



# SOUTHWEST PROJECT

Weeks to go

**-4**

## The Southwest Project Newsletter 4 Weeks to Go

Less than one month until the start of practice and out season gets officially underway. With the Colorado Trip & Moratorium week behind us we have a chance to regroup and continue our development as a team. We will try to get back into a “normal” routine as we go through the next few weeks. The best way to keep in touch is to sign up for Remind ([Text @bvswxc22](https://www.remind.com) to the [number 81010](https://www.remind.com)). “When” changes to our schedule happen, it will be sent through remind & email. You can also follow us on [Twitter](https://twitter.com/BVSWDistance) & [Instagram](https://www.instagram.com/BVSWDistance) ([@BVSWDistance](https://www.instagram.com/BVSWDistance)) where I will send out cool information throughout the season.

I have updated the BVSX XC Website check it out! <https://ajballew.wixsite.com/bvswxc>

## **Things Moving Forward**

### Pancake Breakfast Friday at the Mitchell's

We will have our next pancake breakfast run at the home of the Mitchell's. All runners need to arrive at 6:30am at the address below. **16105 Larsen St., Overland Park, KS 66221**

### Colorado Team Camp Thank You's

I want to thank everyone that made the Colorado Trip happen this year. I had a great experience & it wouldn't have been possible without the help of so many people. The kids were great & a BIG thank you to Mrs. Malinowski & Mrs. Brogan for chaperoning with me. Thank you to Mrs. Dombrosky & the Paschke's for helping organize & plan the venues along with transportation. Next year we look to try something new, yet again. I hope to start making plans for the summer of 2023 soon.

### Please get your Physicals & Athletic Paperwork turned in!

With only 4 weeks left until the official start of practice, everyone needs to make sure they have their athletic packet (including athletic physical) turned into the athletic office at BVSX. Without the paperwork turned in, you WILL NOT be able to practice with us on August 15<sup>th</sup>. Below is a digital copy

<https://www.bluevalleyk12.org/cms/lib/ks02212623/Centricity/Domain/5530/BVSD%20Participation%20Packet%202021-22.pdf>

### New & Middle School Runners: Schedule Change Starting July 18<sup>th</sup>

Beginning Monday July 18<sup>th</sup> all middle school & New runners that have been working with us this summer are invited to attend the Returning runner's practices beginning at 6:30am (M, T, Th, F & Sa). I have been so impressed with all the athletes that have been coming. It is time to start the team bonding that this program is built on.

This also mean that all runners should report to summer conditioning practices at 6:30am on Tuesdays & Fridays. I think they are ALL ready (to a varying degree) to run with some of our returning athletes. They have all shown a great base of fitness to build upon & no one will be asked to do more than they are ready. All days of conditioning are optional, but we would encourage everyone to make as many as they can.

### Strava (Online Training Notebook)

If you haven't signed up for Strava yet, please do so. It is our way of logging miles for the summer challenges. You do not need a GPS watch to use it. Runs can be put in manually. Just sign up for a free account & join the Southwest Project Track Club Group.

*“Are you on the Journey to the Summit of Great?”*

## Summer Conditioning Webpage

Check out the BVSU Summer Conditioning Page for Details about our program.

<https://ajballew.wixsite.com/bvswxc/about>

## Training Challenges

Details about Both Challenges can be found on this link [https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5\\_403baf4763264a81b6ea89cf3e1a016d.pdf](https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_403baf4763264a81b6ea89cf3e1a016d.pdf)

## **Things to put on your Calendar**

### First Day of Practice (August 15<sup>th</sup>)

Monday August 15<sup>th</sup> will be our first day of official practice. Details about the exact meeting location & time will be sent out as the date gets closer. The first day will be before school starts.

### Family Team Breakfast (August 27<sup>th</sup>)

Please save the date for our Team breakfast scheduled for the August 27<sup>th</sup> at 9:00am at the BVSU concession stands near the track & soccer field. This event is open to ALL BVSU athletes, families & friends. We will send out more information as the season gets closer.

### Fall Meet Schedule

Below is a link to the fall cross country season meet schedule. The dates & all information about the events will be updated as that information comes in. <https://ajballew.wixsite.com/bvswxc/copy-of-meet-info-2021>

## **Daily Schedule for Week -4**

<b>Day</b>	<b>Date</b>	<b>Location</b>	<b>Time – Who</b>	<b>Workout Details</b>
Monday	July-18	BVSU Track*. <sup>1</sup> BVSU Weight Room	6:30am – Return & NEW 6:00pm – Return & NEW	-SPWU, Speed W/O, Ex-CD -PM Double &/or TAPP**
Tuesday	July-19	Verhaeghe Park* BVSU Weight Room	6:30am – Return & NEW 6:00pm – Return & NEW	-WU, Full-Mills, H/T, Roll, Leg Elev -PM Double &/or TAPP**
Wednesday	July-20			-LL, Recovery, H/T, BU's, Stretch
Thursday	July-21	Deanna Rose*. <sup>2</sup> BVSU Weight Room	6:30am – Return & NEW 6:00pm – Return & NEW	-1/2WU, Steady, H/T, BU's, Roll -PM Double &/or TAPP**
Friday	July-22	Mitchell's Home*. <sup>3</sup>	6:30am – Return & NEW	-LL, Recovery, H/T, BU's, Stretch
Saturday	July-23	Quivira Park*	6:30am - Return & NEW	-1/2WU, Long, H/T, BU's, Leg Elevations

\*Any New Runners & Middle School Students should meet at 6:30am at the location indicated

\*\*TAPP meets on Monday & Tuesday, & Thursday evenings in the BVSU weight room 6:00-7:00pm

<sup>1</sup> – Meet the Concession stands on Monday morning

<sup>2</sup> – We will leave for camp from BVSU

<sup>3</sup> – Meet at the home of the Mitchell's **16105 Larsen St., Overland Park, KS 66221**

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