as the long distance event coach.

Summer: The team gets together to run over the summer. All summer long, the runners meet at 6:30 AM Mon-Fri before they disperse to their jobs, summer school, etc. This is a great way to get a head start on training and to get to know your teammates before the school year starts. Email sfriedlander@dist113.org for more details. But again, it is optional, and we welcome any newcomers who want to begin once the official season starts in mid-August.



HEAR WHAT OUR PARENTS HAVE TO SAY

"My son spent four years running cross country and indoor and outdoor track. I must say I was surprised when my son decided to do cross country. He had played other sports; baseball, basketball and volleyball. But running as a sport...never. In fact, I didn't get him running shoes before his first practice, thinking once he learned about the sport, he wouldn't do it. Was I wrong!!!

I can't tell you how grateful I am as a parent to see all the positive aspects that come from being on the DFDC. The friendships that form are bonds that are so strong. Most of these boys end up running all year long. They get hooked. It happened with my son. Another positive aspect to the sport is that kids from different grade levels are all together. When my son was a freshman, the older boys would drive him home from practices and the many food runs (you burn lots of calories, so food is a must!!) It is part of the culture of the team, look out for your team and help one another.

I can't end before talking about the fabulous coaches They set the tone for the team. They are positive, motivating and truly passionate about the sport and give that to the team. I am so thankful to have them be such a positive influence on my son. They have taught him not just about the sport of running, but life skills...dedication, perseverance, tenacity, and commitment"

-Felicia Schneider
Mother of Brett ('17)

"Our son who is a sophomore and autistic was welcomed as part of the team on day 1! He doesn't run fast, and the other boys finish ahead of him, but when he does cross the line, many of his DFDC teammates are there urging and cheering him on. He goes to all the team pasta dinners and is accepted as a teammate and friend. This team IS a family and have each other's backs."

-Mila and Neil Burmeister
Parents of Andrew ('17) and
Aleksandar ('20)

"Joining DFDC was the best decision, the greatest start to Bradley's high school career. Bradley was hesitant to join but after the first practice, he was hooked. Since that first run, he has never looked back, not ever wanted anything different. It is the greatest group of boys, friends, mentors and coaches that any parent could wish for. It is a FAMILY from day one. The way the boys support one another, stick by each other and have fun together is second to none. It is a parents dream to have their child participate in something so healthy, so strong, so formative as the DFDC."

-Debbie Brodsky
Mother of Bradley ('19)

HEAR WHAT OUR PARENTS HAVE TO SAY

“We are the proud and very grateful parents of 3 devoted and accomplished members of the DHS Cross Country and Track Teams – Danny (2009), Alex (2013) and Matthew (2018). We cannot rave enough about how we feel the program enhanced their high school experience and how the program enriched their character and maturity. Running is an incredible sport and teaches remarkable life lessons on and off the course. It requires hard work, dedication, sacrifice, smart decisions with rewards that are incredibly satisfying and real. The team is like a family and the boys look out for each other across all grades. They have so much fun and follow countless creative and hilarious traditions. The friendship created among these boys is so strong that alumni continue to return to meet long after graduation. Many of the alumni will tell you that the life lessons learned from running at DHS continue to help drive their decisions in college and beyond. We highly recommend that you encourage your son to give the teams a chance.”

-Laura and Mike Gold
Parents of Danny ('09), Alex ('13), and Matt ('18)

“Sending a shy, chubby, non-athletic BOY to high school is daunting, and I was nervous that even a no-cut sport would not be able to make room for my son Reilly. Indeed, he was the slowest entering freshman when he started, but earned the respect and friendship of his teammates by showing up and working hard each day. The team culture of inclusion, hard work and peer pressure to succeed as a student by making good, healthy choices became Reilly's way of life - a way of life that has followed him through college. I could not be more grateful for the structure that culture provided during a time when peer influence can derail a high school student's path to success. I credit the DFDC with putting Reilly on the right path and running beside him until he could see his way to his own potential.”

-Mimi Noonan
Mother of Reilly Grant ('14)

“From Justin's first week as a freshman with the team he knew that he wanted to work hard and be great at his sport. What he didn't expect was that the lessons he would learn would go far beyond XC. Through the influence of the wonderful coaches, mentorship from older teammates and hard training these young men discover their potential at a critical age. This transformation will affect the way they see the world and approach challenges throughout their lives. We have loved watching Justin grow through this sport over the last 4 years and are so grateful to the DFDC community for all of the support and friendships. Thank you for a lifetime of memories!”

-Vic and Laura Lew
Parents of Justin ('17)

A WORD FROM OUR GRADUATING CAPTAINS

Josh Puyear DFDC Class of 2021

**3rd Place Finish in Varsity Conference
Attending TBD**



When life throws a curveball at you, the DFDC will always be there. It's an anchor that you can rely on for friends and support when things get challenging. The bond I've developed with my teammates after doing so many runs together is unlike anything else I've experienced. Literally my first steps of high school began with summer running, so I already knew some older guys going into freshman year. That gave me a lot of confidence to put myself out there.

Charlie Hart DFDC Class of 2021

**10th Place Finish in Varsity Conference
Attending TBD**



Freshman year, I always wondered why so many people did a sport that was solely running, but it shortly clicked. Joining the DFDC was easily the best decision I've ever made. Not only has it helped me grow as a runner, but it's shown me how to become a better person outside of running. Regardless of speed, there's plenty of tradition and culture to be shared with every single runner on the team to make a difference. Now, as a senior, I can definitely thank the DFDC as a whole for being a strong mentor in my athletic and academic success.

Zack Greco DFDC Class of 2021

**11th Place Finish in JV Conference
Attending TBD**



As a football, basketball, and volleyball player up until freshman year, I didn't particularly like running. My parents told me to go to a week of cross country, and I was caught off guard by how much fun I was having at practices. I went on to play basketball that winter, and that was when I realized how special the cross country team really was. It was incredible having this tight-knit team that is much different from teams such as basketball that are split up by grade. Some of my best friends I made on the team were some of the older and younger kids I got close with over the course of my time on the team, and I think that is really special.

Jeremy Rosenblum DFDC Class of 2021

**27th Place Finish in JV Conference
Attending Indiana University**



One of my favorite things about the DFDC is how we're all one team, and one family. The slowest guy can have just as big of an impact as the fastest. And along with being one cohesive group, that is what makes this team unique. This team has really made me who I am, helped build friendships and a great work ethic in an out of school. I'm proud to say I'm a cross country runner, and I like to flaunt that even though I may not be the fastest captain, I think it is just as important to have guys like me leading the team, because this team is for everyone.

Jonah Kaplan DFDC Class of 2021

**1st Place finish in JV Conf. 2019
Attending TBD**



As a kid that didn't run at all in middle school, I was pretty reluctant to join the team going into Freshman year. But within a few weeks, I was hooked. I fell in love with all the DFDC had to offer with its decades-long tradition, bringing together every age group, regardless of age and ability. With such tight bonds, the team atmosphere is something that I haven't experienced in any other sport. The team has an unbelievable culture that promotes balancing your priorities, a skill that I will hold onto forever. Joining the DFDC was definitely one of the best decisions I've ever made. I wish I could do it all over again.