

OCTOBER 18, 2021



STAG WEEKLY

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

DON'T TAKE THE COACH FOR GRANTED THAT IS CONSISTENTLY HOLDING YOU ACCOUNTABLE.

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 BENEFITS ARE MANY. ALSO COACH PLAYER WANTED TO RETIRE AND NOBODY ELSE WAS BRAVE ENOUGH TO FOLLOW IN HIS FOOTSTEPS.

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

MY MOM

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



FUN FACT

GILBERT IS THE BEST!

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)

GAMING

FUTURE

GO TO COLLEGE BUT NOT SURE WHAT FOR YET

UPCOMING EVENTS

OCT 18TH	JV FOOTBALL VS COLVILLE	5:00	OCT 21ST	SOCCER @ MEDICAL LAKE	4:00
OCT 19TH	VOLLEYBALL VS FREEMAN	JV-5:00 V-6:30	OCT 21ST	VOLLEYBALL @ MEDICAL LAKE	JV-5:00
OCT 19TH	SOCCER @ FREEMAN	V-4:00 JV-5:30	OCT 22ND	FOOTBALL VS LAKESIDE	7:00
OCT 20TH	XC @ MEDICAL LAKE	4:00	OCT 22ND	SOCCER VS NEWPORT	4:00

SENIOR NIGHT - VOLLEYBALL OCT 19TH

SENIOR NIGHT - FOOTBALL OCT 22ND

SERVICE | **T**ENACITY | **A**TTITUDE | **G**RATITUDE | **S**UCCESS