



SOUTHWEST PROJECT

-8

Weeks to XC

The Southwest Project

The weather we have been having the past few days has crazy. The best way to keep in touch 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 (@BVSWDistance) where I will send out cool information and updates about the season.

Things for this week

This Week we are at Black Bob Park

Starting this week (June 24th) we will meet at Black Bob Park on 151st street at 6:30am Monday, Tuesday, Thursday & Friday. We will meet together in the first parking lot on the left as you enter the park (near the playground). If you have specific questions check out the BVSX XC website https://docs.wixstatic.com/ugd/ab0cb5_e2531404660849af8c530b117158cee9.pdf

Saturday Inter-District Long Run #3

Saturday June 29th at 7:00am at Garry Gribbles Running Store (NW corner of 119th & Quivira). Just like last week. It is a great place to run & meet athletes from across the Jo Co area. <https://goo.gl/maps/iEHyx9ojCmmRE9WR9>

T.A.P.P. Continues

Coach Buehler will be continuing to run the T.A.P.P. strength and conditioning program for any BVSX athlete. TAPP is on Monday, Tuesday & Thursday at the BVSX Fitness Center.

Mid-Summer Moratorium (No Practices)

Between the days of June 30th – July 7th we (the coaches) are not allowed to meet with the athletes during that time. There will be no scheduled conditioning practices during that week. Captains will organize practices so contact other athletes to for meeting time and locations.

On July 4th, The City of Lenexa hosts a really good 5k/10k race. It is a very flat & fast course with LOTS of high school runners from around the area who run it each year. If you are interested in running you can sign up through the link below. There is a link to register a group of high school runners as a team. Grab your friends and register as a team under the 5k registration link.

<https://runsignup.com/Race/KS/Lenexa/LenexaFreedomRun>

BVSX XC Website!

Make sure you check out the new website for details on all thing's BVSX cross country <https://ajballew.wixsite.com/bvswxc>

Summer Conditioning for Middle School Continues

Middle School runners are still invited to train with us on Monday & Friday this week!

