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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



PROGRAM HISTORY

7th Grade Boys District Champs: 2007, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2022

7th Grade Girls District Champs: 2006, 2007, 2009, 2010, 2011, 2012, 2013, 2015, 2017, 2018, 2020, 2022

8th Grade Boys District Champs: 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022

8th Grade Girls District Champs: 2006, 2007, 2009, 2010, 2011, 2012, 2013, 2015, 2018, 2019, 2021, 2022



LOVEJOY XC AND TRACK BOOSTER CLUB



LOVEJOY
CROSS COUNTRY/ TRACK & FIELD
Booster Club



Booster Website: leopardxctf.wixsite.com/xctfboosters

Online Membership!

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



SPORTS YOU APP 

Download the SportsYou App.

Code 9FMF62C9

Updates and info
shared on SportsYou



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



- 7:15 AM
 - Athletes need to be dressed out for practice and bring water to each practice.
 - Athletes enter through doors by field (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.
 - 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)
- 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 One Standard t-shirt, and running watch to practice each day
- Running Shoes!
- Uniforms will be provided for meets. Warm Up jackets provided 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



- 9.16.23 @ Lovejoy XC Fall Festival
- 11.07.23 @ WSMS 4:15 PM
- 11.14.23 - @ Rockwall 4:15 PM
- 11.28.23 - @ Royse City 4:15 PM
- 12.05.23 - @ WSMS - District Championship - 4:15 PM
- 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



- Annual Run-A-Thon TBD
- Team Pictures TBA

SPECTATOR / PARENT INFO



- Support team while competing
- Please refrain from visiting team camp area before and after the race. In addition, please avoid starting and finish area. We want runners 100% focused on racing and their teammates.
- Be supportive and positive.

- 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.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



Naeco Vaughn - WSMS Coach
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Carly Littlefield - Head Girls
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214-952-7550 @CoachLittle9

Logan Kelly - Head Boys
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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