

T.E.A.M.



2023 Kingwood
Classmate Challenge
August 26, 2023
Kingwood High School



5:00 AM – Team Meeting from your locker room area

5:10 AM – Depart from the 9th grade center

MEET SCHEDULE:

6:45 AM – Packet pick-up & Coaches meeting

7:00 AM – SENIOR GIRLS (rolling schedule to follow)

SENIOR BOYS

JUNIOR GIRLS

JUNIOR BOYS

SOPHOMORE GIRLS

SOPHOMORE BOYS

FRESHMEN GIRLS

FRESHMEN BOYS

Awards Ceremony: - After the last race.

Awards – Top 15 places in all divisions will receive medals. Top 3 individuals

Course: one-mile loop. You will run the loop twice. Tight in spots so check it out early

Team scoring – We will have a grade level and overall team CHAMPION! will receive their award at the award ceremony.

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.

Servant Leadership

Seniors- Locker Room to Bus

Juniors- Bus to Camp

Sophomores- Camp to Bus

Freshmen- Bus to Locker Room

Check List

Socks are options, mini

Spikes-make sure spikes are in descent shape/right size

Uniform

Running shoes

Bottles of water

Bottles of sports drink
G2

Light & nutritious snacks

Post Race Meals

Spartan T-shirt/shorts

Backpack w/ two trash bags

Watch

Logbook

Itinerary

Get LD Mileage

Post Race Food-Drink

Shield Up

Post Activity Student
Release

Do Evening Before.....

P.R.I.D.E.

FOCUS

“The only thing a player can control at golf is his own game; so concern about what other competitors may or may not be doing is both a useless distraction and a waste of energy.” Jack Nicklaus

- Focus is when your mental attention is centered on what you need to do. Nothing else can get into your head.
- Focus is when someone can resist temptation in the present to further pursue a goal in the future.
- Focus means concentrating on your responsibility.
- Focus means total concentration. Committing to something and staying with it until it is done and done right. Never giving up.
- Focus is the ability to concentrate on something by ignoring outside, important forces that can interfere with the task at hand. Taking advantage of all opportunities that facilitate the task and increase the chance of success.
- Focus is disciplined and zeroed in on the goal and only the goal.

Focus on the moment!

“Now is everything you have to work with. When you live it fully, it is more than enough.” Ralph Marston

“In basketball, as in life, true joy comes from being fully present in each and every moment, not just when things are going your way. Of course, it is no accident that things are more likely to go your way when you stop worrying about whether you’re going to win or lose and focus your full attention on what’s happening right this moment.” Phil Jackson

Saturday LD Warm UP: _____ Mileage _____ Cool Down Sunday: CT: Mileage: _____

