



SOUTHWEST PROJECT

Weeks to go

-7

The Southwest Project Newsletter 7 Weeks to Go

The next few weeks are going to get a busy & bit different as we round the middle of the summer. We WILL meet this week for practices, but next week will have to be organized by the athletes or on your own. Let's stay on top off all this training and enjoy the upcoming holiday. The best way to keep in touch is to sign up for Remind (Text @bvs wxc22 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 throughout the season.

I have updated the BVSX XC Website check it out! <https://ajballew.wixsite.com/bvs wxc>

Things Moving Forward

Thank you to the Brogan's for hosting

Big Thank You to the entire Brogan family for hosting our Pancake Breakfast last Friday. We greatly appreciate your generosity & hospitality. I look forward to a few more before the end of the summer.

Colorado Team Camp July 13th-17th

We will be going off on our Colorado Summer Trip July 13th-17th. I sent out special sign-ups for this to all returning runners earlier in the spring. We still have a few spots available for ANY 9-12th grade athletes to attend our trip. If you are interested, please email me (ajballew@bluevalleyk12.org) & I will send you all the information & details.

New Meeting Place THURSDAYS at Deanna Rose

We will be moving our meeting location for returning runners on Thursdays to Deanna Rose. We will meet in the "East" parking lot usually reserved for parties near the playground. There have been a few issues regarding safety at Black Bob Park this summer & we thought it would be best to meet somewhere else.

No TAPP Thursday (June 30th)

Coach Buehler & I will be at the Heartland Distance Summit that evening. Talk with coach Bueher about what he would like you to do that night, but it will have to be on your own. Find the internal discipline to hold yourself accountable & get the work done!

No Coach-led Practices Next week (July 4th- July 10th)

We will not be meeting for Practices NEXT week (July 4th-10th) due to the KSHSAA moratorium rule that went into place a few years back. Coaches are not allowed to attend, but I will encourage the upperclassman & leaders on the team to reach out & organize running meetups on your own.

Southwest Project Track Club for Summer Conditioning Fee

The returning, new & middle school programs will **cost \$35**, paid to the **Southwest Project Track Club**

Strava (Online Training Notebook)

If you haven't signed up for Strava yet, please do so. It is our way of logging miles for the summer challenges. You do not need a GPS watch to use it. Runs can be put in manually. Just sign up for a free account & join the Southwest Project Track Club Group.

"Are you on the Journey to the Summit of Great?"

Summer Conditioning Webpage

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

<https://ajballew.wixsite.com/bvswxc/about>

Training Challenges

Details about Both Challenges can be found on this link https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_403baf4763264a81b6ea89cf3e1a016d.pdf

Things to put on your Calendar

Lenexa Freedom Run (July 4th)

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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Family Team Breakfast (August 27th)

Please save the date for our Team breakfast scheduled for the August 27th at 9:00am at the BVSW concession stands near the track & soccer field. This event is open to ALL BVSW athletes, families & friends. We will send out more information as the season gets closer.

Fall Meet Schedule

Below is a link to the fall cross country season meet schedule. The dates & all information about the events will be updated as that information comes in. <https://ajballew.wixsite.com/bvswxc/copy-of-meet-info-2021>

Daily Schedule for Week -7

Day	Date	Location	Time – Who	Workout Details
Monday	June-27	BVSW Track ¹ BVSW Weight Room	6:30am – Returners 6:00pm – Return & NEW	-SPWU, Speed W/O, Ex-CD -PM Double &/or TAPP**
Tuesday	June-28	Verhaeghe Park BVSW Weight Room	6:30am – Returners 7:00am – NEW/MS* 6:00pm – Returners	-WU, Full-Mills, H/T, BU's, Roll -TAPP**
Wednesday	June-29			-Recovery jog, SAM
Thursday	June-30	Deanna Rose ²	6:30am – Returners	-1/2WU, Steady, H/T, BU's, Roll -PM Double & Lift on Your Own**
Friday	July-1	Heritage Park Marina	6:30am – Returners 7:00am – NEW/MS*	-LL, Recovery, H/T, BU's, Stretch
Saturday	July-2	I-Lan Park	6:30am - Returners	-1/2WU, Long, H/T, BU's, Leg Elevations

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

**TAPP meet on Monday & Tuesday, but not Thursday

¹ – Meet the Concession stands on Monday morning

² – NEW meeting location for Thursday runs

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