



# SOUTHWEST PROJECT

-7

Weeks to XC

## The Southwest Project

I hope you all enjoy your Independence day this week and I look forward to seeing everyone again when we get back on July 8<sup>th</sup> at Black Bob Park. The best way to keep in touch is to sign up for Remind (Text @bvswxc2 to the number 81010). If any changes to our schedule happen it will be sent there & through email. You can also follow on Twitter (@BVSWDistance) where I will send out cool information and updates about the season.

## **Things for this week**

### Mid-Summer Moratorium (No Practices)

Between the days of June 30<sup>th</sup> – July 7<sup>th</sup> we (the coaches) are not allowed to meet with the athletes during that time nor are school facilities allowed to be used by athletes. There will be no scheduled conditioning practices during that week. Captains will organize practices so contact other athletes to for meeting time and locations.

THIS DOES NOT MEAN you shouldn't run this week. One of our most important training principles is progression, and continuing to develop and grow as a runner and in your training. Keep running but you can get creative with where and when you decide to workout. Invite other athletes to meet you and enjoy yourself especially if you are going out of town for the week.

On July 4<sup>th</sup>, The City of Lenexa hosts a really good 5k/10k race. It is a very flat & fast course with LOTS of high school runners from around the area who run it each year. If you are interested in running you can sign up through the link below. There is a link to register a group of high school runners as a team. Grab your friends and register as a team under the 5k registration link.

<https://runsignup.com/Race/KS/Lenexa/LenexaFreedomRun>

### NO Saturday Inter-District Long Run this week

We have had a great showing of kids the past few weeks for BVSW. There will be no contact with coaches this week due to the new KSHSAA rule so we will pick back up the week after. Let's keep up the good work & have our best season yet! More information will be sent out next week.

### No T.A.P.P. this week, but it will continue the week after

There will be no TAPP this week for the same moratorium rules from above. The building is not available for any athletes either so you will have to make other arrangements for strength training. Contact Coach Buehler or myself if you are looking for ideas or are limited in venues to workout. TAPP will continue again on July 8<sup>th</sup> Monday, Tuesday & Thursday at the BVSW Fitness Center after this week.

### BVSW XC Website!

Make sure you check out the new website for details on all thing's BVSW cross country

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

