

DEER PARK HIGH SCHOOL ATHLETICS NEWSLETTER

ATHLETIC DIRECTOR THOUGHTS

HARD COACHING = LOVE

WHEN A COACH TAKES IT EASY ON YOU, THEY'RE SETTING YOU UP FOR A HARD LIFE AHEAD

MOST COACHES AREN'T OUR TO "GET YOU," THEY'RE OUT TO "GET YOU" TO WHERE YOU WANT TO BE ONE DAY!

THERE IS A REASON YOUR COACH IS ON YOU ABOUT BEING EARLY, STAYING LATE, STUDYING, DOING EXTRA, TAKING CARE OF YOUR BODY, AND BEING A GOOD PERSON.

IT'S BECAUSE YOUR COACH LOVES YOU. THEY SEE WHAT YOU COULD BE ONE DAY, IF YOU CAN'T SEE THAT HARD COACHING IS LOVE, YOU ARE BLIND!

COACHES CORNER



KEN MULVANIA

GIRLS CROSS COUNTRY

WHY DO YOU COACH?

I COACH TO INSPIRE THE NEXT GENERATION OF RUNNERS TO DO WHAT I DID. MAKE RUNNING A LIFELONG ACTIVITY. THE BENE-FITS ARE MANY. ALSO COACH PLAYER
WANTED TO RETIRE AND NOBODY ELSE WAS BRAVE ENOUGH TO FOLLOW IN HIS FOOT STEPS.

FAVORITE HOBBY?

RUNNING.....DUH

FAVORITE QUOTE?

"PAIN IS TEMPORARY, ATHLETIC.NET IS FOREVER!"

ONE PIECE OF ADVICE FOR ATHLETES?

SOMETIMES YOU GOTTA GET MEAN, I MEAN PLUMB MAD DOG MEAN!

FUN FACT

MY HIGH SCHOOL CROSS COUNTRY RACE PACE WAS ROUGHLY THE SAME AS I RAN A MARATHON IN 1995. 6:18 PER MILE. I WAS A SOLID MIDDLE OF THE PACK JV GUY!

SPORTS RECAP

SOCCER - DP vs Newport 15-1 DP vs Mead 3-2

VOLLEYBALL - DP vs RIVERSIDE 3-0 DP vs Newport 3-0

FOOTBALL - DP vs Colville 14-8

XC-DP vs Lakeside (Boys) 50-15 (GIRLS) 31-24

DISTRICT CHAMPIONSHIPS START THE WEEK OF THE 25TH

STUDENT SPOTLIGHT

SPORTS / ACTIVITY VOLLEYBALL

QUOTE

"STUPID IDEAS LEAD TO STUPID FUN!"

MOST INFLUENTIAL PERSON IN YOUR LIFE Му Мом

> MOVIE/MUSIC TANGLED/MORGAN WALLEN

ACTIVITY (NON-SPORT)

GOING ON CAR RIDES WITH FRIENDS

FUTURE

GOING TO NURSING SCHOOL TO BECOME A MIDWIFE.

RUBY ROBISON

VOLLEYBALL JUNIOR

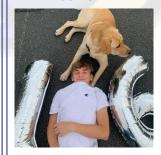


FUN FACT

I HAVE ALWAYS WANTED TO GO ON A BIG CROSS COUNTRY TRIP WITH MY FRIENDS.

ISSIAH EASTWOOD

FOOTBALL JUNIOR



SPORTS / ACTIVITY FOOTBALL, BASKETBALL, TRACK AND

FIELD

QUOTE

THE BIGGER THEY ARE, THE HARDER THEY FALL. AND THE BETTER THE WORLD LIKED SEEING THEM FALL.

MOST INFLUENTIAL PERSON

IN YOUR LIFE **AARON ROGERS**

MOVIE/MUSIC AVENGERS END GAME/POP MUSIC

ACTIVITY (NON-SPORT)

FUTURE

GO TO COLLEGE BUT NOT SURE WHAT FOR

FUN FACT

GILBERT IS THE BEST!

UPCOMING EVENTS

OCT 21ST SOCCER @ MEDICAL LAKE 4.00 Ост 18тн JV FOOTBALL VS COLVILLE 5:00

VOLLEYBALL VS FREEMAN JV-5:00 V-6:30 VOLLEYBALL @ MEDICAL LAKE JV-5:00 Ост 19тн OCT 21ST Ост 19тн SOCCER @ FREEMAN V-4:00 JV-5:30

OCT 22ND FOOTBALL VS LAKESIDE 7:00 Ост 20тн XC @ MEDICAL LAKE 4:00 OCT 22ND SOCCER VS NEWPORT 4:00

> SENIOR NIGHT - VOLLEYBALL OCT 19TH SENIOR NIGHT - FOOTBALL OCT 22ND

Service Tenacity Attitude Gratitude Success



