



SOUTHWEST PROJECT

XC Week

-8

The Southwest Project Newsletter 8 Weeks to Go

Sorry for the late post on the newsletter but I am excited for this week! This will be our last week of June (Next week we have off due to KSHSAA rules). Upper Classman will organize practice for returning athletes in the off week. The best way to keep in touch is to sign up for Remind (Text @bvs wxc20 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 about the season. I am keeping the BVSX XC Website updated, check it out! <https://ajballew.wixsite.com/bvs wxc>

Things Moving Forward

Pancake Breakfast THIS Friday (home of the Ellis’s)

We will meet at the normal time (6:30am – Returners & 7:00am – New/M.S.) at the home of the Ellis’s who have generously volunteered to open their home to the BVSX XC Running Family.

NEW RUNNERS / MIDDLE SCHOOL: We will be done with practice at 8:00am, but additional time could be needed to eat.

The Address is 14608 S Lucille Street Olathe KS 66062

Make sure you SIGN UP for the Conditioning programs

Please make sure you sign up for the appropriate Conditioning program & pay the \$35 fee. Sign up Deadline is **July 5th**. You can continue to do the conditioning program even if you don’t sign up, we will NEVER turn anyone away, but you will NOT receive a T-shirt or have the opportunity for Mileage/Performance Challenges.

Returning XC Runners

<https://forms.gle/qdVhyCzq2HRyJo6i6>

NEW XC Runners

<https://forms.gle/BKcdXW16YbUSwKU99>

Middle School Runners

<https://forms.gle/SFiuvEsx8x9C4U218>

Summer Conditioning Webpage

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

<https://ajballew.wixsite.com/bvs wxc/about>

Signing & using Strava (Online Training Notebook)

Strava is an online training website that will track & log all runs/workouts for runners, cyclists & swimmers. It is the preferred method to track our training for the season. See the webpage below for help setting up a profile.

<https://ajballew.wixsite.com/bvs wxc/news-updates-2>

Training Challenges

Mileage T-Shirts

The first challenge is based on the number of miles that are logged between June 1st & August 28th. Miles have to be logged on Strava for them to count.

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

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. We will run this segment every Monday through the entire Summer & a few times. Details about Both Challenges can be found on this link https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_39757ae0301e4ce6aae46396b738288c.pdf

Things to put on your Calendar

Lenexa Freedom Run (July 3rd)

If you are interested in testing your fitness, come early July, the Lenexa Freedom run is the perfect introduction into racing the 5k distance. Link below if you want to sign up. **This is open to ALL members of our running family (Returning, New, Middle School & Parents).**

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

Rocky Mountain Road Trip (July 16th-22nd)

The specifics for the trip have changed based on costs & lack of a 2nd driver. We will be taking a 15-passenger van but will have to limit the numbers to save room for Luggage & storage. We will be inviting Seniors & Varsity athletes first. Be on the lookout for specific details this week. If we can reach 12 kids it will cost \$700

Worlds of Fun (TBA)

We are in the planning stage of having a summer day trip to Worlds of Fun. We will create a signup form & send that out in the next few weeks. We can get tickets at a much cheaper cost than normal if we pay as a group. A date will be determined shortly. Be on the lookout. **This is open to all High School Runners.**

Daily Schedule for Week -8

Day	Date	Location	Time – Who	Workout Details
Monday	June-14	Verhaeghe Park BVSU (W.R.)	6:30am – Returners 6:00pm – Return/NEW**	-WU, Steady Run “Mills”, 5xBU's -Recovery & TAPP
Tuesday	June-15	BVSU Fields BVSU (W.R.)	6:30am – Returners 7:00am – NEW/MS* 6:00pm – Returners**	-SPWU, Speed Development, Hills Core X, CD -Recovery & TAPP
Wednesday	June-16			-Steady/Recovery, XT or Rest
Thursday	June-17	Deanna Rose BVSU (W.R.)	6:30am – Returners 6:00pm – Return/NEW**	-WU, Steady Run, 5xBU's -Recovery & TAPP
Friday	June-18	Elli's Home***	6:30am – Returners 7:00am – NEW/MS*	-WU, Recovery Run, 4xBU's, SAM
Saturday	June-19	I-Lan Park	7:00am - Returners	-WU, Long Run, 5xBU's, Stretch/Roll Out

*Any New Runners & Middle School Students should meet at 7:00am at the location indicated

**TAPP Meet by the Weight Room (W.R.) in the main GYM at BVSU. Athletes doing a double, meet outside.

*** Meet at 14608 S Lucille Street Olathe KS 66062

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