



SOUTHWEST PROJECT

XC Week

-1

The Southwest Project Newsletter 1 Week to Go

This is our last week of summer conditioning. Next week we begin with real practices! Let's stay focused on getting the job done this week so that we don't have to make up for lost time. Make sure you have all of the little things taken care of before Monday August 16th. The best way to keep in touch is to sign up for Remind (Text @bvs wxc20 to the number 81010). "When" changes to our schedule happen, it will be sent through remind & email. You can also follow us on Twitter & Instagram (@BVSWDistance) where I will send out cool information about the season.

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

Things Moving Forward

Get Your PHYSICALS Done!

Please make sure that each athlete has completed an athletic physical, filled out the proper paperwork & turned it into the athletic office at BVSX. A link to the packet is below. Physicals & paperwork must be turned in **by the first day of practice** before the athlete is allowed to participate in official practice.

<https://www.bluevalleyk12.org/cms/lib/ks02212623/Centricity/Domain/5530/PPBVSD%20Participation%20Packet%202021-22.pdf>

Thank You to the Ferguson's

BIG thank you to the Ferguson's for hosting our pancake breakfast Friday. Everything was great & we really appreciate you opening your home to this crazy bunch!

Make sure you get your Summer Conditioning T-Shirts

I have all the T-shirts for each athlete who signed up & paid their summer conditioning fee. If you ordered a shirt the athlete or parent can pick it up at the beginning practice.

Mileage Logs on Strava

Make sure you have all your mileage counted for the summer. I will be ordering Shirts based on mileage soon & need those numbers as soon as possible!

Running Shoes

If you have been running in the same shoes all summer, you might want to look at getting a new pair!

Last Day of Middle School XC Camp

Tuesday will be our last day for all 6,7 & 8th grade students. I hope you have an enjoyable fall & feel free to come out & support the BVSX Cross Country team at a few meets this year. We would love to see you

Daily Practice Schedule

Here is a link to our daily practice schedule for the fall. Everything is subject to change for many reasons so make sure you are on the Remind app & following along on the newsletters to stay up to date.

https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_63bc9900c1cc4ae0821f75803d1db2bb.pdf

"Are you on the Journey to the Summit of Great?"

Things to put on your Calendar

First Day of Practice (BVSW XC – August 16th)

The first official day of practice is August 16th, 2 days before school officially starts. We will meet at the BVSW Track (XC Corner) at 3:15pm. Please make sure you have your paperwork turned into the athletic office or you will NOT BE ALLOWED TO PRACTICE with the team. See you there!

Parent Meeting (August 15th, 6:30PM)

We will have an online Zoom meeting for our parent night where we will go through the basic expectations and some of the details for the upcoming season. Click the link below on August 15th at 6:30PM.

<https://bluevalleyk12.zoom.us/j/97010845481>

Family Breakfast & Team Time Trial (August 28th)

The BVSW Cross Country team will be having our annual team time trial at the BVSW Track the morning of August 28th (Saturday). The format for the event will be a hang on run with continuously decreasing splits & we will see who can hang onto the increased pace for the longest (Runners meet at 7:00am)

After the event we will have our final pancake breakfast open to the ENTIRE FAMILY. We will get it catered & handout awards for the Mileage & Mills challenges. It is a great way to celebrate the accomplishments of the summer whether you ran 600 miles or simply enjoyed the experience. Middle School athletes & parents are welcome to attend the breakfast (Breakfast Starts at 9:00am)

Nike Cross Country Regional – Heartland (November 13-14th)

The date for the NXR Heartland meet was just posted this week for Sunday November 14th after the XC Season officially ends. The NXR meet is an incredible experience where athletes & teams from 7 states converge on Sioux Falls, SD for a chance to qualify to the Nike Cross National Meet in Portland, OR in December. Details can be found using the links below.

<https://ajballew.wixsite.com/bvswxc/nxn-heartland-xc> &

https://nxrhl.runnerspace.com/eprofile.php?event_id=300&title_id=213&do=title&pg=1&folder_id=268&page_id=479

Daily Schedule for Week -1

Day	Date	Location	Time – Who	Workout Details
Monday	August-9	Verhaeghe Park BVSW (W.R.)	6:30am – Returners 6:00pm –Return/NEW**	-WU, Steady Run “Mills”, 6xBU’s -Recovery Run
Tuesday	August-10	BVSW Track BVSW (W.R.)	6:30am – Returners 7:00am – NEW/MS* 6:00pm –Return/NEW**	-WU, 200m@1mi, 200m@Rec, CD -Recovery Run
Wednesday	August-11			-Recovery, 4xBU’s, XT or Rest
Thursday	August-12	Heritage Park Marina BVSW (W.R.)	6:30am – Returners & 6:00pm –Return/NEW**	-WU, Tempo, CD -Recovery Run
Friday	August-13	Heritage Park Marina	6:30am – Return/NEW &	-WU, Recovery Run, 4xBU’s, SAM
Saturday	August-14	Quivira Park	7:00am – Return/NEW	-WU, Long Run, 5xBU’s

*This will be our last session for ALL MIDDLE SCHOOL athletes. Good luck to you all this fall!

**All High School athletes are invited to the TAPP strength development program at the BVSW weight room
& The coaches will meet the runners at practice, but must leave early to get to our meetings.

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