



SOUTHWEST PROJECT

Pre-
Season XC

The Southwest Project Weekly Newsletter

One more week before Cross Country officially begins. Make sure you are ready to go on that first day & good luck as we begin our official season. The best way to keep in touch is to sign up for Remind (Text @bvs wxc2 to the number 81010). "When" changes to our schedule happen it will be sent through remind & email. You can also follow on Twitter & Instagram (@BVSWDistance) where I will send out cool information about the season.

Things for this week

Conditioning this week: at BVS Track

We will spend our last week of Pre-Season conditioning meeting at the BVS Track at 6:30am Monday, Tuesday, Thursday & Friday next week. So many of you have done a great job logging miles & posting to Strava, keep it up for one last week!

Official Practice Begins Monday August 17th

Cross Country & Fall sports officially begin Monday, August 17th. We will have many new rules in place & it will be a little strange without school starting until September. We will do our best to make this a fun but safe environment for the athletes. We cannot always control the situations we are put into, but we can control how we react to them.

Get your physical in before the first day of practice!

You will not be able to practice with the team if you haven't turned in your physical into the athletic office by Monday August 17th (First day of practice). Check out the school's athletic website for paperwork details. There is an additional COVID sheet that needs to be filled out too.

Team Breakfast, Pancake Breakfasts & Pasta Parties 2020 CANCELED

With the COVID-19 situation, many of the fun "gathering" activities that have made cross country so much fun will not be able to occur. I am not happy that we have to put a stop to a lot of the fun events we have planned in the past. The school/team have a lot of regulations put on us from the State, County, District & School that have made those activities difficult to justify.

Parent ZOOM Meeting August 16th

We are having a Parent meeting THROUGH ZOOM at 6:30pm on Sunday August 16th. We will go over expectations for the season, the changes from COVID and what this may mean for booster club business. It would be beneficial for all parents to attend. If you cannot make it check out the Booster Club page on the XC website below. I will try and record the meeting & post it up on our website.

Parent Meeting (August 16th, 6:30pm)

<https://bluevalleyk12.zoom.us/j/95032537935>

Meeting ID: 950 3253 7935

Passcode: 901324



Cross Country Website for News

<https://ajballew.wixsite.com/bvswxc/news-updates>

We WILL have Spiritware... at some point

We will have a spiritware order Online. I am working with Mrs. Fine through the Den to set up an order. We will send that information out to you all as soon as it is available. We are going to purchase a team T-shirt for each athlete on the team to wear at meets for warmups, cooldowns, & award presentations.

NEW Practice protocol Starting August 17th

Since we will not have school for the first 3 weeks of Cross Country practice, we will meet in the morning at the typical Summer practice time of 6:30am at our typical practice venues we use during the school year.

Additional

- Meet at venue in mask
- Attendance & temperature will be taken as the athlete arrives
- Spread out 6ft apart for team updates/meeting
- Athletes NEED to bring their own filled water bottle
- Masks can only be removed DURING running, then put back on after completion of the workout
- Athletes will be grouped by Gender & “rough” ability to keep close interactions to a minimum
 - Black Group – Experienced Distance Runners
 - Green Group – Experienced Mid-Distance Runners
 - Gray Group – Developing Athletes
 - White Group – New to Running

When school begins, we will make additional modifications when it comes to meeting & transportation.

Daily Schedule for Week 1

Day	Date	Location	Time	Details
Monday	17-Aug	Campus/Track	6:30am-8:15am	-Easy Run
Tuesday	18-Aug	Heritage Park Shelter #8	6:30am-8:15am	-Speed/Hills
Wednesday	19-Aug	Campus/Track	6:30am-8:15am	-Quality Intervals
Thursday	20-Aug	Deanna Rose East Parking Lot	6:30am-8:15am	-Easy Run
Friday	21-Aug	Campus/Track	6:30am-8:15am	-Recovery Run
Saturday	22-Aug	Black Bob Park	6:30am-8:15am	-Tempo Run
Sunday	23-Aug			NO PRACTICE

*Check out the website for details if you need the exact locations of practices. https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_e2531404660849af8c530b117158cee9.pdf

