

T.E.A.M.



2026 Kingwood Classmate Challenge

August 29, 2026
Kingwood High School



4:50 AM – Seniors/Juniors meet in the PAC

5:00 AM – Seniors/Juniors depart with Coach Crocker

5:15 AM – Sophomores/Freshmen meet in the PAC

5:30 AM – Sophomores/Freshmen depart with Coach Kenney

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

7:00 AM – SENIOR GIRLS (Rolling Schedule)

(About 16 minutes after 7:15ish) SENIOR BOYS-start warm up

6:30am Jack, Mitchel

(About 16 minutes after 7:30ish) JUNIOR GIRLS

(About 18 minutes after 7:50ish) JUNIOR BOYS-start warm up

7:10am Carter, Tyler, Colby, Arav, John, Tristan, Owen, Duncan, Arush, Adrian, Charles

(About 16 minutes after 8:05ish) SOPHOMORE GIRLS

(About 18 minutes after 8:20ish) SOPHOMORE BOYS-start warm up

7:40am Luiz, Eden, David, Connor Ho, Connor Holt, Miguel, Adam, Vishwa, Kian, Finnegan, Pradyun, Savva, Chet, Luke, Sebastian

(About 16 minutes after 8:20ish) FRESHMEN GIRLS

(About 18 minutes after 8:40ish) FRESHMEN BOYS-start warm up

8:00am Aiden, Olver, Ramtin, Davi, Mateo, Ethan, Rahul, Raymond, Alex, Joshua, Henry, Trysten, Adrian, Nicolas, Landon, Adam, Marcelo, Connor

Course: one-mile loop. You will run the loop twice.

Awards Ceremony: - After the last race.

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

Awards – Top 10 places in all divisions will receive medals.

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 & Juniors- Locker Room to Bus

Seniors & Juniors - Bus to Camp

Sophomores- Camp to Bus

Freshmen- Bus to Locker Room

Team & Athlete Essentials

- **Team uniforms** (singlet, shorts, bring extra SLHS XC tops)
- **Logbook**
- **Racing spikes or flats** (plus extra laces)
- **Safety pins** (at least 4 per runner, plus extras)
- **Watches or GPS watches**
- **Extra socks** (warm up in one/ race in the other)

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

- **Sports drinks/Recovery drinks**
- **Healthy snacks** (bananas, pretzels, granola bars)



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.

In cross country, 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.

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

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

