



LOVEJOY CROSS COUNTRY

MISSION: HUNT AS ONE
BUILT DAILY. PROVEN IN NOVEMBER



PURPOSE + IDENTITY

BUILT DAILY. PROVEN IN NOVEMBER



Why We're Here

- **Set Expectations**
- **Build Team Identity**
- **Outline Summer Training**
- **Welcome New Athletes**

Who We Are

- **We are Consistent**
- **We are Disciplined**
- **We Compete Every Day**
- **We Finish what We Start**



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PROGRAM HISTORY

TRADITION



Our Standard

- 5 X State Champions
- 4 X State Runner Up
- 2 X Third Place
- 18 X State Qualifiers
- 10 X Regional Champions
- 18 X District Champions

Earn the Right

- Nothing is given based on past success
- This program's history doesn't win races. This years habits do.



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TEAM CLULTURE

WHAT IT TAKES



We Welcome Anyone Who:

- Wants to be here
- Commits to the process
- Works hard

Key To Success

- Consistent dedication
- Simple is not always easy



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MEET THE TEAM

TEAM FIRST



Returners & New Runners

- **Name**
- **Grade**
- ***Seniors***
- ***Juniors***
- ***Sophmores***
- ***Freshmen***

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MISSION + GOALS

WE PREPARE NOW FOR NOVEMBER



Our Mission

- **Build Habits**
- **Train With Purpose**
- **Compete as a Team**
- **Build a PACK and HUNT Mentality**

What Were Chasing

- **District Championship**
- **Regional Championship**
- **State Podium Team**



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THE STANDARD

SMALL HABITS PRODUCE BIG RESULTS



Non-Negotiables

- Be Early
- Be Consistent
- Finish Everything
- No Complaining
- Encourage Teammates
- Stay With The Pack
- Be Tough
- Respect Tradition
- Represent the Program at all times
- Take Care of Your Body - Stretching, Strength, Prehab, Hydrate, Nutrition

Park Etiquette

- Share the sidewalk (Right Side)
- Be respectful (language, ducks etc)
- Respect the property (bathrooms etc)
- Leave no trash
- Never hangout on sidewalk
- 15 mph speed in parking lot
- Drive Responsibly

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DISCIPLINE + STRONG
DO WHAT OTHERS WON'T



What Discipline Looks Like

- Show up when it's hard
- Do the unseen work
- Stay Consistent
- Own your effort

S.T.R.O.N.G.

- Show Up
- Toughness
- Responsibility
- Outwork your Opponent
- No Excuses
- Grit

***Hard Work beats Talent when
Talent doesn't Work Hard***

***We don't talk about being tough.
We prove it daily.***

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PACK MENTALITY

WE HUNT AS ONE. WE WIN AS ONE.



We Run As One

- **P - Pace Together**
- **A - Accountable Always**
- **C - Close The Gap**
- **K - Kick As One**

Strong teams run as one

- Leopards are fast, calculated, patient hunters
- They don't waste energy. They strike with percision.
- We don't run wild. We HUNT with purpose.
- Patient, Precise, Relentless

We HUNT As One

- **H - Hard Work Daily & Honor Tradition**
- **U - United as One**
- **N - No Excuses & Never Give Up**
- **T - Tough in Every Moment**

The Pack Hunts Together

No One Eats Until We All Arrive

HUNT or Be Hunted



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SUMMER TRAINING

SUMMER MILES = FALL SMILES



Summer = The Season

- Build Aerobic Base
- Increase Mileage
- Stay Healthy

Reality Check

- Missing Time = Lost Progress
- Training Alone ≠ Training With Team

Expectation

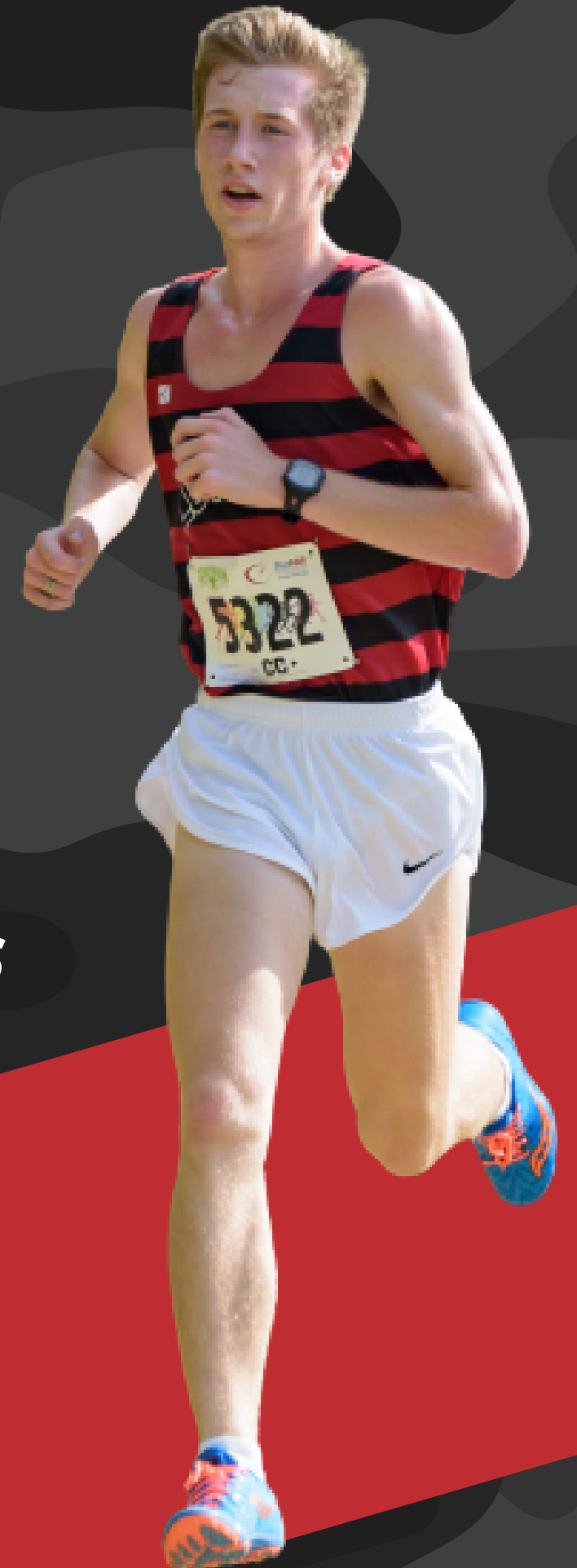
- Be at Practice
- Communicate Early

W.A.R.

- W- Work when it's hard
- A - Accountability Always
- R - Relentless Pursuit of Excellence

***June 1st - Team Practices
Start***

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WEEKLY SCHEDULE

SUMMER



Monday

- 6:40 PM - 8:00 PM

Tuesday

- 6:40 PM - 8:00 PM

Wednesday

- 6:40 AM - 8:00 AM

Thursday

- 6:40 AM - 8:00 AM

Friday - Battle Prep

- 6:40 AM - 8:00 AM

Saturday

- Long Run
- On Your Own with Groups

Sunday

- Off Day
- Or Short Mileage Day for Veteran Runners

May

- Mileage

June

- Mileage, Tempo Based X 2, Long Runs

July

- Mileage, Tempo Based X 2, Hill Work, Long Runs

August

- Must be in attendance - Team Activities Begin

June 1st - Team Practices Start



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WHAT SUCCESS LOOKS LIKE

WE PREPARE NOW FOR NOVEMBER



Consistency

Staying Healthy

Showing up Daily

Building Habits



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GEAR EXPECTATIONS



Battle Gear

- **Replace Shoes Every Season (Two Pairs Recommended)**
- **No Carbon Plated Trainers**
- **Racing Spikes Needed for Races**
- **GPS Watch**
- **Red Top, White Top, Black Top, Cammo Top + Black Shorts = Discipline of the Program**

Extras

- **Foam Roller**

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CORE BELIEFS

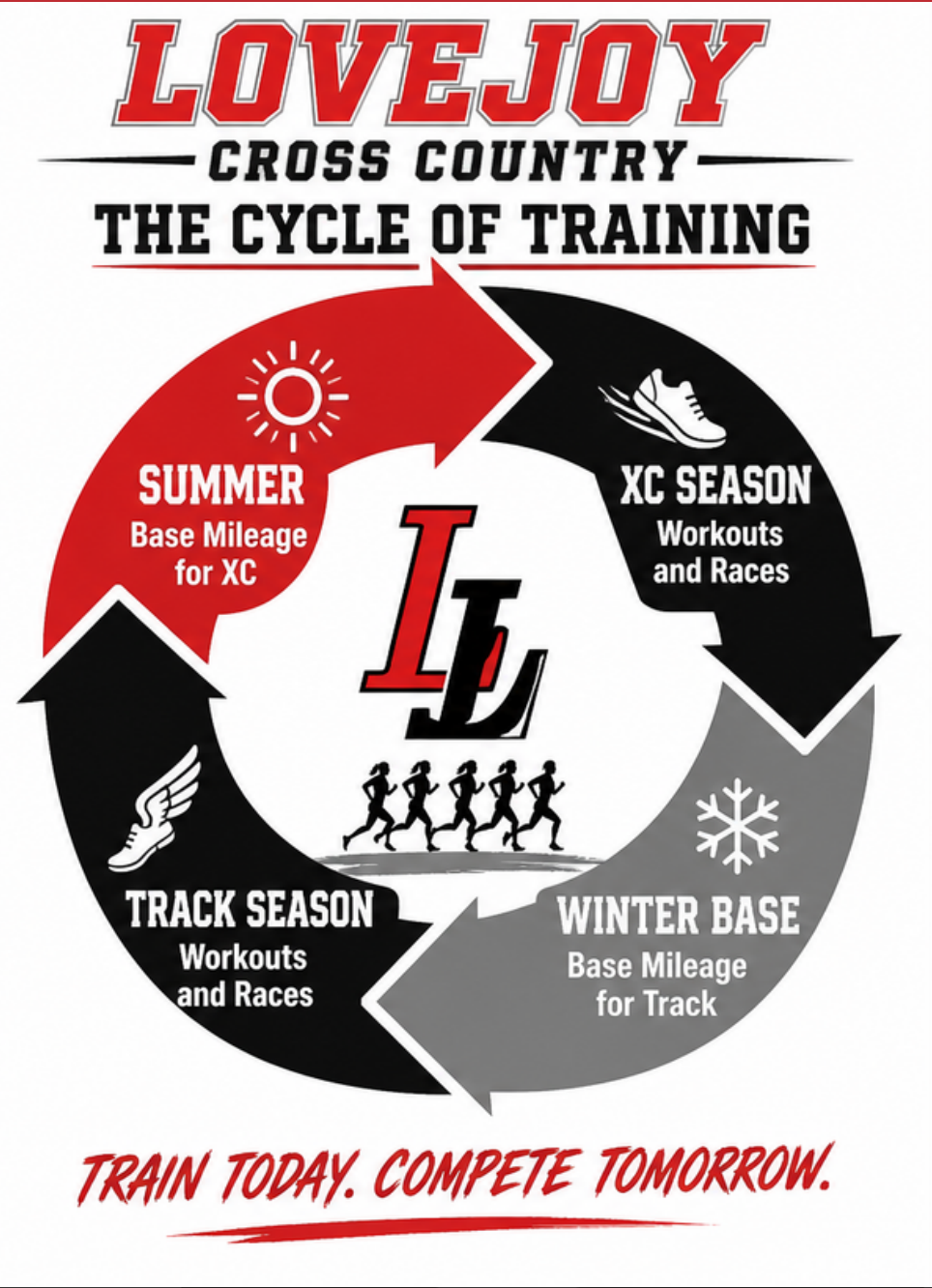


We Don't Run Alone
Packs Win Championships
Discipline Builds Character
Small Habits Create Big Results
We Earn Everything

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CYCLES OF SUCCESS



Running Success is a slow cook like a crock pot.
Consistency over time is Key. You can't microwave success
in running - ex showing up in August to start training.



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RUNNING CAMP

June 22-27



Runners

- Stand Up



ANGEL FIRE
TEAM RUNNING CAMP

What to Bring

- Pack Light
- Soft Sided Luggage
- Water Bottle
- Watch
- Practice Tank Tops
- Running Shoes
- Hiking boots or pair of running shoes for a hike
- Rain Jacket
- Clothes for the week (please don't overpack!)
- Hat / Sunglasses
- Sunblock / bug spray
- Toiletry items
- Journal for notes and writing utensil

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THINGS TO KNOW



Avoidances

- Signing up for 5K's, Half Marathons, Marathons etc without consulting with coach first
 - Do not sign up for Marathons until your HS career is done
- Other Peoples Opinions / What you read on the internet - buy into the team culture, process, and the way we do things at Lovejoy

Items to Take Care Of

- Be in 7th Period XC in the Fall
- GPS Watch
- New Running Shoes
- Practice Tops - Red, Black, White, and Camo

Contact Info

- Logan_Kelly@lovejoyisd.net
- 903-821-8399 Cell
- Message through Lovejoy ISD App or Email

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