

Deerfield Boys Cross Country

Summer Running Invitation to Incoming Freshmen and Middle Schoolers

SUMMER 2019

Over the summer, the Deerfield High School boys cross country team holds optional practices early in the morning to run together. We would like to extend the invitation to attend our optional practices to all incoming DHS freshmen and middle school students.

These summer practices are a great way to get in shape, train for the upcoming high school or middle school cross country season, and get to know your future cross country teammates before you start high school. Or it can just be your chance to see if cross country is right for you. It is also a ton of fun, even at 6:30 in the morning believe it or not!

The summer practices are very informal. We meet at 6:30 AM, run, stretch, sometimes do some core workouts, and hang out. There is no designated end time – all runners can feel free to leave whenever they are done or need to be somewhere else. Oftentimes, guys get together afterwards and go out for breakfast.

Training plans will be customized for each runner based on experience, physical maturity, and training consistency. Middle schoolers and freshmen will not be running as much as our seniors!

Whether you can come every day, a few days per week, or just every so often, we encourage any participation. No commitment, just show up when you can – we'll be here. Our high schoolers are eager to meet their future teammates and help them become immersed in Deerfield cross country!

For more information, please contact head coach Scott Friedlander at sfriedlander@dist113.org or 847-207-4040.

Who: All current DHS Cross Country runners and incoming freshmen and middle schoolers who are potentially interested

When: 6:30 AM Monday through Friday starting June 24

Where: Outside DHS at “the circle” – The patch of grass between the parking lot and the front door circle (map on back)

Deerfield Boys Cross Country Summer Running Leadership Staff

Scott Friedlander – Head Coach

Sam Friedland – Assistant Coach

Robby Winter – Assistant Coach

Tracey Wool – Assistant Coach

Joe Ariano – DHS Senior

Aleksandar Burmeister – DHS Senior

Mac Cooley – DHS Senior

Jason Dahlberg – DHS Senior

Connor Daly – DHS Senior

Grant Fisher – DHS Senior

Ben Kraemer – DHS Senior

Matthew Kroscher – DHS Senior

Jacob Nitsun – DHS Senior

Jeremy Plofsky – DHS Senior

Micah Plofsky – DHS Senior

Coby Segal – DHS Senior

Elai Spector – DHS Senior



What to Bring:

- Water
- Be dressed in clothes and shoes you can run in
- Optional: Long pants and/or long sleeve shirt in case it is chilly
- Optional: Snack for after the run
- Optional: A bag to hold everything

Where to meet:

“The Circle” is a patch of grass between the parking lot and the front door of the school. If you turn into High School Drive from Waukegan and drive a few yards, we will be immediately on your left.

