



XC Month

Feb

The Southwest Project Newsletter February (Pre Season)

With only one month left until the start of the spring sports, we have a bit of time left to prepare. Spring is a very important part of the development of an aerobic(distance) type athlete. Let's use this time to refocus and get back after it. 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

Winter Training Continues

As we go through the January & February months, we will continue to work with our Winter Wolves Conditioning program for any & all high school athletes at BVSX. We meet on the south side of GYM, upstairs next to the fitness center after school each day. The conditioning is a mix of all types of running with a strength development session after.

Whether you are doing Track in the spring or not, you can always train with us. If you need help getting in better shape for any sport, we are your one stop shop. Coach Ballew will be there each day to help organize the workout details, but this is athlete led & we encourage you to do as much running outside as possible. Please wear appropriate cold weather running gear. It is better to have it and not need it then the other way around.

When the weather is cooperates, we will continue to have our morning double runs at BVSX at 6:50am Tuesday & Thursday. We will also have pancakes & movies after the run in Room 705 after the Thursday runs. Come workout & you are invited.

Indoor Meets this Winter

Below is a link to the milesplit calendar of indoor meets in our general area. You can also check out the **email** send by **Coach Buehler** where he attached links to each of the meets, he was able to find.

<https://ks.milesplit.com/calendar>

For all distance runners, I would recommend running 1 or 2 of these meets. Getting in a few races (at most 3 events total) this winter will help break of the monotony of training along with keeping your competitive edge. Don't race too often since that is not our emphasis in terms of training.

Track Preseason Meeting

Coach Buehler & Smith had a preseason track meeting on February 1st. He sent out an email if you were unable to attend. If you didn't get the email let coach Buehler know (Gbuehler@bluevalleyk12.org).

Check out the BVSX Track website for more details about the season <https://gbuehler.wixsite.com/bvswtf>. I also attached copy of the Powerpoint coach Buehler sent out with the big picture items.

Summer Colorado Trip

We are moving forward with our plans for the Summer Team Camp to Colorado in July. Be on the lookout for details to sign up for the trip. The more we take the more fun it will be!

"Build the Bridges that take you the places you didn't think was possible"

Recruiting for the 2022 XC Season

We need all hands-on deck for the 2022 XC season. We want to grow out numbers for the fall and we need some help from all current athletes and future runners. Talk to your friends and encourage them to give XC a chance. They don't have to be superstar runners to be superstar members of our team.

We had our New Timberwolf Night the last week in January & I got to see so many excited future members of our running family. I am really looking forward to working with every one of you as you transition into high school. It will be great for you to already have a support group as you enter this new stage in your life.

Welcome New Members

Wyatt McCulley, Izzy Smith, Alexis Fenton, Rohan Chalamalasetti, Kiley Shamet, Ella Hamrick, Noah Russell, Addison Utting, Brody Teller, Eugene Giam. We can't wait for you to join us officially this summer!

#Building Bridges – The NEW Theme of 2022

Nothing I've said about "on the journey" has or will change. The journey is about finding the right direction & progressing forward through uncertainty. On that journey you come across seemingly impassable obstacles (rivers, lakes, canyons, swamps, etc). These obstacles are things like our school size, enrollment restrictions, # of school activities, not to mention our own personal obstacles in life/XC. Some of our personal obstacles are other sports you're involved in, jobs, activities... maybe even your own lack of commitment. Maybe it's your own fear, fear that if you really put yourself out there and fall short of your goals. Building a bridge changes the environment around you to better get through obstacles. Golden Gate Bridge connects 2 peninsulas around a bay. Without bridges it would take half a day to get to the other side, instead it takes 20 minutes to cross the bay. Building bridges work best when the two opposite sides work together to connect in the middle. This means we make connections with other programs, coaches, athletes, colleges, information between ourselves. Make connections with each other on this team so that we as a collective can grow and progress toward our goals.

We are going to **BUILD BRIDGES** to make this team into the **BEST XC PROGRAM IN THE COUNTRY** & we will continue... **ON THE JOURNEY**... So, let's make our way to the Summit of Great!

Be on the lookout for the logos below to become **stickers** to hand out to the members of our running family



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