



SOUTHWEST PROJECT

-11

Weeks to XC

What is the Southwest Project?

The Southwest Project is a program that is being implemented to and improve cross country not only at BVSU but for the entire community. The program will go above and beyond the normal duties of a cross country team to reach out to younger & older runners in our school/community. We will also promote our sport at all levels by hosting fun and exciting events beyond just our school.

We will keep you updated with different events throughout the year in this newsletter & it will be posted on the BVSU XC website. The future of BVSU XC is bright! We hope to grow the support & "buy-in" to our community and help people see that our sport is about more than just running. There is something for everyone regardless of age, experience, fitness or ability.

New Things for Summer 2019

New BVSU XC Website!

We have just created a new cross country website. It will still have a lot of the same information but also a lot more! Check it out and stay up to date with any changes that may occur as we go through the summer & fall seasons. <https://ajballew.wixsite.com/bvsuwx>

BVSU Youth Cross Country Camp (June 10th-12th)

We are hosting a youth camp for middle schools (incoming 6th-8th grade) to teach them about how the SPORT of cross country works especially at the high school level. We will take them through warmups, dynamic stretching, plyometric exercises & aerobic fitness in ways that incorporate fun and games. If you want to be part of the experience please contact coach Ballew (ajballew@bluevalleyk12.org) There are still spaces available.

We will need the help of High School athletes to act as camp counselors to volunteer for the camp. If you are a high school athlete interested in helping talk with Coach Ballew at practice starting next week. Help us teach the younger athletes what it means to be a member of the BVSU Cross Country team!

Summer Conditioning for High School Begins

We will start our summer conditioning on June 3rd at Deanna Rose. Check out the website for details on locations. We will meet Monday, Tuesday, Thursday & Friday at 6:30am. Every good cross country coach & athlete know that championships are not won in the fall, they are won in the summer through consistent training with a unified vision for the future. I look forward to seeing everyone there.

Summer Conditioning for Middle School Begins

Starting on June 14th, Middle School athletes are invited to join us for conditioning that will help them prepare for their season and get an opportunity to meet coaches and athletes at the high school level. We are inviting middle school runners every Monday & Friday starting on June 14th at 6:30am to come train with us and start being part of the BVSU XC community at an early age. Parents are invited to join us too!

