



SOUTHWEST PROJECT

-3

Weeks to XC

The Southwest Project

Here is a lot of stuff for what we are going to be doing this fall. 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

New Week, New Venue

We are going to meet at Heritage Park starting Monday July 29th. We will congregate at the Marina at the main parking lot as you enter near Pflumm & 159th St. We will continue to meet on Monday, Tuesday, Thursday & Friday for the next two weeks at 6:30am.

Spiritware!

Below is the link to the spiritware for the 2019 fall XC season! We are ordering through the Den's website. The online store close on August 29th so we can get you the gear on September 12th. I will add a link to the store on the BVSX XC Website too. Click on the link below

<https://squareup.com/store/bvsw-den-crosscountry>

Last Saturday Inter-District Long Run this week

This will be our last scheduled inter-district long run on Saturday Aug 3rd at 7:00am. We are meeting at in Louisburg to run on some soft trails. Come join us for one last fun run! Address below

Wrigley Family Farm 10230 W. 299th St.
Louisburg, KS 66053

Tentative Fall Schedule

Here is the practice location & time schedule for the fall season (but everything is subject to change). We do practice or race 6 days a week (with an "either/or" on Sun/Mon option). Kids who don't drive can take a van driven by the coaches on days we have school.

https://docs.wixstatic.com/ugd/ab0cb5_da053358bc3b42b590d2c529ce70613c.pdf

BVSX XC Website!

The link on the school's athletic page will now take you to the new website. Make sure you check it out for details on all thing's BVSX cross country <https://ajballew.wixsite.com/bvswxc>

NXN Heartland Regional "Save the Date" on November 9th-10th

Now is the time to start making sure you can make it out the NXN Heartland Regional meet in Sioux Falls, SD on November 10th. We have brought a group of 20+ for the past three years and it has been a blast. We will work out the details based on what we can do to make the event special. More details can be found below

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

