



SOUTHWEST PROJECT

XC Week

2

The Southwest Project

One week down and a lot more to go! We will have one more week of pure training before we begin the racing, so hang in there! The best way to keep in touch & up to date 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 & Instagram (@BVSWDistance) where I will send out cool information about the season.

Things for this week

We are BACK at it on Monday

Check out the Practice Schedule below for time and location

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

Get your Physical in if you haven't yet!

You will not be able to practice with the team DON'T GIVE UP. Please turn them into the athletic office downstairs. Check out the school's athletic website for paperwork details.

Spiritware CLOSSES THIS WEEK!

This is our last week to order spiritware before the store closes for the season! Make sure you get what you want because we will not have a 2nd order. Gear should be here by September 12th

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

Any athlete who is "planning" on making Varsity this year should order a Holloway singlet from the online store. We plan on using those as alternate jerseys for big meets during the season.

No Parent Meeting

If you missed the parent meeting before the start of the season here are details we hit on there. Check out the website for more information that will be helpful for you and your runner.

<https://ajballew.wixsite.com/bvswxc/news-updates>

Movie Night Last Friday!

Thank you to everyone that made it out to the movie night last Friday. I had a lot of fun watching my favorite running movie from when I was in high school. Lets keep having great team bonding activities like those!

Senior Photos

We need all seniors to take photos in the GYM at 8:00am on Thursday (29th) for banners. We will get you your uniforms before Thursday. Make sure you attend the quick meeting on Monday to organize it

Running Family Breakfast

We are having our annual team breakfast for all members of our Running Family. Chris Cakes will be catering so bring your appetite. The Breakfast will start at 9:00am by the concession stands (after practice)



Daily Schedule for Week 2

Day	Date	Location	Time	Details
Monday	26-Aug	Heritage Park	3:10pm 3:25pm*	-Recovery Run -Quick Senior Meeting
Tuesday	27-Aug	Track	5:50am	-Intervals @10k/1mi Pace
Wednesday	28-Aug	Mills Farm Pool	3:10pm	-Easy/Recovery Run
Thursday	29-Aug	GYM Black Bob Park	8:00am 3:10pm	-Senior Photos -Easy Run -Spiritware Store Closes
Friday	30-Aug	Campus	3:10pm	-Uniform Check Out -Recovery Run
Saturday	31-Aug	XC Course Concessions	7:00am 9:00am	-Intervals Long -Family Breakfast

*As we dismiss to go to Heritage Park we will discuss uniform check out for seniors since you will be taking pictures before the rest of the team gets them.

Senior Pictures: Meet in the gym ready to take pictures at 8:00am. These will be the photos used for Banners & other fun things through the season. Below is a link to the order form. See the Booster Club Email for details about payment options.

https://docs.google.com/document/d/10_vca8V9HQ9W2r44zH7JrB9Ohg_9EwDQgef2ZmXEhIU/edit?usp=drive_web

Uniform check out on Friday will only be for non-seniors. Older athletes will have first choice on uniforms.

Family Breakfast: We are meeting at the concession stands after our practice on the XC course. Everyone is invited to join us for food and fun! We would love to have the whole running family there to celebrate the great accomplishments of the summer & early part of the season.

-We are working on a plan in case the weather doesn't cooperate (details to come, if necessary)

