



## DHS ATHLETIC BOOSTER CLUB - October 2022

**The DHS Athletic Booster Club's Mission is to promote athletic success, spirit, sportsmanship and a commitment to excellence beyond the classroom.** We strive to support programs and resources that enhance athletic programs, the student-athlete experience, and the athletic facilities at DHS. With your help and support we can honor our commitments and make a difference this school year.

**Membership** is the largest and most important revenue stream for the Booster Club. It allows us to support our 900+ unique student-athletes across Deerfield's 32 Athletic Teams. If you have not joined the DHS Athletic Booster Club, this is the perfect time to do so. Did you know that with any membership, you receive a Family Athletic Pass which gets you into ALL Home Football games and ALL Home Girls & Boys Basketball Games FREE. There is no reason to wait. Use this link to join today <http://www.d113boosters.org/membership.html>. **To Parents/Guardians of Winter and Spring Sports...**joining this fall allows you to take advantage of membership benefits throughout the school year. **THANK YOU FOR YOUR SUPPORT!**

**And here's some really exciting information! The latest on our fall sports teams! GOOD LUCK** to our student-athletes and coaches during the final weeks of the regular season and as you head into the post-season!

### BOYS CROSS COUNTRY

On Thursday 9/22, boys cross country won a nail-biter against Highland Park. Highland Park was winning by 13 points at the one-mile mark, but Deerfield clawed their way back over the final two miles to win by two. With wins over Vernon Hills and Maine West at that meet too, Deerfield's CSL North winning streak is now more than four years long with 44 consecutive opponents beaten. Dylan Cohen, Dane Brown, Ryan Jones, and Jon Wool have been leading the way up front this season, which was supposed to be a "rebuilding" season after graduating the entire varsity roster, but they now find themselves ranked in the top 15 in the state.

### GIRLS VOLLEYBALL

The girls volleyball program has been very busy this past month. With all levels showing competitive efforts through the first half of our season, the student-athletes' effort also went beyond the court. The Team spent some time helping Feed My Starving Children, and also hosted the annual HP-DHS Dig Pink fundraiser match. Coming up next month: The Team will have Teacher Appreciation Night Monday, October 17<sup>th</sup> and **Senior Night** Wednesday, October 19<sup>th</sup>; followed by Regionals the week of October 24<sup>th</sup>!

### GIRLS CROSS COUNTRY

The girls Cross Country team placed first overall in their quad meet on 9/22. It was an amazing effort by each and every girl. Each runner - Open and Varsity racers alike - had a PR!!!!!!! DFDG heads into conference 2-1.

### BOYS SOCCER

The boys Varsity Team had a good week, winning 2 games in a row with a combined score of 12-1. Join the teams on 10/6 for their Youth Soccer Night and games against Niles West. Parent Night (Day) is the same day as Homecoming (10/8).

### BOYS GOLF

The Varsity team's conference record was 3-2. The team tied for 2<sup>nd</sup> place at the CSL North conference with Hunter Whitney winning 1<sup>st</sup> place and Max Hyman in the top 10. Hunter Whitney also won 1st place at the Woodstock Invitational and Lake County Invitational. Boys Varsity IHSAA Regional, Wednesday, September 28<sup>th</sup> at 8:00am, Hilldale Golf Club, Hoffman Estates.

The boys JV golf team had a conference record of 5-0, winning the CSL North conference title (all 7 players in top 11) and Max Feinberg in 1<sup>st</sup> place. The team also won 1<sup>st</sup> place at the Rolling Meadows Invitational and beat New Trier and Lake Forest in dual matches.

### **GIRLS FIELD HOCKEY**

All three levels of field hockey have participated in competitive games this season. Varsity is currently 5-5 heading into a two week stretch where we are hoping we can finish 10-5. JVA had a great win against Naperville North earlier this season. JVB had a solid win against Evanston. Come out to Adams Field and watch our Varsity girls take on HP at 6:30 pm on 9/29. We are looking forward to the next couple of weeks ahead!

### **GIRLS GOLF**

Congratulations to the DHS girls golf team who won the CSL North conference golf tournament! Amanda Adley 77 (2nd place), Margie Stulberger 80 (4th place), Sophia Emerine 83 (5th place), Emiko Chichester 89 (6th place), Clare Donahue 94 (9th place), Tatum Lazarus 103 (13th place). The IHSA regionals are on 9/29 and are being held at Deerfield.

### **GIRLS TENNIS**

Girls Tennis is looking good on all levels. Girls Varsity heads into this week 9-1. They placed 3<sup>rd</sup> out of 16 schools in the Prospect Knights Girls Tennis Fall Classic. The JV team was 9-2 as of last match vs. Lake Forest. They take on Lake Forest on 9/29 at HOME. Fresh/Soph team is 4-4-1 as they take on Highland Park this week.

### **GIRLS SWIMMING & DIVING**

Girls Swim and Dive has a busy couple of weeks coming up. Good luck at your meet vs. HP on 9/30 and at your invitational in Naperville on Saturday. Look for them back at HOME vs. Maine East on Friday, October 7<sup>th</sup>!

### **WARRIOR DANCE TEAM, CHEER SQUAD, DHS BAND, & FOOTBALL**

See you all on Friday night at the **PINK OUT!** Home Football games vs. HP! Wear **Pink** to support **Breast Cancer Awareness Month**. JV & Varsity Warrior Dance Teams will be dancing with the DHS Band this week! Freshman football game @ 4:30pm & Varsity football game @ 7:00pm. Can't make the game - no problem, watch the live stream on the **DHS ATHLETICS YOUTUBE Channel**. <https://www.youtube.com/channel/UC0owrGK2Uyzt7wloQCFnNIQ?app=desktop> Reminder, this live stream option is free to all viewers and available for games/matches on Adams Field & in the Warrior Gym!

**COMMUNITY SPONSOR/PARTNER SPOTLIGHT: Athletico:** It's time to go back to school! Back to school also means back to sports after potentially a longer break. Just 2-4 weeks off from training can lead to a state of "de-training" in terms of fitness and strength loss. There is an increased risk of acute injuries if the athlete tries to progress too quickly. As well as an increased risk of developing overuse injuries if training load is not properly regulated. Anytime you return to exercise after an extended time off, there are important things to keep in mind. [Click here](#) to learn more! Physical therapy is usually the thing you are told to do after medication, x-rays or even surgery. But what if the best way to fix your aches and pains is to start with physical therapy? If you experience any aches or pains, [click here](#) to request a free assessment from our partner, **Athletico Physical Therapy**. Free assessments are available in-clinic or virtually through their Telehealth platform.

**VOLUNTEERS!** The DHS Athletic Booster Club is looking to fill the position of our Membership Chair for the 2022/2023 School Year. In addition, we are looking Sports Representatives for Winter (Bowling), and Spring Seasons (Boys Gymnastics and Boys & Girls Water Polo). This is a great way to support your student-athlete at DHS! For more information contact Larry Letwat at [larryletwat@gmail.com](mailto:larryletwat@gmail.com) or at (312) 320-6029.

**Upcoming Booster Club Meeting:** Tuesday, October 11<sup>th</sup> @ 7:00pm in Room A100. <http://www.d113boosters.org>

**GO WARRIORS!**