

LOVEJOY XC





PROGRAM HISTORY



Boys Team State Champions: 2010, 2016, 2017, 2023, 2024

Girls Team State Champions: 2010, 2011, 2021, 2022, 2023, 2025

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

Girls Team State Runner Up: 2009, 2024

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, 2024, 2025

Girls Team State Qualifiers: 2008, 2009, 2010, 2011, 2019, 2020, 2021, 2022, 2023, 2024, 2025

Boys Team Regional Champions: 2010, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024

Girls Team Regional Champions: 2010, 2011, 2020, 2021, 2022, 2023, 2024, 2025

Boys Team Regional Runner Up: 2008, 2009, 2014, 2015. 2025

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, 2024, 2025

Girls Team Regional Qualifiers: 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020. 2021, 2022, 2023, 2024, 2025

Boys Team District Champions: 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024

Girls Team District Champions: 2008, 2009, 2010, 2011, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025

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, 2024

JV Girls District Champions: 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025

JV Girls District Runner Up: 2016, 2017

LOVEJOY

CROSS COUNTRY/ TRACK & FIELD
Booster Club



Your booster club membership supports both the XC and Track & Field programs. Our goal is 100% family participation!

Membership dues and donations enable the club to provide season celebrations for Willow and LHS teams, senior scholarships, uniforms, meet equipment, meet hospitality and more.

We need you!

*Get your Lovejoy Cross Country
GEAR right here!*



*Thanks for showing your XC
Leopard pride!*

**Spirit Wear
Ends Aug 21st!**



**Yard Signs &
Car Decals
Ends Aug 17th!**



RECOVERY *Partnership*

PT/CHIRO
CONCEPTS



Services Included:

- ✓ CryoTherapy
- ✓ Normatec Compression Therapy
- ✓ Infrared Sauna
- ✓ Venom Heat & Massage Therapy
- ✓ Intersegmental Traction Bed
- ✓ Electric Muscle Therapy

REGISTER NOW

[Value Recovery Package](#) [Summer Recovery Package](#) [Fall Recovery Package](#)

PT/CHIRO
CONCEPTS



SCAN HERE

FOR RECOVERY OPTIONS



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

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



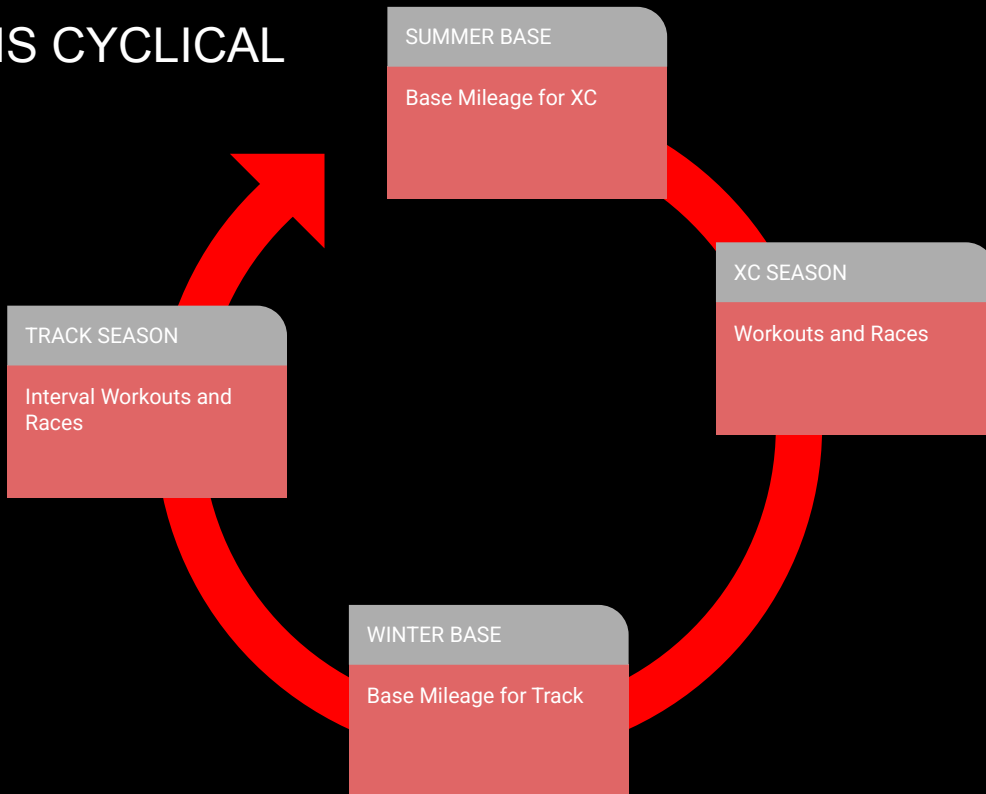
HARD WORK + TEAM SPIRIT = SUCCESSFUL CULTURE



TRAINING OVERVIEW



TRAINING IS CYCLICAL



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 FIVE WEEKS OF SCHOOL (Typical Week)

- Monday, Wednesday, & Friday @ 6:30 AM
- Tuesday, Thursday @ 6:40 PM - pending heat (if we can run in athletic period adjustments will be made)

SEPTEMBER 7th 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





LHS RACE SCHEDULE

Athletes will be expected to practice on student holidays during the season.

October 12th-17th: Varsity runners can not miss practice this week to compete or travel for Regional Meet.

October 13th - District Championship - this is a Fall Break Week

November 22nd: Nike South Runners need to be in attendance

Team Banquet - 11/12/26

LOVEJOY CROSS COUNTRY 2026 SCHEDULE

DATE	MEET	LOCATION
8/1/26 SATURDAY	TEAM TIME TRIAL	CELEBRATION PARK ALLEN, TX
8/4/26 TUESDAY	TEAM PICTURES 3:30 PM FUNDRAISER 4:30 PM	LHS - GYM LECTURE HALL
8/14/26 FRIDAY	ROCK HILL XC OPENER	FRONTIER PARK PROSPER, TX
9.5.26 SATURDAY	MARCUS COACH T INVITATIONAL	NORTH LAKES PARK DENTON, TX
9/19/26 SATURDAY	LOVEJOY XC FALL FESTIVAL	MYERS PARK MCKINNEY, TX
9/24/26 THURSDAY	BIRDVILLE FLYN HAWK INVITE JV ONLY	THE BUFF HALTOM CITY, TX
9/26/26 SATURDAY	OSU JAMBOREE VARSITY ONLY	THE GREINER FAMILY CROSS COUNTRY COURSE STILLWATER, OK
10/3/26 SATURDAY	JESUIT XC CLASSIC	PRESTONWOOD POLO CLUB OAK POINT, TX
10/13/26 TUESDAY	DISTRICT 9-5A CHAMPIONSHIP	MYERS PARK, MCKINNEY, TX
10/27/26 TUESDAY	UIL REGION II 5A CHAMPIONSHIP	ROLLING HILLS SOCCER COMPLEX FT. WORTH, TX
11/7/26 SATURDAY	UIL 5A STATE CHAMPIONSHIP	OLD SETTLERS PARK ROUND ROCK, TX
11/22/26 SUNDAY	NIKE SOUTH REGIONAL	WATTS CROSS COUNTRY COURSE COLLEGE STATION, TX

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.
- Do not purchase carbon plated training shoes
- 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 - Lovejoy XCTF Booster Club
and Team Announcements

Code DG64-2YJ7



TEAM SOCIAL MEDIA



@lovejoyxctf



facebook.com/lovejoyxctf



@lovejoyxctf



TEAM WEBSITES



- www.lovejoyxc.org - Jim McGuinness / Team Pictures, History, etc.
Password: flying
- <https://www.lovejoyisd.net/o/a> - Lovejoy Athletics Official Website

CONTACT INFO



Carly Littlefield - Head Girls

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214-952-7550 @CoachLittle9

Logan Kelly - Head Boys

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Questions / Concerns / Complaints

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