

# DEUBROOK CROSS COUNTRY GOALS FOR 2017

1. **INCREASE THE NUMBER OF PARTICIPANTS IN CROSS COUNTRY FROM 2016**
  - i. GIRLS – 5 in 2016
  - ii. BOYS – 7 in 2016
  
2. **TRAIN OVER THE SUMMER**
  - a. COME TO FIRST PRACTICE IN BETTER CONDITION THAN LAST YEAR
    - i. Summer Mileage Chart
    - ii. First Practice – Thursday, August 10, 2017
      1. School begins on August 22, 2017
  - b. ABLE TO RUN 3000 -4000 METERS AT FIRST PRACTICE WITHOUT STOPPING
  - c. BUILD PHYSICAL CONDITION
    - i. Summer Program at school in White
      1. Guidance of Mr. Cariveau
        - a. Monday, Tuesday, Wednesday, Thursday
          - i. 6:00 – 8:00 p.m.
        - b. Would like to see CC participants in at least 1 day/week
          - i. Monday or Thursday ideal
  
3. **EVERY PARTICIPANT TO BE THE BEST THEY CAN BE – MAKE NEW PERSONAL GOAL**
  
4. **WIN THE DVC CONFERENCE MEET (Six Mile Creek @ White)**
  
5. **FIGHT TO BE A MEMBER OF THE REGION CROSS COUNTRY TEAM (WEBSTER)**  
GIRLS – 5 MEMBERS CAN RUN AT REGION  
BOYS – 5 MEMBERS CAN RUN AT REGION
  
6. **Region individuals – top 20 GO TO STATE**
  
7. **Region – girls and boys team to be a minimum (TOP 3)**  
TOP 3 TEAMS SEND ENTIRE TEAM TO STATE  
**I WANT TO SEE BOTH TEAMS AT STATE MEET IN RAPID CITY**
  
8. **INDIVIDUAL – PLACE AT STATE MEET – TOP 25**
  
9. **TEAM – PLACE IN TOP 6 AT STATE**

**10. HAVE FUN**

## REGION 1B SCHOOLS

Aberdeen Christian

**Britton-Hecla (was A last year)**

Castlewood

**Clark/Willow Lake (was A last year)**

Deubrook Area

Estelline

Frederick

**Great Plains Lutheran (was A last year)**

Hitchcock-Tulare

James Valley Christian

Langford Area

Northwestern

Rosholt

Warner

Waubay/Summit

Waverly-South Shore

Wilmot

Moved to different Region: **Wolsey-Wessington (Region 4)**

**Florence-Henry (moved to A)**

## GIRLS TEAM RESULTS 2016

Northwestern – 11

**Deubrook – 20**

Aberdeen Christian – 30

James Valley Christian – 32

Wolsey Wessington – 32

Estelline – 48

Rosholt – 76

Hitchcock-Tulare – 92

Summit (had only 2 varsity runners last year)

Were 3<sup>rd</sup> and 4<sup>th</sup> in region

Both placed at State (7<sup>th</sup> & 11<sup>th</sup>)

## BOYS TEAM RESULTS 2016

James Valley Christian – 15

Northwestern – 25

Warner -31

Aberdeen Christian – 39

Florence/Henry – 51

Wolsey-Wessington – 66

Estelline – 78

Rosholt – 81

Hitchcock-Tulare – 83

**Deubrook – 86**

Castlewood - 106