



XC Month  
May

### The Southwest Project Newsletter May (Pre-Season)

With only a few weeks to go before we start our Summer XC conditioning program it is time to start making plans so that we don't have a long or awkward transition from Spring to Summer. To stay up to date 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/bvswxc>

### **Things Moving Forward**

#### Track & Field (Spring Sports) ramp up for the Post Season

The track & field season is approaching the post-season. The last 3 meets of the season (EKL, Regional, State) are fast approaching & we could use all the support we can get from our running family.

EKL is the league championship with a lot of bragging rights on the line with the Blue Valley Schools. The meet begins at 4:00pm at BVNW on Friday May 13<sup>th</sup>.

Regional will determine who qualifies to the State Championship. Top 4 places move onto State so very high stakes. The Regional is Thursday May 19<sup>th</sup> in Pittsburg, KS.

The KSHSAA State Track meet is one of the biggest State meets in the country with all 6 classes in the same place at the same time. It is an exceptionally run event with lots going on. The crowd size at the State track meet is BIGGER than any sporting event in the State (even bigger than football)

We also wish good luck to ALL spring sports as they prepare for their championship season also. I look forward to seeing a lot of new trophies & banners to be hung in the halls & gyms after this year concludes.

#### Returning XC runner Summer Conditioning Program Starts Tuesday, May 31<sup>st</sup>

First, Check the link below for all the details on the BVSX XC website  
<https://editor.wix.com/html/editor/web/renderer/edit/ca4b86af-2455-4a72-9f65-5f41ccd82407?metaSiteId=b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b>

We will begin meeting on **Tuesday May 31<sup>st</sup> at 6:30 am at Verhaeghe Park** (167<sup>th</sup> & Flint St.) The exact amount of recovery time for athletes finishing spring sports seasons is dependent on each athlete individually, but we want to maintain a certain level of fitness and not let it drop because of too much time off.

<u>Day</u>	<u>AM Session</u>	<u>PM Session</u>
Monday	6:30am (BVSX)	6:00pm (BVSX)
Tuesday	6:30am (Verhaeghe)	6:00pm (BVSX)
Thursday	6:30am (Black Bob)	6:00pm (BVSX)
Friday	6:30am (Various)	
Saturday	6:30am (Various)	

Morning Sessions will consist of a range of Recovery, Steady, Speed, Tempo & Workouts. PM Sessions will be our TAPP program run by coach Buehler to develop strength and help with injury prevention. We can't improve the engine without strengthening up the chassis.

*"Are you On the Journey to the Summit of Great"*

## New Runner & Middle School Conditioning Program Starts Tuesday May 31<sup>st</sup>

If you are a new athlete or middle school runner, please fill out the link below (if you haven't already)

<https://forms.gle/HyxRVw6vRN65xqQr5>

We will begin on **Tuesday May 31<sup>st</sup> at 7:00am at Verhaeghe Park** (167<sup>th</sup> & Flint St.) All High School students/athletes will meet at 6:30am, but Middle School students will meet at 7:00am.

### **New Runners Summer Schedule**

<u>Day</u>	<u>AM Session</u>	<u>PM Session</u>
Monday	Invite only	6:00pm (BVSU)
Tuesday	6:30am (Verhaeghe)	Invite only
Thursday	Invite only	6:00pm (BVSU)
Friday	6:30am (Various)	

### **Middle School Runner Summer Schedule**

<u>Day</u>	<u>AM Session</u>
Tuesday	7:00am (Verhaeghe)
Friday	7:00am (Various)

### Booster Club Positions

Parents: Please look at the Booster Club Positions on the link below. We are looking to fill positions for the upcoming year. If you are a parent that will be returning to the program this fall, OR new to the team entirely, click the link and see if you'd be willing to help us run a particular event/group.

[https://docs.google.com/spreadsheets/d/18p3T\\_hZfAJhpPBQbulEAbCKXBxGGSiEqLKE6xoVimtk/edit?usp=s\\_haring](https://docs.google.com/spreadsheets/d/18p3T_hZfAJhpPBQbulEAbCKXBxGGSiEqLKE6xoVimtk/edit?usp=s_haring)

If you are interested in helping contact me (Coach Ballew [ajballew@bluevalleyk12.org](mailto:ajballew@bluevalleyk12.org)) or Mrs. Carrie Paschke (our Booster Club President).

### Summer Colorado Trip

We have finalized the plans for our Summer Colorado Trip. The trip will take place on July 13<sup>th</sup>-17<sup>th</sup>. Those returning runners that contacted Mrs. Dombrosky &/or Mrs. Paschke about the trip, be on the lookout for an email in the next few weeks about the details for payment & trip itinerary.

### Pancake Breakfasts this Summer

We need some volunteers that are willing to host Pancake Breakfast Runs from their homes on certain Friday's during the summer. Click the link below and fill out the form to offer to host. If you don't want to host but are willing to help, you can click the link too.

<https://forms.gle/V8Nku4fcoxRETG3g8>

### Lenexa Freedom Run (July 4<sup>th</sup>)

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>

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