



# SOUTHWEST PROJECT

Weeks to go

**-9**

## The Southwest Project Newsletter 9 Weeks to Go

Even though summer feels like it just started, we are already reaching a very important part of our training for the fall. Our goal in these early weeks is to grow & develop the aerobic engine that is the foundation of all our training that will come. Let's work hard this week & get ourselves prepared for championship season in October & November. The best way to keep in touch is to sign up for Remind (Text @bvswxc22 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 about the season. I have updated the BVSX XC Website check it out! <https://ajballew.wixsite.com/bvswxc>

## **Things Moving Forward**

### Thank you to the Malinowski's for Pancake Breakfast

Big shout out to the Malinowski's for hosting our first pancake breakfast of the summer!

We are also looking for a host for a pancake breakfast on **Friday June 24<sup>th</sup>**. If any families/parents are interested, please contact me or Carrie Paschke ([carriepaschke@yahoo.com](mailto:carriepaschke@yahoo.com)) via email. We can give you all the information you need.

### Southwest Project Track Club for Summer Conditioning Fee

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

You can make payments to either **@SouthwestProject on Venmo**

<https://account.venmo.com/u/SouthwestProject> or **checks to Southwest Project Track Club**. We ask for this financial commitment to pay for snacks, T-shirts, & pancake parties at various times through the summer. Athletes will also receive a one-of-a-kind SOUTHWEST PROJECT T-Shirt & wristband also be eligible to earn Mileage Shirts if they can reach certain goals.

### Sign up for NEW Remind 101

Use the link here (<https://www.remind.com/join/bvswxc22>) or Text "**@bvswxc22**" to the **number 81010**  
We will use this mainly for quick updates especially about weather cancelations or changes to the schedule

### Weather & Cancellation Procedure

Unfortunately, weather is always a possible issue throughout the summer. We want to run even if it is raining but NOT if there is lightning in the area. We will send out messages through Remind, Email, & posts on social media (Twitter & Instagram @BVSWDistance) to let you know if we cancel or move practice.

### Signing up & using 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. Here are some links that could help.

How to videos - <https://ajballew.wixsite.com/bvswxc/news-updates-2>

Create an Account - <https://www.strava.com/register/free?cta=sign-up&element=global-header&source=login>

Southwest Group - <https://www.strava.com/clubs/456807>

*"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](https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_403baf4763264a81b6ea89cf3e1a016d.pdf)

## **Things to put on your Calendar**

### 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>

### Family Team Breakfast (August 27<sup>th</sup>)

Please save the date for our Team breakfast scheduled for the August 27<sup>th</sup> 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 -9**

<b>Day</b>	<b>Date</b>	<b>Location</b>	<b>Time – Who</b>	<b>Workout Details</b>
Monday	June-6	BVSW Track <sup>1</sup> BVSW Weight Room	6:30am – Returners 6:00pm – Return & NEW	-SPWU, Speed W/O, Ex-CD -PM Double & TAPP**
Tuesday	June-7	Verhaeghe Park BVSW Weight Room	6:30am – Returners 7:00am – NEW/MS* 6:00pm – Returners	-1/2WU, Steady, H/T, BU's, Roll  -TAPP**
Wednesday	June-8			-Recovery jog, SAM
Thursday	June-9	Black Bob Park BVSW Weight Room	6:30am – Returners 6:00pm – Return & NEW	-1/2WU, Steady, H/T, BU's, Roll -PM Double & TAPP**
Friday	June-10	Heritage Park Marina	6:30am – Returners 7:00am – NEW/MS*	-LL, Recovery, H/T, BU's, Stretch
Saturday	June-11	Quivira Park	6:30am - Returners	-1/2WU, Steady, H/T, BU's, Leg Elevations

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

\*\*TAPP meet at the weight room in BVSW

<sup>1</sup> – Meet the Concession stands on Monday morning

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