



SOUTHWEST PROJECT

XC Month

Jan

The Southwest Project Newsletter January (Pre Season)

Happy New Year to our entire BVSU running family. I am excited to start the next year on a positive note. We have another opportunity to grow our program. Even though the weather is a bit rough, this is one of the most important times to develop your aerobic foundation for the year. To stay up to date follow us on [Twitter](#) & [Instagram \(@BVSUDistance\)](#) where I will send out cool information about the season.

I am keeping the BVSU XC Website updated, check it out! <https://ajballew.wixsite.com/bvsuxc>

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 BVSU. 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 than the other way around.

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.

Summer Colorado Trip

We are in the planning period of our 2nd Rocky Mountain Trip. This year's plan will be a bit different than the past but will be a great experience. The general plan will be to rent out a girl & boy cabin in the Breckenridge area for 4 nights. Athletes will plan, purchase & cook their own meals during the trip. Each day we will have an activity planned but running will be the central theme of the trip. Our goal is to get in shape & give everyone a chance to focus on our tent poles... buy in, commitment & family.

Things to be on the lookout for

1. We may have to limit the number of athletes we can bring based on transportation & lodging.
2. We will ask for a deposit amount upon signup to save the athlete's spot.
3. We will need a female parent/adult chaperone for the trip to stay in the girls' cabin.
4. Exact Dates will be determined shortly but will fall between July 12th – 19th, 2022

Be on the look for more details, I am excited to make this summer's trip an exciting one!

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

#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 THE 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!



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