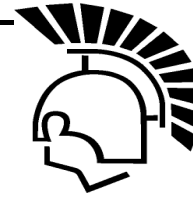




**August "09 IS THE TIME"
Boys CC Season Calendar
The Deerfield Distance Crew (The DFDC)**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Note: *See CC Packets for More Details	Note: 1. ALL Practices are Mandatory	Note: 2. Please call or email anytime if you have questions	Note: 3. Please Attend the Parent meeting on August 22nd at 8:30am	Note: 4. Weekly Mileage Teams and Practice Plans TBA	Let's Have GREAT SEASON!	1
2	3	4	5	6	7	8
9	10	11-Practice for Frosh is ONCE a Day Soph-Senior is 2 x a day	12-Season Begins 6:30 am-ALL 3:00pm	13 Practice 6:30am-ALL 3:00pm	14 6:30am-ALL 3:00pm	15 Alumni Run-All Back 40 Arrive at 9:45 am Race at 11:00am
16-Optional Captains Run at DHS @ 9:00am	*17-Fundraiser Info TBA Practice 6:30 am ALL 3:00pm	18 Practice 6:30 am-ALL 3:00pm	19 Practice 6:30 am-ALL 3:00pm	20 Practice 6:30 am-ALL 3:00pm	21 Practice 6:30 am-ALL 3:00pm	22 Parent Meeting EX Gym at 8:30 am Practice at 9:30 am for ALL
23-Optional Captains Run at DHS @ 9:00am	24-Spirit Wear Order due Next Day! Practice 6:30 am 3:00pm	25-1st School Day! 3:30pm Team Picture Day Practice AFTER!	26- Morning Runs ON OWN REST OF SEASON! Practice 3:30pm	27 Practice 3:30pm	*28 Dick Pond Shoe mobile Bring \$ Practice 3:30pm	29- 5 Mile Challenge ALL Bring Bikes 9:00am
30-Optional Captains Run at DHS @ 9:00am	31 Practice 3:30pm Calculate Total Summer Miles Tonight!	*The Key to your Success	IS	YOU!	*The DFDC Way is the RIGHT WAY!	The Season Awaits on the Next Pages!

Deerfield High School
Boys Cross County
THE DFDC

Head Coach:
Jeremy Kauffman
Asst. Coach: Kip Gasper

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Cell: 847-710-2084

E-mail: jkauffman@dsit113.org

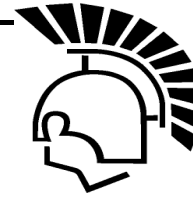
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**September "09 IS THE TIME"
Boys CC Season Calendar
The Deerfield Distance Crew (The DFDC)**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Are you Doing the Morning Runs?	Are you Following the 5 ALIVE?	<u>1</u> Practice 3:30pm Total Summer Mileage #'s Due Today!	<u>2</u> Meet-Top 7 Lake County Bus @ 3:30 Practice-Rest of Team-3:30pm	<u>3</u> Practice 3:30pm	<u>4</u> Meet-ALL Back 40 Zion Benton	<u>5-</u> Practice 9:00am
6-Optional Captains Run at DHS @ 9:00am	<u>7</u> Practice 9:00am *NO School Labor Day	<u>8</u> Practice 3:30pm	<u>9</u> Practice 3:30pm	<u>10</u> Practice 3:30pm	<u>11</u> Practice 3:30pm	<u>12</u> Meets-ALL Maine East or Lake Park Busses TBA
13-Optional Captains Run at DHS @ 9:00am	<u>14</u> Practice 3:30pm	<u>15</u> Meet-ALL CSL Quad Bus @ 3:30	<u>16</u> Practice 3:30pm	<u>17</u> Practice 3:30pm	<u>18</u> Practice 3:30pm Or TBA Depend- ent upon Your Family Needs	<u>19-No</u> Formal Practice Jewish Holidays
20-Optional Captains Run at DHS @ 9:00am	<u>21</u> Practice 3:30pm	<u>22</u> Practice 3:30pm	<u>23</u> Practice 3:30pm	<u>24</u> Practice 3:30pm	<u>25</u> Practice 3:30pm	<u>26-Meet-ALL</u> Whitney Young Invite or Palatine TOP 7 Varsity Busses @6:45 am
27-Optional Captains Run at DHS @ 9:00am	<u>28</u> No School Captains Run	<u>29</u> Meet-ALL CSL Quad Bus @ 3:30	<u>30</u> Practice 3:30pm	*Be Great in October	*How You Finish is How You Remember	No Regrets! Now is the TIME!

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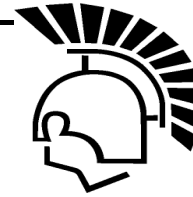
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**October "09 ISTHE TIME"
Boys CC Season Calendar
The Deerfield Distance Crew (The DFDC)**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
DESIRE BELIEVE	FAMILY IN THE	DEDICATION DFDC	CHAMPIONS TODAY!	1 Practice 3:30pm	2 Practice 3:30pm	<u>3-Meets-ALL</u> <u>Loyola Invite</u> <u>or Crete</u> <u>Monee</u> <u>Buses TBA</u>
4-Optional Captains Run at DHS @ 9:00am	5 Practice 3:30pm	6 Practice 3:30pm	7 Practice 3:30pm	8 Practice 3:30pm	9 Practice 3:30pm	<u>10-</u> <u>Practice</u> <u>Bus @ 9:00 am</u> <u>Banana Relay</u>
11-Optional Captains Run at DHS @ 9:00am	<u>12-</u> <u>Practice</u> <u>9:00am</u> <u>No School</u>	13 Practice 3:30pm	14 Practice 3:30pm	15 Practice 3:30pm	16 Practice 3:30pm	<u>17</u> <u>CSL Champs</u> <u>@ GBS Bus at</u> <u>9:00am</u>
18-Optional Captains Run at DHS @ 9:00am	19 Practice 3:30pm	<u>20</u> <u>Meet</u> <u>JV & FIS</u> <u>Prospect Invite</u> <u>Bus @ 3:30</u>	21 Gear Turn In JV & FIS Practice Top10	22 Top 10 Practice 3:30pm	23 Top 10 Practice 3:30pm	<u>24</u> <u>Meet</u> <u>IHSA</u> <u>Regionals</u> <u>Bus TBA</u>
25-Optional Captains Run at DHS @ 9:00am	26 Top 10 Practice 3:30pm	27 Top 10 Practice 3:30pm	28 Top 10 Practice 3:30pm	29 Top 10 Practice 3:30pm	30 Top 10 Practice 3:30pm	<u>31</u> <u>Meet</u> <u>IHSA</u> <u>Sectionals</u> <u>Bus TBA</u>

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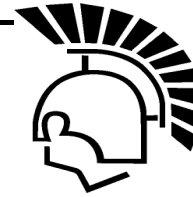
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**November "09 IS THE TIME"
Boys CC Season Calendar
The Deerfield Distance Crew (The DFDC)**



Sun	Mon Track & Field Conditioning Begins for ALL Non-State CC Runners	Tue Track & Field Conditioning Begins for ALL Non-State CC	Wed Track & Field Conditioning Begins for ALL Non-State CC	Thu Track & Field Conditioning Begins for ALL Non-State CC	Fri Track & Field Conditioning Begins for ALL Non-State CC	Sat Track & Field Conditioning Begins for ALL Non-State CC
1 Optional Captains Run at DHS @ 9:00am	2 Top 10 Practice 3:30pm	3 Top 10 Practice 3:30pm	4 Top 10 Practice 3:30pm	5 Top 10 Practice 3:30pm	6 <u>Leave for State Meet 11:30am</u>	7 <u>IHSA State Champs @ Detweiller Park, Peoria</u>
8 Optional Captains Run at DHS @ 9:00am	9- <u>Gear Turn In for State Competitor Team @ 3:30</u>	10- Track & Field Conditioning	11 Track & Field Conditioning	12- <u>Track & Field Off -Season Meeting @ 3:20 in Q-111</u>	13 <u>Track & Field Training Begins Formally in PERC</u>	14 Track & Field Conditioning
15 Optional Captains Run at DHS @ 9:00am	16- <u>Fall Sports Awards night ALL-Ex Gym 6:30-7:00pm</u>	17 Track & Field Conditioning	**18 <u>Boys FORMAL CC Banquet at Cubby Bear North 6:30 PM</u>	19 Track & Field Conditioning	20 Track & Field Conditioning	21 Track & Field Conditioning
22 Optional Captains Run at DHS @ 9:00am	23 Track & Field Conditioning	24 Track & Field Conditioning	25 <u>Thanksgiving Break</u>	26 <u>Thanksgiving Break</u>	27 <u>Thanksgiving Break</u>	28 <u>Thanksgiving Break</u>
29 <u>Thanksgiving Break</u>	30 <u>Track & Field Conditioning: Dec-January</u>					

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