

WSMSXC





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, 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



PROGRAM HISTORY

7th Grade Boys

- Area Champs: **2024**
- District Champs: 2007, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2022, **2024**

7th Grade Girls

- Area Champs: **2025**
- District Champs: 2006, 2007, 2009, 2010, 2011, 2012, 2013, 2015, 2017, 2018, 2020, 2022
- District Runner-Up: **2025**

8th Grade Boys

- Area Runner-up: **2024**
- District Champs: 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, **2024**

8th Grade Girls

- District Champs: 2006, 2007, 2009, 2010, 2011, 2012, 2013, 2015, 2018, 2019, 2021, 2022

***Red text notes titles won in the new district alignment**



LOVEJOY XC AND TRACK BOOSTER CLUB



Booster Website: leopardxctf.wixsite.com/xctfboosters

Online Membership!

- Sign up to help with the Lovejoy XC Fall Festival!



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!**



SPORTS YOU APP 

Download the SportsYou App - Lovejoy XCTF Booster Club
Announcements

Code DG64-2YJ7



POPSICLE FRIDAY DONATIONS



This sign up is for 65 popsicles to be brought on Friday mornings when dropping off your athlete.



THANK YOU!!

RECOVERY *Partnership*



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



THRILLSHARE APP



Download the Thrillshare App.

Runners will be added soon!

Updates and info shared on Thrillshare



TRAINING EXPECTATIONS & GOALS



Expectations

- Be at each workout
- Communicate: if you miss practice for any reason email the coaches the day before.
- Represent the team well in and out of the classroom
- Best effort everyday
- Tutorials should be scheduled outside of practice time
- Bring a watch each day
- Bring water each day
- Team first and supportive of all

Team Goals

- Improve running fitness
- Learn about the sport
- Improve running mechanics
- Have fun!
- Develop future runners for the High School Program
- Win District Championship



PRACTICE TIMES



→ 6:40 AM - 6:55 AM

- ◆ Athletes need to be dressed out for practice (red shirt, black shorts)
- ◆ Bring water and a watch to each practice.
- ◆ Athletes enter through doors by field / behind school (Door #4) and walk to locker room to drop off bags.
- ◆ Runners need to initial the check in list each morning. Meet by the trophy case near the gym and sit with their grade level teams.

→ 7:00 AM - 8:00 AM

- ◆ Athletes are expected to attend all workouts if they plan to be on the team and participate in meets.
- ◆ Please make sure your kid is signing in on our attendance sheet (will be marked absent if they don't)

→ 8:00-8:25 AM

- ◆ Runners will shower after practice each day in locker rooms.
- ◆ Runners need to bring their own towel, soap, shampoo, etc.

WHAT EQUIPMENT DO I NEED?



- Wear black shorts, Red athletics t-shirt, and running watch to practice each day
- Running Shoes!
- Uniforms will be provided for meets. Warm Up jackets provided for meets.
 - Girls need their own black shorts (or spandex) for meets.



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

RACE SCHEDULE



- 8.31.26 - @ Allen 5:00 PM
- 9.21.26 - @ Evans MS 5:00 PM
- 9.28.26 - @ Lovejoy HS 5:00 PM
- 10.5.26 - @ McKinney North HS 5:00 PM - Area Meet
- 10.19.26 - @ Cockrill MS 5:00 PM - District Championship
(Qualifiers Only)

Middle School Races are 3200M (2 Miles) in distance.
Runners compete against their own gender and grade in most races.

- Itinerary will be given at least two days prior to meet.
- Alternate Travel Form needs to be given to coach 24 hours in advance
- Runners will ride bus to the meet.
- Parents can take runners after their race is completed. Travel release form needs to be turned in. One form can cover all meets.
- **Team Pictures: 9/15/25 7AM @WSMS**

SPECTATOR / PARENT INFO



- Support team while competing
 - Please refrain from visiting team camp area before and after the race. In addition, please avoid starting area. We want runners 100% focused on racing and their teammates.
 - Be supportive and positive.
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- XC Scoring
 - Lowest team score wins
 - 1st place = 1 point
 - 5th place = 5 points
 - Top 5 runners on a team score points. If there is a tie, the 6th runner breaks the tie.



TEAM SOCIAL MEDIA



@lovejoyxctf



facebook.com/lovejoyxctf



@lovejoyxctf



TEAM WEBSITES

- www.lovjeoyxc.org - Jim McGuinness / Team Pictures, History, etc.
Password: flying
- www.lovejoyisd.net/o/a - Lovejoy Athletics Website



CONTACT INFO



David Müller - WSMS Head Coach

david_muller@lovejoyisd.net

Chelsie Garza - WSMS Assistant Coach

chelsie_garza@lovejoyisd.net

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: Contact Middle School Head Coach
- 2nd Step: Contact High School Head Coach
- 3rd Step: Parent Contact Athletic Coordinator/ Director