



SOUTHWEST PROJECT

XC Week

-11

The Southwest Project Newsletter 11 Weeks to Go

Welcome to the Start of the XC “season.” For all Returning & New runners, we will begin our long buildup the fall Cross Country season beginning in August. The Champions we see in November are the ones who maximized their opportunities over the Summer. The best way to keep in touch is to sign up for Remind ([Text @bvswwxc20](https://www.remind.com) to the [number 81010](https://www.remind.com)). “When” changes to our schedule happen, it will be sent through remind & email. You can also follow us on [Twitter](https://twitter.com/BVSWDistance) & [Instagram](https://www.instagram.com/BVSWDistance) ([@BVSWDistance](https://www.instagram.com/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/bvswwxc>

Things Moving Forward

Summer Conditioning Programs

Returning Runners: We will have 5 days morning practice (M,Tu,Th,F,Sa) at various locations at 6:30am. Workouts will be specific to runners who are ready to handle larger times/distances & paces. We will also have the T.A.P.P. program going in the evenings starting at 6:00pm at BVSX

Returning Runners Form (Please Fill out)

<https://forms.gle/4i4sHbUDw2gJiUdP9>

Middle School & New Runners: We will meet Tuesday (BVSX) & Friday (Various Locations) at 7:00am. Every training day will start off with a lesson about our program or running in general along with going through the warmup routine that will be continued through the athletes running career. The T.A.P.P. program will be open for all **high school** students at 6:00pm for lifting & Strength development at the BVSX Fitness Center.

Both Programs will cost \$35, paid to the BVSX XC Booster 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.

New Runners Form (Please Fill out)

<https://forms.gle/yhLbKtkBjEkvjG2A8>

Summer Schedule & More

Below is a link to the google doc I shared with the Zoom Meeting on May 30th for parents & athletes. There are many links on the page for information about our program.

<https://docs.google.com/document/d/1azXI211hQosbls8ycEP8Tea4kcdg-s22TTHTBC3vZCA/edit?usp=sharing>

Be “Weather Aware”

With constantly changing weather conditions in the Midwest, the BVSX XC team will send out text messages if plans change. [Text @bvswwxc20](https://www.remind.com) to the [number 81010](https://www.remind.com). Remember to dress for all weather conditions!

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

Things to put on your Calendar

Worlds of Fun (TBA)

We are in the planning stage of having a summer day trip to Worlds of Fun. We will create a signup form & send that out in the next few weeks. A date will be determined shortly. Be on the lookout for that. **This is open to all High School Runners.**

Olympic Trials Watch Party (June 21st)

We are going to have a watch party in the BVSU Commons on June 21st at 7:00pm. That will be one of the best nights to watch for us distance running fans. They will be running the finals of the **Men's 800m**, the **Women's 1500m & Women's 5000m** along with some field events. Those going to T.A.P.P. that evening will be able to just walk over to the commons after your workout. **This is open to ALL members of our running family (Returning, New, Middle School & Parents).**

Lenexa Freedom Run (July 3rd)

If you are interested in testing your fitness, come early July, the Lenexa Freedom run is the perfect introduction into racing the 5k distance. For our returning runners (& potential Varsity athletes) I challenge you to take on the 10k distance and treat it as a type of Tempo/Lactate Threshold run for maximum capillary development. Link below if you want to sign up.

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

Rocky Mountain Road Trip (July 16th-22nd)

We are trying to put the final plans together for our trip to Colorado & Utah in the later summer (July 16th-22nd). We are looking for a **parent who would like to go on the trip with us** to act as a 2nd chaperone & possibly drive a rented van. The number of students we have go on the trip will dictate cost. We appreciate your patience & cooperation with this trip. **This is open to all High School Runners**

Daily Schedule for Week -11

Day	Date	Location	Time	Workout Details
Monday	31-May			
Tuesday	1-June	BVSU	6:30am – Returners 7:00am – NEW/MS*	-Speed Development
Wednesday	2-June			
Thursday	3-June	Black Bob Park**	6:30am – Returners	-Steady Run
Friday	4-June	Black Bob Park**	6:30am – Returners 7:00am – NEW/MS*	-Recovery Run
Saturday	5-June	Quivira Park	7:00am - Returners	-Long Run
Sunday	6-June			

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

**First Parking lot on the Left after you enter the park from 151st Street

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