

L O V E J O Y X C 2 0 2 3





PROGRAM HISTORY



Boys Team State Champions: 2010, 2016, 2017

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

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

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

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

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

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

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

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

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

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

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
- Be in Top 10 at NXN



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 COACHABLE

BE PRESENT

INVEST

UNDERSTAND WHAT SETS US APART

BE THE BEST YOUNG MEN AND WOMEN WALKING THE HALLWAYS



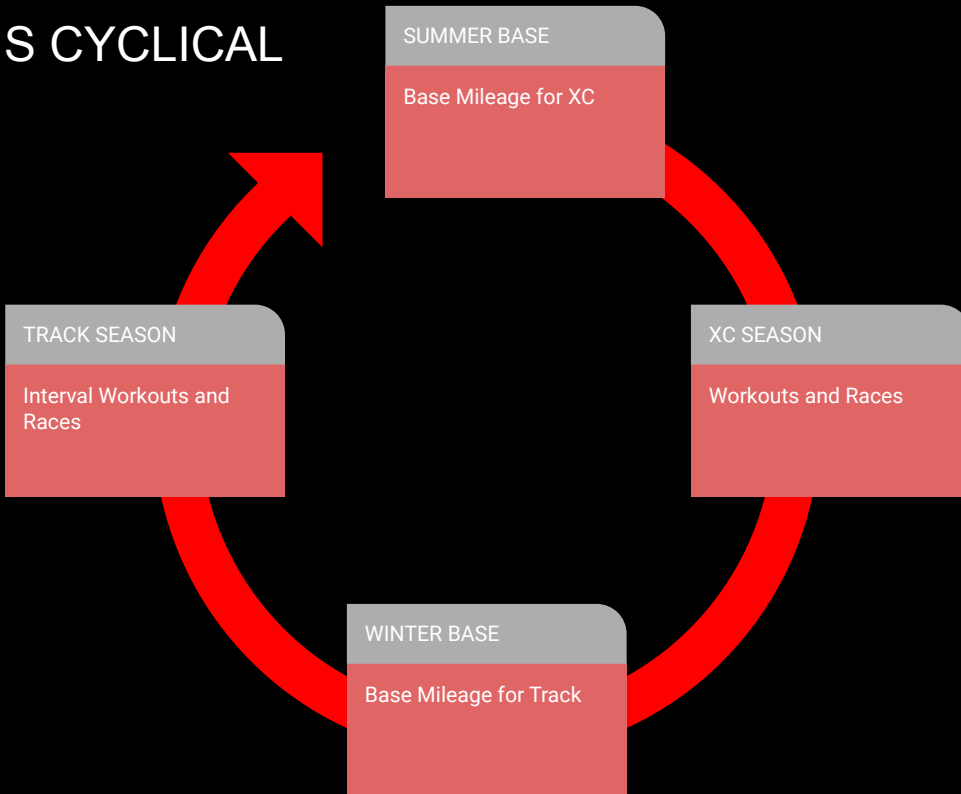
HARD WORK + TEAM SPIRIT = SUCCESSFUL CULTURE



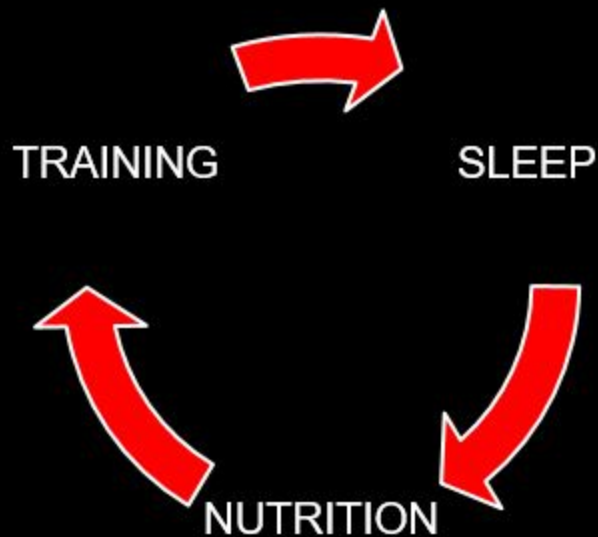
TRAINING OVERVIEW



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
- No magic workout or plan
- Simple isn't always easy.



PRACTICE TIMES



Practice Times will be emailed out each week.

FIRST FIVE WEEKS OF SCHOOL

- Remain at 7:00 PM Start time. Most Wednesday and Friday morning workouts will be at 6:30 AM.

SEPTEMBER 5th GOING FORWARD

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





LOVEJOY CROSS COUNTRY 2023 SCHEDULE

DATE	MEET	LOCATION
8/5/23 SATURDAY	TEAM TIME TRIAL	CELEBRATION PARK ALLEN, TX
8/8/23 TUESDAY	TEAM PICTURES 12:30 FUNDRAISER 2:30 PM PARENT MEETING 6:00 PM	LHS - GYM INDOOR MEETING ROOM LHS CAFETERIA
8/18/23 FRIDAY	ROCK HILL TWILIGHT XC INVITATIONAL	WARREN SPORTS COMPLEX FRISCO, TX
8/26/23 SATURDAY	SOUTHLAKE INVITATIONAL	BOB JONES PARK SOUTHLAKE, TX
9/16/23 SATURDAY	LOVEJOY XC FALL FESTIVAL	MYERS PARK, MCKINNEY, TX
9/21/23 THURSDAY	RICK NEILL MEMORIAL INVITATIONAL JV ONLY	LAKE PARK LEWISVILLE, TX
9/23/23	OSU JAMBOREE VARSITY ONLY	OSU CROSS COUNTRY COURSE STILLWATER, OK
9/28/23	BLUE RIDGE JV ONLY	BLUE RIDGE HIGH SCHOOL BLUE RIDGE, TX
9/30/23 SATURDAY	CHILI PEPPER VARSITY ONLY	AGRI PARK FAYETTEVILLE, AR
10/10/23 TUESDAY	DISTRICT 13-5A CHAMPIONSHIP	MYERS PARK McKINNEY, TX
10/23/23 MONDAY	UIL REGION II 5A CHAMPIONSHIP	LYNN CREEK PARK GRAND PRAIRIE, TX
11/3/23 FRIDAY	UIL 5A STATE CHAMPIONSHIP	OLD SETTLERS PARK ROUND ROCK, TX
11/18/23 SATURDAY	NIKE SOUTH REGIONAL	BEAR BRANCH PARK THE WOODLANDS, TX
12/2/23 SATURDAY	NIKE CROSS NATIONALS	GLENDOVEER GOLF COURSE PORTLAND, OR

September 1st: AM Practice

September 4th: Practice

September 8th: AM Practice

September 29th: JV will race on the 28th and can take off on the 29th. Varsity will travel to the Arkansas Chili Pepper Festival on the 29th.

October 9th - 13th: JV needs to be here October 9th and 10th. Varsity runners can not miss practice this week (9th - 13th) to compete or travel for Regional Meet. The district Championship will be on October 10th.

November 1st: Varsity will practice and needs to be in attendance.

November 16th - 17th: Nike South Regional Championship will be on Nov 18th. Those who qualify need to be available Nov 16th - 18th.

Team Banquet - 11/9

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



LOVEJOY XC ALL TIME TOP 20 5K RECORDS



LOVEJOY XC BOYS ALL TIME TOP 20 5K RECORD BOARD

RANK	NAME	TIME	YEAR	MEET
1	Will Muirhead	14:59.28	2019	UIL State Championship
2	Will Carlson	15:30.30	2022	Arkansas Chili Pepper Festival
3	Trevor Malik	15:30.90	2020	UIL State Championship
4	Brady Laboret	15:31.31	2019	UIL Region II Championship
5	Caden Gary	15:35.50	2022	Arkansas Chili Pepper Festival
6	Brett Pedersen	15:44.30	2017	UIL 5A - District 15 Championship Myers Park
7	Tate Barr	15:46.40	2021	UIL State Championship
8	Grant Tiff	15:52.63	2016	UIL State Championship
9	Joe Bluestein	15:53.30	2022	Arkansas Chili Pepper Festival
10	Rohan Sharma	15:56.90	2021	Garmin MileSplit Invitational
11	Whitson Bedell	15:58.48	2018	UIL State Championship
12	Bradley Davis	15:58.83	2017	UIL State Championship
13	Jake Hervey	16:01.23	2010	Keller XC Classic
14	Matthew Murray	16:02.76	2020	UIL State Championship
15	Devin Muaina	16:04.80	2022	Arkansas Chili Pepper Festival
16	Henry Bennion	16:08.80	2022	Arkansas Chili Pepper Festival
17	Ryan Brands	16:09.22	2016	UIL State Championship
18	Grant Gueller	16:09.38	2019	UIL Region II Championship
19	Grant Ballard	16:12.40	2013	UIL Region II Championship
20	Ryan Spruell	16:16.96	2017	UIL State Championship

LOVEJOY XC GIRLS ALL TIME TOP 20 5K RECORD BOARD

1	Amy Morefield	17:29.90	2019	UIL Region II Championship
2	Sara Morefield	17:39.50	2022	Lovejoy Fall Fest
3	Kailey Littlefield	17:52.78	2020	UIL State Championship
4	Camryn Benson	18:03.90	2022	Chile Pepper
5	Peyton Benson	18:11.40	2022	Chile Pepper
6	Amelia Carothers	18:46.16	2019	UIL Region II Championship
7	Chloe Tedder	18:54.80	2014	Gerald Richey Invitational
8	Kate Carlson	18:57.10	2021	McNeil Invitational
9	Rachel Malik	18:57.26	2020	UIL State Championship
10	Katie Ruhala	18:57.72	2013	UIL District 13-4A Championship
11	Katie Armstrong	18:59.56	2021	Garmin RXC National Championship
12	Carson Hockersmith	19:02.35	2018	Plano ISD Invitational
13	Zoe Bessa	19:17.60	2019	UIL State Championship
14	Sofia Estes	19:18.24	2019	UIL Region II Championship
15	Hailey Malik	19:28.56	2020	Keller Charger Invitational
16	Tatum Novicke	19:22.60	2022	Chile Pepper
17	Bridget Bernal	19:40.70	2022	Chile Pepper
18	Kaylee Martin	19:42.60	2022	Nike Cross Regionals
19	Lily Bouldin	19:43.23	2020	UIL State Championship
20	Jocelyn Chapman	19:54.70	2022	District Championship

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