

“Champions are made when no one is watching.”

Dear Harriers,

We find ourselves beginning to slowly return to some semblance of normal.

Despite the world being very different than it was this time last year, a new season of summer training is here. While the realities of the world have changed, how we approach our training this summer should not. If we are to succeed when we return in the fall, you need to train over the summer. No excuses.

This fall we find ourselves with an opportunity to make program history. For the first time since 1995 (none of you were even alive), we have the chance to bring a league title home to Deer Park. Potentially lending to our favor is that our league lineup is different from last year. This will either be a fantastic opportunity because we are prepared, learned from last year, and seized the opportunity. Or, if we are lazy, complacent, and arrogant, then a truly special opportunity will be wasted. If we are to finally win, EVERYONE must choose the first option. Let me repeat, EVERYONE. Many have come before you who gave everything they had to build our program up and help it be in the position it is in today. You carry that mantle now.

In regards to summer runs, as of now I am delaying posting our “official” schedule for summer runs. However, assuming things keep improving, we will have our first summer run on Tuesday June 23rd. We will, if able to, follow the Tuesday/Thursday run schedule as we have in the past. None of this is set in stone. I will keep you posted on if we are able to meet up or not. Regardless of what we are able to do though, the onus is on you to complete your training for the fall. In the meantime, please check twitter often as we will announce the winner of our video contest soon, along with other items you will hopefully find interesting.

I wish the team great success this summer and look forward to what will hopefully be many memorable and fun moments in the fall...

“No Regrets”

-Brouillard

Contact Information

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Team Website: www.dpxctrack.weebly.com

Deer Park Cross Country

2020 Season

Running Falcons



Policies and Procedures

1. **Practice times** - We will start practice at 2:50 PM after school. Since we practice later, all extra help or club requirements must be completed before that time.
2. **Competitions** – All runners will compete in league meets. Invitational's are subject to performance. Championship meets are if we qualify and go to the top 7 best runners.
3. **Unexcused Absences** - More than TWO unexcused absences (non –emergency Doctor Appointments, forgot you had something to do, etc) will result in either suspension from competition or potential dismissal from the team. You have to be here every day to have the right to stay on the team whether you are new or a returning athlete.
4. **Preparedness!** - This includes running shoes, running clothing (later in the season this includes layers), Rope, Water, and post-run snack.
5. **Social Distancing** - If social distancing measures are still in place when we return, you are required to follow them. No exceptions.
6. **Chain of Command** – Any issues should be brought to coach's attention. Captains will serve as a liaison for minor issues and will communicate with Mr. Brouillard daily. Do not hesitate to speak with me either way.
7. **Academics** – You must always be in good academic standing to be eligible to practice and compete.
8. **Responsibility** – You must be responsible for your actions or lack thereof. Own up to your mistakes and do the right thing in every situation.
9. **Social Media** – If you possess any social media platforms, it is your responsibility to appropriately use them. Think before you post. There will be consequences if used inappropriately.
10. **Communication** – Any and all issues must be properly communicated to the coach. If there is an issue or conflict and it is not something that is last second, please do not leave it until then to tell me.
11. **Form of Communication** – It is your responsibility to check our Twitter feed (@DPRunninFalcons) which is public and our team website daily.
12. **Respect** – Respect your coaches, teammates, and program. If you do not prescribe to the goals of this program, you don't belong here. Take what you do seriously!

IMPORTANT: First day of Cross Country season is 8/24/2020

Cross Country Varsity Standards

Event	Standard
2.5 Miles	14:59
2.8 Miles (Dual Meets)	16:59
5K (Sunken Meadow)	18:59
5K (Anywhere)	17:59

The following quote, while related to what we do here, I want you to remember even outside of our running...

Be yourself; no base imitator of another, but your best self. There is something which you can do better than another. Listen to the inward voice and bravely obey that. Do the things at which you are great, not what you were never made for.

~Ralph Waldo Emerson

You are all made for this sport we call running.