



SOUTHWEST PROJECT



Weeks to go

-1

The Southwest Project Newsletter 1 Week to Go

Hard to believe the summer is already over. This will be our last week of optional summer conditioning. Practice will begin on Monday August 15th at BVSW. Make sure you have everything you need by then! The best way to keep in touch is to sign up for Remind ([Text @bvswxc22](https://www.remind.com) to the number 81010). “When” changes to our schedule happen, it will be sent through remind & email. You can also follow us on [Twitter](#) & [Instagram](#) (@BVSWDistance) where I will send out cool information throughout the season.

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

Things Moving Forward

Parent Meeting Sunday August 14th, 6PM

We will have a parent meeting at **6PM in the Fixed Forum at BVSW on Sunday August 14th**. All parents & athletes are invited where we will discuss expectations and other details for the fall season.

If you cannot attend in person, we will have a zoom link below where you can stream the meeting.

<https://bluevalleyk12.zoom.us/j/97010845481>

Please get your Physicals & Athletic Paperwork turned in!

With only 3 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 BVSW. Without the paperwork turned in, you **WILL NOT be able to practice** with us on August 15th. Below is a link for more information

<https://swtwolves.com/2022/06/30/new-online-physicals-and-paperwork/>

First Day of Practice (August 15th)

Monday August 15th will be our first day of official practice. We will have our first day of practice at **3:30pm in the BVSW Commons**. Please come with running shoes, athletic clothes & a water bottle.

Senior Pictures August 22nd

There is a specific photo shoot for Seniors this school year for their banners at 3pm in the commons on August 22nd. We will make sure get the seniors their uniforms before the pictures.

Thank You to the Paschke's

Thank you to the Paschke Family for hosting our final summer pancake breakfast. We will be sending out more information about Pasta Parties throughout the season shortly.

Summer Shirts & Spirit-ware Store TBD

Summer Shirts are on their way & we will get them to you shortly. The spirit-ware store is in construction through the Den as we speak. I will send out a separate email with the details when they are made available to me. As we have done for the last 2 years, we will have a **MANDATORY team T-shirt** everyone will need to order. It will be the shirt we wear at all meets throughout the season & will have initials on the sleeve.

Another cool option is to purchase an “Alternate” Black Nike jersey. This will be the Jersey we use for the NXR Heartland meet after the season & is an option for in-season races as well. It will not be a mandatory item but can be worn throughout the season (if everyone in the race has it).

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

Last Chance to Log your Miles for the summer

Please make sure you have logged all your summer miles on either Strava or through Garmin connect & join the Garmin Clipboard app if you haven't. Your accomplishments at the Team breakfast can't be acknowledged without a log of all your hard work. Earn a T-shirt & show off how much you have already done.

Things to put on your Calendar

First Day of Practice (August 15th)

We will have our first day of practice at **3:30pm in the BVSW Commons**

Family Team Breakfast (August 27th)

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

Please sign up for the breakfast using the link

https://www.evite.com/event/006517P2JJPIVAWCGEPM7ZIPVQP33Q?utm_campaign=send_sharable_link&utm_source=evitelink&utm_medium=sharable_invite

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>

NXR Heartland Regional XC Meet (November 12th - 13th)

The date for the NXR Heartland meet is posted for Sunday November 13th after the XC Season officially ends. The NXR meet is an incredible experience where athletes & teams from 7 states converge on Sioux Falls, SD for a chance to qualify to the **Nike Cross National** Meet in Portland, OR in December. Details can be found using the links below. Its open to Varsity, JV, C-team & New runners!

<https://ajballew.wixsite.com/bvswxc/nxn-heartland-xc> &

https://nxrhl.runnerspace.com/eprofile.php?event_id=300&title_id=213&do=title&pg=1&folder_id=268&page_id=479

Daily Schedule for Week -1

Day	Date	Location	Time – Who	Workout Details
Monday	Aug 8	BVSW Track ¹ BVSW Weight Room	6:30am – Return & NEW 6:00pm – Return & NEW	-SPWU, Speed Workout, Ex-CD -PM Double &/or TAPP**
Tuesday	Aug 9	Verhaeghe Park	6:30am – Return & NEW On Your Own	-FullWU, Full Mills, Roll, Leg Elev -PM Double
Wednesday	Aug 10			-LL, Recovery, 4xBUs, H/T, Stretch
Thursday	Aug 11	Deanna Rose BVSW Weight Room	6:30am – Return & NEW 6:00pm – Return & NEW	-1/2WU, Steady, 6xBUs, H/T, Roll -PM Double &/or TAPP**
Friday	Aug 12	Heritage Park Marina	6:30am – Return & NEW	-1/2WU, Fartlek, CD, Roll, Leg Elev
Saturday	Aug 13	TBD	6:30am - Return & NEW	-LL, Recovery, 4xBUs, H/T, Stretch

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

**TAPP will NOT meet on Tuesday

¹ – Meet the Concession stands on Monday morning

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