

WSMSXC





PROGRAM HISTORY



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

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

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

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

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

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, 2023, 2024

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

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

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

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

- District Champs: 2006, 2007, 2009, 2010, 2011, 2012, 2013, 2015, 2017, 2018, 2020, 2022

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



[Scan Here To Join](#)

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!

Important Dates

- Aug 2 - XC Team/Family Breakfast
- Aug 5 - XC Team Pictures/Fundraiser
- Aug 11 - XC Parents Meeting
- Sept 3 - Board Meeting
- Sept 13 - Fall Festival
- Sept 30 - Booster Club Meeting
- Oct 24 - Leopard Friday
- Nov 4 - Board Meeting
- Nov 6 - XC Banquet
- Jan 20 - Board Meeting
- Jan/Feb TBD - TF Parents Meeting
- Mar 3 - Booster Club Meeting
- Apr 7 - Board Meeting
- May 5 - Board Meeting
- May TBD - TF Reception

YARD SIGNS & CAR DECALS



[SCAN HERE TO BUY](#)

*Get your Lovejoy Cross Country
GEAR right here!*



*Thanks for showing your XC
Leopard pride!*

SHIRTS/APPAREL



[SCAN HERE TO BUY](#)

POPSICLE FRIDAY DONATIONS



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



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



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



- 9.15.25 - @ Evans MS 5:00 PM
- 9.22.25 - @ WSMS 5:00 PM
*NO SCHOOL - DO NOT MISS!
- 9.29.25 - @ Prosper HS 5:00 PM
- 10.6.25 - @ Walnut Grove HS 5:00 PM - Area Meet
- 10.20.25 - @ 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.
- Annual Run-A-Thon TBD
- **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.
-
- 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.lovejoyisd.net/o/a - Lovejoy Athletics Website



CONTACT INFO



David Müller - WSMS Coach

david_muller@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