



SOUTHWEST PROJECT

XC Week

-2

The Southwest Project Newsletter 2 Weeks to Go

Hard to believe that we begin practice in only 2 weeks! I know we have a lot of people out on one last vacation before school starts. If you have been on vacation, we hope you enjoyed your time away but remember we have work to do when you get back. This is an important time as we try to maintain the fitness we've gained before we officially start our season. The best way to keep in touch is to sign up for Remind ([Text @bvswxc20](https://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](https://twitter.com/BVSWDistance) & [Instagram \(@BVSWDistance\)](https://www.instagram.com/BVSWDistance) where I will send out cool information about the season. I am keeping the BVSX XC Website updated, check it out! <https://ajballew.wixsite.com/bvswxc>

Things Moving Forward

Pancake Breakfast August 6th at the home of the Ferguson's

BIG thank you to the Zimmerman's for hosting our pancake breakfast last Friday. They did a great job & I know we all had a lot of fun. The Last pancake breakfast of the summer will be this Friday at the home of the Ferguson's. We will meet at our usual times & go through our typical Friday recovery/aerobic day.
14273 W 155th court, Olathe, KS 66062

Make sure you get your Summer Conditioning T-Shirts

I have all the T-shirts for each athlete who signed up & paid their summer conditioning fee. If you ordered a shirt the athlete or parent can pick it up at the beginning practice.

Get Your PHYSICALS Done!

Please make sure that each athlete has completed an athletic physical, filled out the proper paperwork & turned it into the athletic office at BVSX. A link to the packet is below, if you would prefer a paper copy talk with the athletic office at BVSX. Physicals & paperwork must be turned in by the first day of practice before the athlete is allowed to participate in official practice.

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

Training Challenges

Mileage T-Shirts

The first challenge is based on the number of miles that are logged between June 1st & August 28th. All miles must be logged on Strava for them to count. GET THEM LOGGED!

Maestro on the Mills

This is a performance challenge based on an athlete's time on the Hill on Quivira from Century Farms to the roundabout at 175th. Details about Both Challenges can be found on this link https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_39757ae0301e4ce6aae46396b738288c.pdf

Running Shoes

If you have been running in the same shoes all summer, you might want to look at getting a new pair before the season officially starts.

"Are you on the Journey to the Summit of Great?"

Things to put on your Calendar

First Day of Practice (BVSX XC – August 16th)

The first official day of practice is August 16th, 2 days before school officially starts. We will meet at the BVSX Track (XC Corner) at 3:15pm. Please make sure you have your paperwork turned into the athletic office or you will NOT BE ALLOWED TO PRACTICE with the team. See you there!

Family Breakfast & Team Time Trial (August 28th)

The BVSX Cross Country team will be having our annual team time trial at the BVSX Track the morning of August 28th (Saturday). The format for the event will be a hang on run with continuously decreasing splits & we will see who can hang onto the increased pace for the longest (Runners meet at 7:00am)

After the event we will have our final pancake breakfast open to the ENTIRE FAMILY. We will get it catered & handout awards for the Mileage & Mills challenges. It is a great way to celebrate the accomplishments of the summer whether you ran 600 miles or simply enjoyed the experience. Middle School athletes & parents are welcome to attend the breakfast (Breakfast Starts at 9:00am)

Nike Cross Country Regional – Heartland (November 13-14th)

The date for the NXR Heartland meet was just posted this week for Sunday November 14th 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.

<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 -2

Day	Date	Location	Time – Who	Workout Details
Monday	August-2	Verhaeghe Park BVSX (W.R.)	6:30am – Returners 6:00pm –Return/NEW**	-WU, Steady Run “Mills”, 6xBU’s -Recovery Run
Tuesday	August-3	BVSX Track	6:30am – Returners 7:00am – NEW/MS*	-SPWU, 7x10s @Sprint, Core X, CD -Recovery Run
Wednesday	August-4			-Recovery, 4xBU’s, XT or Rest
Thursday	August-5	Heritage Park Marina BVSX (W.R.)	6:30am – Returners 6:00pm –Return/NEW**	-WU, Tempo Run, CD -Recovery Run
Friday	August-6	Ferguson’s Home***	6:30am – Returners 7:00am – NEW/MS*	-WU, Recovery Run, 4xBU’s, SAM
Saturday	August-7	I-Lan Park	7:00am - Returners	-WU, Steady Run, 5xBU’s

*New Runners & Middle School athletes arrive at the location at 7:00am

**All High School athletes are invited to the TAPP strength development program at the BVSX weight room

*** Address for the Ferguson’s is **14273 W 155th court, Olathe, KS 66062**

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