

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. 15 years ago, I graduated from Deerfield High School, and 19 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 18 and 14 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

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dist113.org/BoysCrossCountry

Head Coach
Scott Friedlander
DFDC Class of 2008

Assistant Coach
Bill Anderson
DFDC Class of 2015

Assistant Coach
Danny Rosen
DFDC Class of 2016

Assistant Coach
Darryl Rosen

Assistant Coach
Tracey Wool

2022-23 Team Captain
Fisher Houston
DFDC Class of 2023

2022-23 Team Captain
Jeremy Lamm
DFDC Class of 2023

2022-23 Team Captain
Ethan Schott
DFDC Class of 2023

2022-23 Team Captain
Drew Spiegel
DFDC Class of 2023

2022-2023 Cross Country Team Roster

Seniors

DFDC Class of 2023

Nadav Basa
Fisher Houston
Jeremy Lamm
Jordan Ross
Ethan Schott
Drew Spiegel
Avi Wolkenberg

Juniors

DFDC Class of 2024

Zach Bolon
Dane Brown
Dylan Cohen
Aadi Desai
Andrew Firestone
John Healy
Eric Hogenkamp
Ryan Jones
Edwin Shi
Asher Siegel
Ben Simon
Matt Solovy
Nathan Wolski
Jon Wool

Sophomores

DFDC Class of 2025

Nick Dowell
Ben Freedman
Danny Kriegel
Rohin Krishnan
Zach Lieberman
Ryan Osborn
Jack Peretz
Sam Rush

Freshmen

DFDC Class of 2026

Hugo Albrecht-Buehler
Jordan Blaustein
Jamie Chandler
Aurin Dasgupta
Seth Frank
Reed Galasinski
Reid Gandy
Nick Goto Goldenberg
Parker Gross
Scott Harvey
Will Lambert
Charlie Marks
Cal Mazurk
Jay Noren
Charlie Pietig
Jack Rodgers
Jon Shapkarov
Noelan Tossing

2022-23 Accomplishments

IHSA 2A 11th Place!

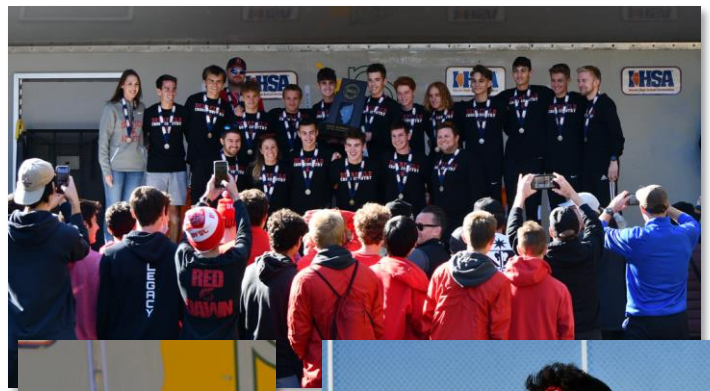
- 11th place of ~160 2A schools in IL.

CSL North Conference Runners Up

- Varsity **Runners Up**
- JV Level **Champions!**
- Sophomore Level **Champions!**
- Freshman Level **Champions!**

Four CSL North All-Conference Runners:

- Dylan Cohen (Jr) – 3rd place
- Dane Brown (Jr) – 4th place
- Ryan Jones (Jr) – 11th place
- Drew Spiegel (Sr) – 13th place



Deerfield Cross Country Recent History

CSL North Conference Champions

2021, 2020, 2019, 2008, 2007, 2006, 2005, 2002

IHSA State Trophies

2021 – 2nd place

IHSA State Championships

2A Team Qualifiers

2022, 2021, 2017, 2015, 2014, 2012

IHSA State Championships

3A Individual Qualifiers

Josh Puyear (2020 – meet cancelled)

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

Ryan Bernstein	DFDC 2022	Carleton College
Eric Lakemaker	DFDC 2022	Trine University
Lucas Moskovitz	DFDC 2022	Emory University
Ben Zamler	DFDC 2021	Emory University
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 Stopps	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 50 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 watches and cheers 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 almost 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

This is not just a team. It is a culture. A culture that starts at the top and is passed on from the older runners to the younger runners. The boys support each other, forge lasting friendships, and create a running family, where all are supported by their running 'brothers' no matter their year in school. If running any distance makes your son smile just a little, steer him towards this. Not to mention everyone who puts in the effort sees results. Positive feedback. That's running.

-Wendy Moskovitz
Mother of Lucas ('22)

I must talk 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 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) & Aleksandar ('20)

My son was on the cross country team and track team all four years of his high school career. Being a part of both of these teams was the highlight of my son's high school experience. As a freshman the older boys were amazing role models and mentors and took my son under their wing. He in turn, looked so forward to being the role model and mentor to the younger runners as he became an upperclassman. These boys are so bonded and look after one another, and I can see the amazing friendships that I know will last his lifetime. These boys are true teammates in every sense of the word, even though they all run individually. There is no better support system than the cross country and track teams. More importantly they are led by the most dedicated coaches that shape these young boys into young men and provide them with the most invaluable life skills and experiences. I cannot say enough good things about cross country and if you are looking for a sport where your child will feel included, happy, grow, learn and be a part of one of the most amazing teams and families at DHS, then the cross country team is your answer.

-Susan Silverman
Mother of Evan Morris ('22)

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 meets 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)

The DHS cross country team offers your son a chance to learn, grow and challenge himself while surrounded by a friendly and supportive group of teammates and coaches. Don't get me wrong, this group is competitive, but cross country on the DFDC is so much more than races, it's training and learning from older boys...it's a healthy lifestyle and mindset that your son will embrace through high school and take with him to college. This team will help your son and not just with being a better student, but with being a better person. Maybe nothing could match Jeremy's thrill of being handed his first DFDC uniform except possibly his being named a team captain his senior year. To this day, Jeremy remains closely connected to the friends and coaches he bonded with during his 4 years of cross country. There is no question that Jeremy's success in high school was directly related to the DFDC, and there's not a better team experience at Deerfield.

-Howard Rosenblum, Father of Jeremy ('21)

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)**

How do I sum up what an amazing experience the DFDC has been for my twins? They joined the summer running program back in middle school and they were hooked; there was no turning back, just miles of running ahead. Coach Scott Friedlander and the entire staff are extremely dedicated and passionate about the sport. The team culture is one of inclusion; freshmen to seniors, fastest to slowest train together, hang out together, and cheer each other on as teammates and friends. Kids also benefit from the healthy lifestyle it promotes; my boys ASK me to make broccoli! If your son is interested at all in running, encourage them to join. And once you come to a meet, you'll be hooked too!

-Wendy Bernstein, Mother of Ryan ('22) and Cole ('22)

A WORD FROM OUR GRADUATING CAPTAINS

Drew Spiegel DFDC Class of 2023

13th Place Finish in Varsity Conference
140th Place at State
Attending Vanderbilt University



I joined the DFDC knowing only a few of the people on the team. I never thought of myself as somebody who could be a successful athlete and was unsure that I was going to be able to complete a single run. Within just a few weeks, I recognized how truly special the team is. Everything, from the decades-long traditions to the everyday after-school practices, fosters an incredible culture that no other team at the school has. I learned life-changing lessons about persistence, community, and leadership that can't be taught in the classroom. The team has been the core of my high school experience, and I am infinitely grateful to my 8th-grade self for taking a risk and joining the DFDC.

Jeremy Lamm DFDC Class of 2023

2nd Place Finish in JV Conference
Attending University of Texas



Coming from a small private school, I knew approximately five people when entering DHS, but not even a week after first coming to practice with the DFDC, I'd met some of the people who would remain my closest friends throughout the next four years. Practicing, I built habits that would extend to every aspect of my life and ultimately push me to become a better student. I've watched as teammates who were the stragglers of their freshmen class developed into leaders and piloted this team to a state trophy. The DFDC is a brotherhood unparalleled by any other program at DHS. Come to one practice, I promise you'll never look back.

Fisher Houston DFDC Class of 2023

13th Place Finish in JV Conference
Attending University of Illinois



After tentatively joining cross country junior year, I was rapidly immersed into the DFDC family. My biggest regret remains not joining the team my freshman year, as in such a short time on the team, I've rapidly formed lifelong friendships and learned valuable lessons that continue to stick with me. There's something special about coming to practice everyday with the goal of bettering yourself and others that can't be found anywhere else, but here, on the Deerfield cross country team.

Ethan Schott DFDC Class of 2023

24th Place Finish in JV Conference
Attending Rice University



I first joined the DFDC because I figured it was a good way to meet new people. Little did I know that over the next four years, I would completely fall in love with the team, and it would help transform me into a more confident and vocal person. This change was a result of the DFDC's incredible culture. Through pre-meet pasta parties, early morning practices, breakfasts, whip arounds, and more, I bonded with my teammates, formed close friendships, and was pushed to be the best runner and person possible. I now realize that the DFDC is so much more than a team; it's a family. Joining may seem scary or intimidating, but give it a chance, and you'll see it's the perfect place for you.