

LOVEJOY XC





PROGRAM HISTORY



Boys Team State Champions: 2010, 2016, 2017, 2023

Girls Team State Champions: 2010, 2011, 2021, 2022, 2023

Boys Team State Runner Up: 2009, 2013, 2015, 2022

Girls Team State Runner Up: 2009

Boys Team State Third Place: 2018,, 2021

Boys Team State Qualifiers: 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023

Girls Team State Qualifiers: 2008, 2009, 2010, 2011, 2019, 2020, 2021, 2022, 2023

Boys Team Regional Champions: 2010, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023

Girls Team Regional Champions: 2010, 2011, 2020, 2021, 2022, 2023

Boys Team Regional Runner Up: 2008, 2009, 2014, 2015

Girls Team Regional Runner Up: 2008, 2009, 2019

Boys Team Regional Qualifiers: 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023

Girls Team Regional Qualifiers: 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023

Boys Team District Champions: 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023

Girls Team District Champions: 2008, 2009, 2010, 2011, 2018, 2019, 2020, 2021, 2022, 2023

Girls Team District Runner Up: 2007, 2012, 2013, 2016, 2017

JV Boys Team District Champions: 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023

JV Girls District Champions: 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2018, 2019, 2020, 2021, 2022

JV Girls District Runner Up: 2016, 2017

LOVEJOY XC AND TRACK BOOSTER CLUB



Booster Website: leopardxctf.wixsite.com/xctfboosters

Online Membership!

- Kroger Card Program
- Sign up to help with the Lovejoy XC Fall Festival!
- Sponsorship Opportunities Available

TRAINING EXPECTATIONS & GOALS



Expectations

- Be at each workout
- Communicate
- Represent the team well in and out of the classroom
- Best effort everyday
- Fully Warm Up, Cool Down, and Stretch - No Shortcuts
- Bring a watch each day
- Bring water each day
- Team first and supportive of all



Girls Team Goals

- Win District Meet JV and Varsity
- Win Regional Championship
- Be a Podium Team at State
- Win State Championship
- Qualify for Nike Nationals



Boys Team Goals

- Win District Meet JV and Varsity
- Win Regional Championship
- Be a Podium Team at State
- Win State Championship
- Qualify for Nike Nationals

GETTING THE MOST OUT OF LOVEJOY XCTF



BUY IN

BE COMMITTED

BE CONSISTENT

BE COACHABLE

COMMUNICATE

INVEST IN THE TEAM/PROGRAM

UNDERSTAND WHAT SETS US APART

BE THE BEST YOUNG MEN AND WOMEN WALKING THE HALLWAYS





TRAINING OVERVIEW



TRAINING IS CYCLICAL



TRACK SEASON

Interval Workouts and
Races

SUMMER BASE

Base Mileage for XC

XC SEASON

Workouts and Races

WINTER BASE

Base Mileage for Track



What We Emphasize



- Training – we provide guidance and up to the athlete to accomplish what we ask (Smart & Consistent – Cyclical)
- Nutrition – athlete can control. Food and Water
- Sleep – athlete can control. 8-9 hrs. Less than 8 hours almost 2X likely to get injured!
- Culture and Character keep the wheel rolling!

WHAT IS THE KEY TO SUCCESS?



WHAT IS THE KEY TO SUCCESS?

- Consistent dedication to the sport
- Simple isn't always easy.



PRACTICE TIMES



Practice Times will be emailed out each week.

FIRST FOUR WEEKS OF SCHOOL

- Remain at 6:40 PM Start time. Most Wednesday and Friday morning workouts will be at 6:30 AM. (Boys Monday - AM / Boys 6:15 AM)

SEPTEMBER 2nd GOING FORWARD

- Athletes will change out at LHS Field House then drive to Celebration Park on non AM workout days. Travel Release forms need to be turned in.
- A bus will shuttle runners who do not drive





LOVEJOY CROSS COUNTRY 2024 SCHEDULE

DATE	MEET	LOCATION
8/3/24 SATURDAY	TEAM TIME TRIAL	CELEBRATION PARK ALLEN, TX
8/6/24 TUESDAY	TEAM PICTURES 3:30 PM FUNDRAISER 4:30 PM PARENT MEETING 6:00 PM	LHS - GYM LECTURE HALL LHS CAFETERIA
8/16/23 FRIDAY	ROCK HILL TWILIGHT XC INVITATIONAL	WARREN SPORTS COMPLEX FRISCO, TX
8.31.24 SATURDAY	MARCUS COACH T INVITATIONAL	NORTH LAKES PARK DENTON, TX
9/7/24 SATURDAY	SOUTHLAKE INVITATIONAL	BOB JONES PARK SOUTHLAKE, TX
9/14/24 SATURDAY	LOVEJOY XC FALL FESTIVAL	MYERS PARK, MCKINNEY, TX
9/26/24 THURSDAY	SOUTHLAKE INVITATIONAL #2 JV ONLY	BOB JONES PARK SOUTHLAKE, TX
9/28/24 SATURDAY	OSU JAMBOREE VARSITY ONLY	OSU CROSS COUNTRY COURSE STILLWATER, OK
10/8/24 TUESDAY	DISTRICT 9-5A CHAMPIONSHIP	MYERS PARK McKINNEY, TX
10/22/23 TUESDAY	UIL REGION II 5A CHAMPIONSHIP	LYNN CREEK PARK GRAND PRAIRIE, TX
11/2/24 SATURDAY	UIL 5A STATE CHAMPIONSHIP	OLD SETTLERS PARK ROUND ROCK, TX
11/16/24 SATURDAY	NIKE SOUTH REGIONAL	BEAR BRANCH PARK THE WOODLANDS, TX
12/7/24 SATURDAY	NIKE CROSS NATIONALS	<u>GLENDORVER</u> GOLF COURSE PORTLAND, OR

August 30th - AM Practice

September 2nd and 3rd - AM Practices

September 23rd - AM Practice

October 14th-18th: Varsity runners can not miss practice this week to compete or travel for Regional Meet.

November 11th: Nike South Runners need to be in attendance

Team Banquet - 11/7

SPECTATOR GUIDELINES / PARENT MEET EXPECTATIONS



- Athletes need to focus on their race and team
- Please avoid starting line, finish line, and team camp area. We want runners 100% focused on racing and their teammates.
- Runners will ride the bus to and from meets together as a team.



ATHLETIC TRAINING / INJURIES



- 1st Step: Communicate with coaches if you are feeling aches, pains, or injuries.
- 2nd Step: See Trainer regarding injury
- 3rd Step: Doctor Visit per Athletic Trainer. Athletic trainers need medical documentation for any injuries that restrict them from practicing/competing if they are seen by a physician (or any other healthcare provider other than us).
- Stretch / Foam Roll Daily
- Eat / Sleep well throughout the day and after practice
- Small snack after practice
- Update Running Shoes

TRAINING SHOES / GEAR



- 350-550 miles
- Change them out after each season at the latest.
- Wear shoes only for running. Wear other shoes during day.
- Good idea to have two pairs of shoes during a training season.
- Need XC Racing Spikes for races in the fall
- Wear running shorts to run in
- Good idea to have your own foam roller
- Will need to purchase team practice shirt for fall workouts when on campus
- Uniform, backpack, warm ups will be school issued

LETTER POLICY



- Run 4 meets in the Elite Varsity Division
- And/Or run in Varsity District, Region, or State Meet (Top 7).
- And/Or run sub 17:30 5K for Boys and Sub 21:00 5K for Girls
- Or this is your 4th year to run Cross Country as a Senior



SPORTS YOU APP 

Download the SportsYou App.

Code R6FL5CDT



TEAM SOCIAL MEDIA



@lovejoyxctf



facebook.com/lovejoyxctf



@lovejoyxctf



TEAM WEBSITES



- www.lovjeoyxc.org - Jim McGuinness / Team Pictures, History, etc.
Password: flying
- www.lovejoyxctf.org - Team Wheelhouse to help you navigate to all Lovejoy XC and TF online sites.
- www.lovejoyleopards.net - Lovejoy Athletics Official Website

CONTACT INFO



Carly Littlefield - Head Girls

carly_littlefield@lovejoyisd.net

214-952-7550 @CoachLittle9

Logan Kelly - Head Boys

logan_kelly@lovejoyisd.net

903-821-8399 @lkellyxctf

Questions / Concerns / Complaints

- 1st Step: Athlete Contact Head Coach
- 2nd Step: Parent Contact Head Coach
- 3rd Step: Parent Contact Athletic Coordinator/ Director