

# LOVEJOY CROSS COUNTRY

# CULTIVATING A WINNING PROGRAM



# OVERVIEW

- Program History
- Winning
- Philosophy
- What We Emphasize
- Culture, Core Values, Vision
- Team Cohesiveness
- High Expectations
- Life Beyond Running





60 Girls on our roster this season

10 of those 60 eat, sleep and breathe running. "Running is life"

7 of those 10 have hopes and aspirations of running at the next level.

50 some girls are here... why?



# WHAT IS A **WINNING** PROGRAM?

When YOU leave this program, it is my hope that you have learned or strengthened these abilities and skills: (to name a few)

confidence, communication skills, teamwork, service, time management, strong work ethic, commitment, valuing people, and lifting up others.

# GETTING THE MOST OUT OF LOVEJOY XCTF

BUY IN

BE COACHABLE

BE PRESENT

INVEST

UNDERSTANDING WHAT SETS US APART

BE THE BEST YOUNG WOMEN WALKING THE HALLWAYS

## **EMPHASIZE CULTURE, CORE VALUES, VISION**

- Newbies are expected to learn our culture.
- Upperclassmen are expected to protect our culture.

# CULTURE DEFINED

The set of shared attitudes, values, goals and practices that characterize an institution or organization.





# LJXC CULTURE - Team First. Work Hard. Live our values & vision!





PDF

*"SHE'S PRETTY DAMN FAT"*

=GO=  
LOVEJOY

TRUTH  
HURTS

# NEGATIVE VS POSITIVE ATTITUDES



# 10 THINGS THAT KILL TEAM CULTURE and **SUCCESS**

- ◆ Selfishness
- ◆ Entitlement
- ◆ Jealousy
- ◆ Laziness
- ◆ Only being ½ in (doing ½ the workout)
- ◆ Egos
- ◆ Going easy on teammates (coaches who go easy on athletes)
- ◆ Excuses and blame - EXCUSES ARE A HABIT
- ◆ Not training with the team
- ◆ Fear of holding each other accountable

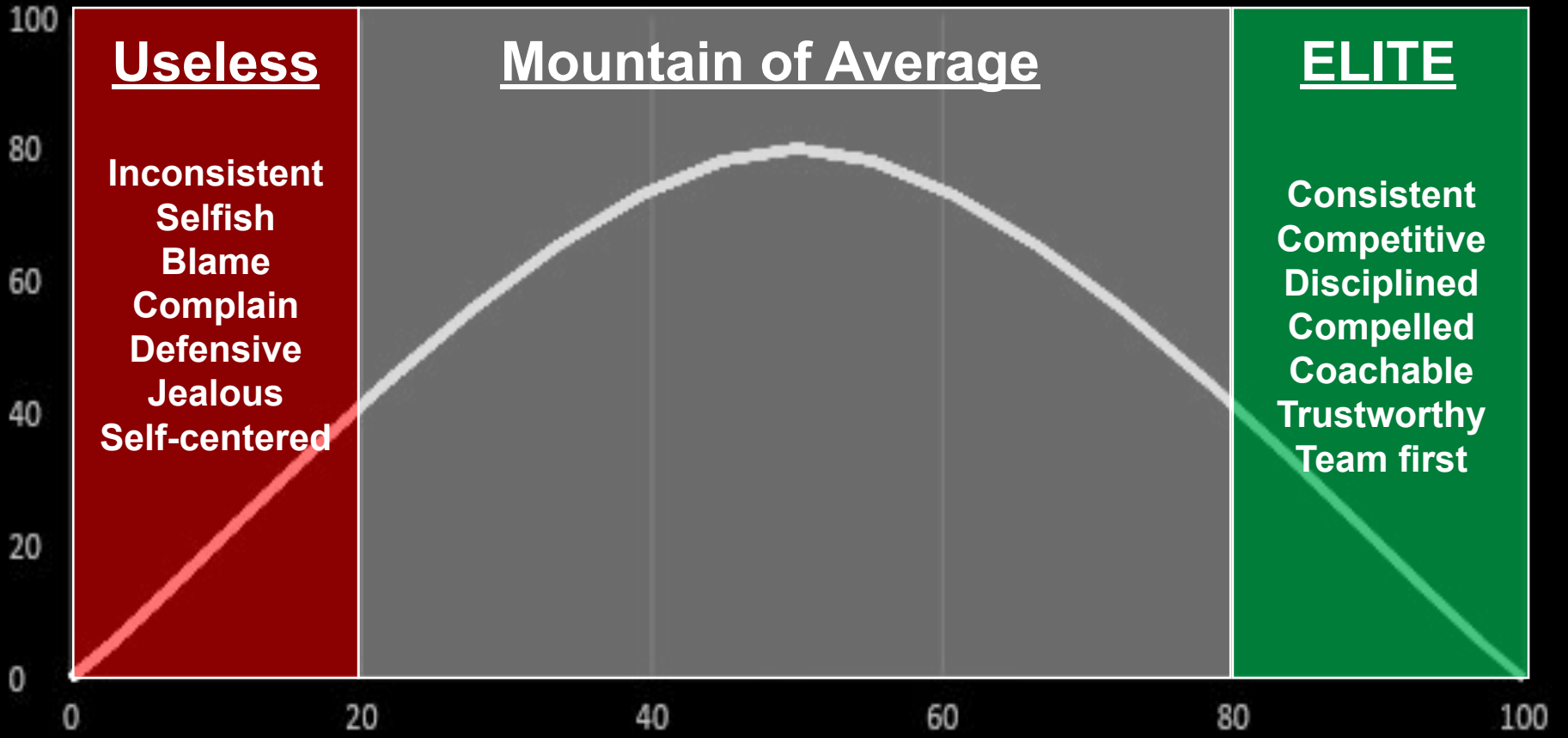
A Team's CULTURE strengthens every time an athlete reminds another athlete:

“THAT’S NOT HOW WE DO THINGS HERE.”



**STOP WHINING... START SHINING!**





**Useless**

**Inconsistent**  
**Selfish**  
**Blame**  
**Complain**  
**Defensive**  
**Jealous**  
**Self-centered**

**Mountain of Average**

**ELITE**

**Consistent**  
**Competitive**  
**Disciplined**  
**Compelled**  
**Coachable**  
**Trustworthy**  
**Team first**

# COMMITMENT CONTINUUM™





# CORE VALUES

CHARACTER

LEADERSHIP

ACCOUNTABILITY

SERVICE

SUCCESS



11:57



Kasey Flowers Havens is with Barrett Owens and 4 others.



1 hr · 🌐

Ran into Best Buy this am, I am proudly wearing my Lovejoy Band shirt and a man approaches me to say, I notice you have a LJ shirt, do you have a kid there? Why, yes I do. He goes on to tell me him and his wife were watching their grandson run cross country for McKinney North and they sat near the LJ cross country team and he couldn't say enough nice things about how friendly, kind and encouraging they were to not only each other but those around them.


**#lovejoyproud #oneheartonelovejoy  
#lojocrosscountry #kindnessisnoticed**

  39

8 Comments

 Like

 Comment

 Share

# VISION - what we strive to achieve

M.U.D.R.S. (2017)

MINDSET

UNDERSTANDING (the PROCESS and the CULTURE... our “why”)

DISTRICT CHAMPIONS

REGIONAL CHAMPIONS

STATE CHAMPIONS

# M.U.D.R.S. - DISTRICT CHAMPS



# M.U.D.R.S. - REGIONAL CHAMPS



# M.U.D.R.S. - STATE CHAMPS



# EMPHASIZE “THE LITTLE THINGS”

- Sleep/Recovery
- Nutrition
- Strength
- Hydration
- Mobility/Band work/Core
- Foam Rolling
- Ice Baths
- Pre-hab

# EMPHASIZE BEING A FEMALE ATHLETE/RUNNER

- Puberty/Plateaus
- Pressure/Anxiety
- Emotions
- Nutrition/Food
- Jealousy
- Social Media/Comparing
- Relationships
- Empowerment





# STRONGER. FASTER. TOUGHER.

Girls can be strong and muscular. (Physical)

Girls can be strong minded and tough. (Mental)

Girls can be fast.

Girls can be tough.



A vertical photograph of a river flowing through a narrow, rocky canyon. The river is a light blue color, and the surrounding rock walls are dark brown and layered. The text is overlaid on the image in white boxes with black text.

# **STRENGTH**

**A RIVER CUTS**

**THROUGH A ROCK**

**NOT BECAUSE OF**

**ITS POWER**

**BUT ITS**

**PERSISTENCE**



[MOVENOURISHBELIEVE.COM](http://MOVENOURISHBELIEVE.COM)

# TRAINING SYSTEM

- Monday - Aerobic run (tempo)
- Tuesday - Easy run + strides
- Wednesday - Speed-type day (hills, intervals, etc)
- Thursday - Easy run + strides
- Friday - Threshold or Race
- Weekend - Race and Long run
- Prefer long runs on Saturday if no race.

# TRAINING SYSTEM

- Low to Mid mileage program (20-40 mpw)
- MUST be consistent in gradually building mileage (logs)
- 2-3 hard days per week (make em count)
- The need for speed
- Big focus on strong starts and finishes
- MUST believe in the teaching and training program
- Must learn to work together as a unit for stronger racing
- Must learn to race aggressively
- Must learn to race intelligently

# TRAINING TRANSLATED TO RACING

- August and September are for learning to race.
- October and November are for showing off.
- PR's are awesome and we strive for them. But DO NOT get caught up in the "PR game" during XC. Why do you think???

# TRAINING TERMINOLOGY

Leopard Tempo - 5k pace + 45-60 sec per mile (moderate effort)

Threshold - 5k pace + 25-40 sec per mile (hard effort)

Critical Velocity (CV) - done in 2-4 minute segments

Long Run - usually done at easy pace - add progression for pazazz

Easy Run - prescribed pace - but should feel easy

Recovery Run - Super easy - 100% rest run

Progression - faster as you go

# **TRAINING TERMINOLOGY** - EVERY “BODY” is different

Fartlek - varying distances/times with bursts of speed, pacing, easy

Surges - Running at prescribed pace and insert bursts of speed (great race simulation)

Intervals - less recovery or jog recovery (recov less than run)

Reps - typically get full recovery - often standing

Float - jogging recovery between reps or intervals

# EMPHASIZE CONSISTENCY

- ◉ Consistency = Success
- ◉ Show up every day.
- ◉ Consistent attitude
- ◉ Consistent work ethic
- ◉ Consistent racing
- ◉ Consistent training
- ◉ Consistent daily routines



# “LITTLE THINGS” IN PRACTICE

## COMPLAINING.

I ran 3 miles instead of 5

I didn't warm up properly

I didn't cool down

I didn't eat enough today

I didn't hydrate

I forgot my shoes

We didn't do core on days we know we should

Not stretching/rolling/icing as needed

BAD PRACTICES LEAD TO BAD RACING.

UNPREPARED PRACTICING LEADS TO UNPREPARED RACING

**TRAIN YOUR BRAIN JUST LIKE YOU TRAIN YOUR BODY**

*No one starts  
out as an expert  
at staying calm  
and embracing  
discomfort.  
You have to  
learn both.*



# **EMPHASIZE TEAM ROLES** and **WHY EACH is IMPORTANT**

- **Varsity** - high expectations - have a job to do
- **Upper JV** - aspiring Varsity athletes
- **JV** - social aspect/personal goals are important
- **Leader/Captain** -willing to be good and bad guy
- **Role Model** - always does the right thing
- **Motivator/Encourager** - makes us better
- **NOT an Energy Vampire** - We don't need this





# IRON SHARPENS IRON



# IRON **SHARPENS** IRON

Motivation - Run for Good

What are you doing to be great?





# **EMPHASIZE TRACK AND FIELD**

We will all run TRACK AND FIELD.

This is where we get much FASTER.

WANT to compete!



# HAVE FUN!

Team Camp

We try to take at least 1 trip. (qualification)

Post race excitement/pride

Have team dinners.

Do team bonding/building activities.

Smoothie King days.

Run to WIN.



**HAVE FUN!**



# Pack Running! WITH PURPOSE.







**INVEST EARLY** - Get involved with the middle school.











# TRAIN WITH A **PURPOSE**, RACE WITH A **PURPOSE**

- Set goals. (training, racing, etc.)
- NEVER “go through the motions” on anything.
- Hold yourself AND your teammates accountable.
- Know your “why”.
- Live your “why”.

# All time fastest 5K

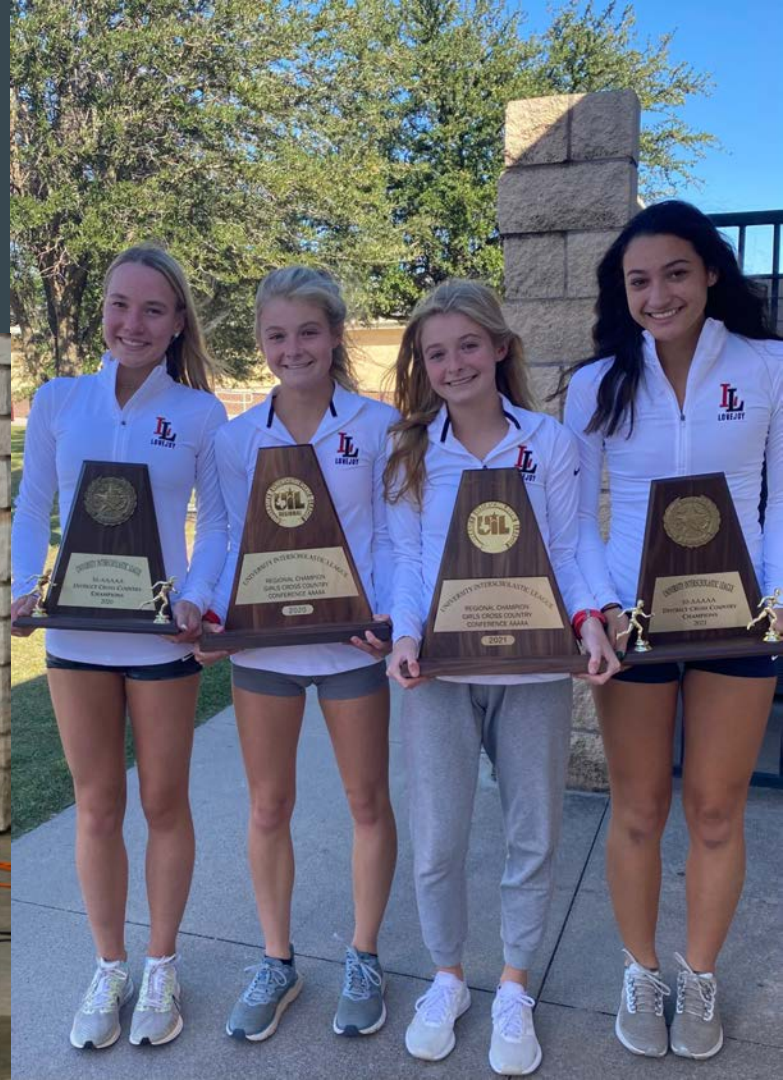
LOVEJOY XC GIRLS ALL TIME TOP 20 5K RECORD BOARD

1	Amy Morefield	17:29.90	2019	UIL Region II Championship
2	Kailey Littlefield	17:52.78	2020	UIL State Championship
3	Sara Morefield	17:54.95	2021	Garmin RXC National Championship
4	Peyton Benson	18:36.20	2021	UIL State Championship
5	Amelia Carothers	18:46.16	2019	UIL Region II Championship
6	Kate Carlson	18:54.10	2021	McNeil Invitational
7	Chloe Tedder	18:54.80	2014	Gerald Richey Invitational
8	Rachel Malik	18:57.26	2020	UIL State Championship
9	Katie Ruhala	18:57.72	2013	UIL District 13-4A Championship
10	Katie Armstrong	18:59.56	2021	Garmin RXC National Championship
11	Carson Hockersmith	19:02.35	2018	Plano ISD Invitational
12	Zoe Bessa	19:17.60	2019	UIL State Championship
13	Sofia Estes	19:18.24	2019	UIL Region II Championship
14	Hailey Malik	19:28.56	2020	Keller Charger Invitational
15	Lily Bouldin	19:43.23	2020	UIL State Championship
16	Rachel Tedder	19:44.38	2014	Keller Charger Invitational
17	Abby Tedford	20:06.70	2013	UIL Region II Championship
18	Ava Easley	20:08.40	2021	Garmin MileSplit Invitational
19	Avery Silliman	20:08.9	2017	Arkansas Chili Pepper
20	Emily Gueller	20:19.80	2017	UIL District 15-5A Championship

# BUY IN, SEE RESULTS

Pictured here 7 of top 10 at District!

Last year we had 6 of top 10!









# HARD WORK + TEAM SPIRIT = SUCCESSFUL CULTURE



# CELEBRATE VICTORIES, LEARN FROM DEFEAT





# **HIGH EXPECTATIONS - SUCCESS IS NOT BY ACCIDENT**

- I have the same expectations for EVERY runner: reach YOUR potential.
- Every runner sets a goal. (team and individual)
- Every runner completes every workout.
- Every runner is held accountable for their behavior.
- Every runner represents our program.
- **Athletes WILL rise to these expectations.**



**LEAD, MOTIVATE, INSPIRE, CARE.**



## **LEAVE A LEGACY**

If you INVEST in this team and program, you will be rewarded with attributes that will enhance every aspect of your life.

## HOW CAN I INVEST?

Be YOUR best.

Attend events and be involved.

Make signs/face paint/be spirited.

Attend Championship races.

Support teammates in other areas of life.

Bring enthusiasm and energy to the team.





LOVEJOY CROSS COUNTRY