

I AM ONLY ONE

I am only one, but I am one.
I can't do everything, but I can do something.
And what I can do, I ought to do.
And what I ought to do, I Shall do.

LOVE

"Be kind to one another, because most of us are fighting a hard battle." Ian Maclaren

"Life's most persistent and urgent question is: what are you doing for others?" Martin Luther King Jr.

I may have all knowledge and understand all secrets; I may have all the faith needed to move mountains-but if I have no love, I am nothing. I may give away everything I have and even give up my body to be burned-but if I have no love, this does no good. Love is patient and kind; it is not jealous or conceited or proud; love is not ill mannered or selfish or irritable; love does not keep a record of wrongs; love is not happy with evil, but is happy with the truth. Love never gives up; and its faith, hope, and patience never fails. Love is eternal 1 Corinthians 13:2-8

Concern for man and his fate must form the chief interest of all technical endeavors

Love cures all people-both the ones who give it and the ones who receive it.

"True Love will find an outlet in service". Bill Graham

Coaches often talk of sacrifice; it is a privilege. If the giver looks at the giving as a sacrifice, the giving will never be total and absolute. It is only when the giver looks at the giving as a rare privilege to be entered into with ENTHUSIASM and JOYOUSNESS that the giving is total and absolute and will have the greatest impact.

When the giver gives with all his heart and soul, he begins to understand the nature of love because LOVE IS GIVING. The greater the giving, the greater the love. It is the total and absolute giving of one's self with enthusiasm and joy that separates the exceptional from the excellent. This giving becomes the highest expression of love. If we hope to reach the top of the mountain, all of us must happily present the gift of our love through the absolute giving of ourselves to our teammates on this journey. This LOVE is the HALLMARK of CHAMPIONS!

Commitment is the key to every relationship.

"When you help someone up a hill, you get that much closer to the top yourself." Author Unknown

"The true measure of a man is how he treats someone who can do him absolutely no good". Ann Landers

"You can give without loving, but you cannot love without giving." Amy Carmichael

All I ask is that you run as fast as you truly are.

2023 District 19-6A Cross Country Championships

Where: Paul Rushing Park- the course will be flat and fast and will be a great opportunity in many ways for you to put your developed ability to work and produce great results. All grass, flat, very fast with great footing - self inflict success!

To be earned: Top Ten Varsity athletes and top three finishing Varsity teams will earn a spot to the Region III-6A XC Championships. That is so awesome! Also medals will be awarded to the first **10 finishers** in the Varsity and Junior Varsity Races. A plaque will be awarded to the first place team in the Varsity division. Most importantly this is a chance to rock-n-roll across this course and give your best performance thus far.

District Meet Schedule

5:50 AM - Team Meeting 9th grade Locker Room

6:00 AM – Depart from 9th Grade Center

6:45 AM – Arrive at the course and walk it.

7:25 A.M. – National Anthem

7:30 A.M. – Varsity Girls (5K)

8:00 A.M. – Varsity Boys (5K)

8:30 A.M. – JV Girls (5K)

9:00 A.M. – JV Boys (5K)

9:30 A.M. – Freshman Girls (2 Mile)

9:50 A.M. – Freshman Boys (2 Mile)

10:10 A.M. – Extras (2M / 5K)

10:45 A.M. - Awards

11:30 A.M. Depart and go to 9'ers for Lunch

1:30 P.M. Depart for SLHS

Varsity: Baviskar, Arjun, Brighty, Lucas, Cameron, Chris, Garcia Camejo, Samuel, Montgomery, Matthew, Pollard, Keegan Smith, Hudson

Jr. Varsity: Acosta, Albert, Arora, Hrehan, Bowe, Zaza, Janak, Trevor, Kenney, Jack, Smith, Grayson, Sullivan, Reilly

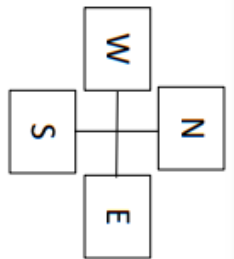
Freshmen: Arellano, Alberto, Cedeno-Barrera, Jose , Baviskar, Kanishk, Chambers, Jack, Dila, Kai , Hernandez Brugo, Enzo, Lin, Feliks

OPEN 5k: Aljure Alecina, Agustin, Bowe, Eze, Britt, Ethan, Davidovich, Victor, Desai, Ishan, Duncan, Edwin, Fernandez, Nathan, Gibbs, Michael, Huang, Evan, Huang, Ruiyang, Jo, Paul, Lanier, Jordan, Lin, Sam, Lin, Shawn , Lopez, Emmanuel, Mukherjee, Sreejit, Priem, Dane Ritchey, Paxton, Rydahl, Bjoern, Tachie-Menson, Samuel, Tadesse, AmenEl, Wang, Kaden, White, Ethan, Zhao, Boxuan

OPEN 2 Mile: Ammanur, Siddarth, Balamurugan, Nidish, Burnaman, Travi, Frankfort, Amen, Kelly, Sam, MacGregor, Jackson, Mammen, Joshua, Migliavacca, Sebastian, Zarate Diez, Mitchel

PAUL RUSHING PARK COURSE

9114 Katy Hockley Rd, Katy, TX 77493
 2022 19-6A District Cross Country Meet
 Thursday, October 12



19-6A Course Monitor Assignments – Thurs, Oct 12

- M1/M2 – Cinco Ranch
- M3/M4 – Katy
- M5 – Mayde Creek
- M6 – Morton Ranch
- M7 – Tompkins
- M8/M9 – Jordan
- M10 – Taylor
- M11/M12 – Seven Lakes
- M13/M14 – Paetow