

2025 Mustang Thunder Invitational

SATURDAY AUGUST 16, 2025 at Centennial Park, Friendswood, TX

5:33 am TEAM MEETING in the locker room. Arrive through the front of the school PAC

6:00 am TEAM BUS DEPARTURE (all athletes take the bus):

MEET SCHEDULE (start warm up routine 40 minutes before race time- be aware of restroom situation when we arrive and remember our bus number):

8:00 am Varsity Men 4k: **Albert, Hrehan, Carter, Sam, Colby, Jordan, Duncan, Vishwa, Finnegan, Arush,**

8:55 am Jr. Varsity Men: 4k **Sidd, Jack, Wilfred, Juan, Eduardo, Edwin, Ian, Richard, Logan, Arav, John, Tristan, Finn, Marshall, Adrian, Kaden, Ibrahim, Ken, Mitchel, Charles**

9:25 am Freshmen Boys 3200m: **9th Men 3200m: William, Eden, Hayes, Alejandro, Sebastian, Connor Holt, Adam, Miguel, Savva, Chet, Sebastian, Carson, Ryan**

Finish Mileage at the meet

All athletes depart on the team bus at 11:00am



Discipline

THE WORD DISCIPLINE COMES FROM A LATIN ROOT THAT MEANS "INSTRUCTION OR LEARNING". A DISCIPLE IS A PUPIL OR STUDENT WHO DESIRES TO TRAIN BY INSTRUCTION, TO FOLLOW AND LEARN AND THEN TO REPEATEDLY PRACTICE THAT INSTRUCTION UNTIL HE/SHE IS PREPARED TO DO.

Discipline is "training that is expected to produce a specific character of behavior".

Those who work the hardest, who subject themselves to the strictest discipline, who give up certain pleasurable things in order to achieve a goal, are the happiest. Brutus Hamilton, Olympic Decathlete and Coach

Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible. Saint Francis of Assisi

Improving yourself is the best way to help your team

A champion pays an extra price to be better than anyone else. Paul "Bear" Bryant

Self-discipline is when you tell yourself to do something and you don't talk back. W.K. Hope

You have to have confidence in your ability, and then be tough enough to follow through. Roslynn Carter

It was character that got us out of bed, commitment that moved us into action, and discipline that enabled us to follow through. Zig Ziglar

WHEN NO ONE ELSE IS LOOKING

Discipline is what you do when no one else is looking!

It's being considerate of the other person. Having good personal habits-you are polite, on time, and take care of business with pride. We must be disciplined as individuals first, and then as a team.

"You teach discipline by doing it over and over; by repetition." Vince Lombardi Former Green Bay Packers Coach

"One of the greatest lessons I've learned in athletics is that you've got to discipline your life. No matter how good you may be, you've got to be willing to cut out of your life those things that keep you from going to the top." Bob Richards 2 Time Olympic Gold Medalist- Pole Vault

"For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness to those who have been trained by it." Hebrews 12:11

A Disciplined Team....

1. Doesn't beat itself by making mistakes.
2. Keeps distractions to a minimum.
3. Is always ready to compete- INTENSITY
4. Has the courage to do what others don't, won't, and can't do
5. Rises above adversity
6. Never, never quits



Your Discipline: Race Shock 100 _____ 200 _____ 400 _____ 800 _____ 1600 _____

2400 _____ 2800 _____ 3200 _____

Saturday WU _____ Race _____ Cool Down _____

Sunday CT pace: _____ Mileage _____

Cross Country Meet Quick Checklist

(Check off as you load the bus / car)

Team & Athlete Essentials

- **Team uniforms** (jerseys, shorts, warm-ups)
- **Racing spikes or flats** (plus extra laces)
- **Athlete bib numbers** (if provided ahead of time)
- **Safety pins** (at least 4 per runner, plus extras)
- **Timing chips** (and straps if used)
- **Watches or GPS watches**
- **Extra socks**
- **Rain gear / ponchos** (if forecast calls for it)

Coaching & Team Management

- **Roster & emergency contacts**

- **Clipboard** with meet info (schedule, map, entries)
- **Pens & markers**
- **Stopwatch / timing device**
- **Course map** (printed and/or digital)
- **Rule book** (if needed)
- **Cash / card** for entry fees or concessions

Hydration & Nutrition

- **Coolers with ice**
- **Water jugs & cups**
- **Sports drinks**
- **Small paper cups** or squeeze bottles
- **Healthy snacks** (bananas, pretzels, granola bars)

Medical & Safety

- **First aid kit** (bandages, tape, blister pads, antiseptic wipes)

- **Ice packs** (instant or cooler-stored)
- **Athletic tape / pre-wrap**
- **Sunscreen**
- **Bug spray**

Team Area Setup

- **Team tent / canopy** (for shade or rain cover)
- **Camp chairs** or folding stools

Miscellaneous

- **Trash bags** (leave area clean)
- **Phone chargers / portable battery packs**
- **Whistle** (for team assembly)
- **Rain covers for electronics**
- **Camera / GoPro** (optional for photos or race footage)