Dear Running Falcons,

Time fly’s and as the seasons start changing that means it is almost time...for Winter Track! The coaching staff would like to welcome back our returning and veteran runners and we welcome our potential new comers! Before you are many exciting opportunities. The running program here at Deer Park has a prestigious legacy and now you have the chance to add your name to that legacy.

This year, we look to build upon what we accomplished last year in track and what we currently are achieving in Cross Country. Our program over the last several years has experienced a renaissance where we have become one of the top teams in the league and a competitive force on the county level. Our goal is to build upon this trend...with your help!

As always, I challenge each of you to be a leader, be a good teammate, be a professional, carry yourself with respect, and **work hard**. Being on a team like this is a special opportunity that you will likely not have again once your time at Deer Park is over. So to put it simply, do not waste it!

For our new comers, everything you need to know about how our program works and what the policies and rules are is in this packet. For our returners, I expect the same commitment, dedication, and respect as in all previous seasons. This season we will have many exciting opportunities with the possibility of two overnight trips, a return to the historic armory, and potentially a competitive run on the league championship level. You all have the opportunity to build our programs legacy through YOUR OWN legacy building. Never forget, we succeed or fail as a program. At the end of the day, if you work hard, push yourself, push your teammates, and run with **No Regrets**, the chips will fall into place and we will continue to succeed.

 -Coach Brouillard and Coach Fiore

**Deer Park Boys Winter Track**

**2019-2020 Season**

***Code of Conduct Night***

  

Head Coach: Thomas Brouillard

Assistant Coaches: Mario Fiore / Sam Canonica

Captain: Anthony Vassallo

Email: Tbrouillard31@gmail.com

Team Website: [www.dpxctrack.weebly.com](http://www.dpxctrack.weebly.com)

Athletic Department Phone Number: 631-274-4100 (ext 5).

Twitter: @DPrunningFalcons

**Policies and Procedures**

1. **Practice times** will vary but generally we will start practice at 3:00 PM after school. Since we practice later, all extra help or club requirements must be completed before that time.
2. **Competitions** – Athletes are expected and required to be at EVERY MEET, regardless if they are competition that day, no exceptions or excuses. Competition is the whole purpose of why we are here.
3. **Attendance Policy: More than TWO unexcused absences** (non –emergency Doctor appointments, they forgot they had something to do, etc..) will result in either suspension from competition or potential dismissal from the team. Athletes have to be here every day to have the right to stay on the team.
4. **Preparedness: Athletes are expected to be prepared every day.** This includes running shoes, running clothing (layers!), hate and gloves, Stretching Rope, Water, and post-practice snack, stop watch.
5. **Academics** – Athletes must always be in good standing to be eligible to practice and compete.
6. **Social Media** – If an athlete possess any social media platforms, it is their responsibility to appropriately use them. There will be consequences if used inappropriately.
7. **Communication** – Any and all issues should be properly communicated to the coach. If there is an issue or conflict and it is not something that is last second, I ask that I am notified with ample time.
8. **Form of Communication** – It is the athlete’s responsibility to check our Twitter feed (@DPRunninFalcons) which is public and our team website daily. Those two means will be our main means of communication outside of practice.
9. **Pick Up From Competitions** – Athletes are expected to travel with the team to and from competitions. If a situation arises where an athlete has to be picked up, please contact Mr. Fontana in the athletic office to notify athletics that you are picking your son up.

Deer Park Boys Winter Track

2019-2020 Race Schedule

\*Schedule is subject to change\*

Saturday December 7th Crossover A 9:00 AM/SCC Brentwood

(7:30 AM Bus)

Sunday December 15th Crossover B 9:00 AM/SCC Brentwood

 (7:30 AM Bus)

Thursday December 19th Crossover C 7:30 PM/SCC Brentwood

 (6:00 PM Bus)

Sunday December 22nd Crossover D 4:30 PM/SCC Brentwood

 (3:00 PM Bus)

Thur/Fri Dec 26th/27th  RI Classic TBA/Providence, RI

 (OVERNIGHT)

Saturday January 4th Hispanic Games TBA/The Armory NYC

Saturday January 11th Frosh/Soph Championship TBA/SCC

 OR

 Yale University 7:30 AM/New Haven, Conn

Saturday January 18th League 4 Championship 4:30 PM/SCCC Brentwood

 (3:00 PM Bus)

Saturday January 25th Ocean Breeze TBA/Staten Island, NYC

Saturday February 1st Small School Championship 9:00 AM/SCC

 (7:30 AM Bus)

Monday February 10th State Qualifying Championship 5:00 PM/SCC

 (4:00 PM Bus)

For updates to the schedule please visit the team website [www.dpxctrack.weebly.com](http://www.dpxctrack.weebly.com)

All athletes will compete at Crossover Meets

Athletes must qualify for both Invitationals and Championship meets

**Deer Park Boys Winter Track Parent Contact Information**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of your Son:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Best email to reach you at:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Best phone number to reach you at:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dear Parents/Guardians,

I am reaching out to you in regards to the athletic department’s policy regarding picking up athletes from competitions. The boys cross country coaching staff would like to reiterate that as per school policy, if an athlete is to be released from a competition to go home with a parent or designated guardian, that they must first reach out to Mr. Fontana or the athletic office prior to the competition and I must receive Mr. Fontana’s approval. The coaching staff cannot release an athlete to leave the site of a competition unless notice from Mr. Fontana’s office has been received.

The coaching staff asks that you take a moment to sign off that you have read a written description of the school policy regarding this matter (which this letter serves as), and that going forward, if you are to pick up your son at a competition, that Mr. Fontana’s office will be contacted prior to the competition. Obviously, if there is a sudden emergency, then this does not apply. However in all other cases, the coaching staff has been directed to strictly adhere and enforce this athletic department policy.

If you have any further questions regarding this policy, please do not hesitate to reach out to the cross country coaching staff or Mr. Fontana’s office. Thank you for your time in reading this letter and we look forward to hopefully seeing you at the next meet!

Best Regards,

The Boys Varsity Winter Track

Head Coach Thomas Brouillard

Deer Park High School

I\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, parent of\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, have read the above letter in its entirety and understand the policy designated by the school districts athletic department.

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_

Deer Park Boys Winter Track Remind Chain

ENTER THIS NUMBER:

81010

ENTER THIS MESSAGE TEXT:

@parentwin