



SOUTHWEST PROJECT

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Weeks to XC

The Southwest Project

One more week before Cross Country officially begins. Make sure you are ready to on that first day & good luck as you begin your school year. 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 & Instagram (@BVSWDistance) where I will send out cool information about the season.

Things for this week

Thank You to the Wilsons for the Pancake Breakfast!

Big Thank you to the Wilsons for hosting our last practice of the season at their home & for cooking all those wonderful pancakes!

NO Conditioning this week; Official Practice Begins Monday August 19th

We are NOT meeting for conditioning this week. That doesn't mean you shouldn't run, but instead organize with fellow runners you have met over the summer. Be proactive in your training as an investment & see your returns come to fruition later in the fall. We will meet in the commons at 3:10pm after school in the commons on August 19th for our first official day of practice.

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 19th (First day of practice). Check out the school's athletic website for paperwork details.

Parent Meeting August 18th

We are having our Parent meeting in the BVSU Fixed Forum at 6:30pm on Sunday August 18th. We will go over expectations for the season and also take care of 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.

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

Spiritware!

Below is the link to the spiritware for the 2019 fall XC season! We are ordering through the Den's website. The online store close on August 29th so we can get you the gear on September 12th. I will add a link to the store on the BVSU XC Website too. Click on the link below

<https://squareup.com/store/bvsu-den-crosscountry>

Any athlete who is "planning" on making Varsity this year should order a Holloway singlet from the online store. We plan on using those as alternate jerseys for big meets during the season.

Tentative Fall Schedule

Here is the practice location & time schedule for the fall season (but everything is subject to change).

https://docs.wixstatic.com/ugd/ab0cb5_da053358bc3b42b590d2c529ce70613c.pdf

