



SOUTHWEST PROJECT

XC Week

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The Southwest Project Newsletter Week 1

Welcome to the start of the high school cross country season! It's amazing how it can somehow take so long to get here AND feel like it's been so long! Check out the parent meeting tonight or the presentation for a rundown of what was discussed. Please get involved with the Booster Club & help make this our best year yet! The best way to keep in touch is to sign up for Remind ([Text @bvswxc20](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 \(@BVSWDistance\)](https://www.instagram.com/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/bvswxc>

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>

Running Shoes

If you have been running in the same shoes all summer, you might want to look at getting a new pair! We will have our SPIKE NIGHT Monday August 16th at Garry Gribbles (119th & Quivira) 5pm (or after). Discount on shoes and most items in the store.

Sunday/Monday Either/or Practices

If an athlete attends practice on Sunday, they DO NOT come to practice on Monday (Rest Day). We encourage runners to do their run on Sunday, if possible, otherwise we will see you Monday.

Morning Practices & "Doubles" (Tue & Thurs)

You may notice 2 practice times on our schedule for Most Tuesday & Thursdays throughout the year. If you are part of our "Elite" team, you will practice in the morning at 5:50am. Developmental runners will meet in the afternoon. "Elite" runners have the option of doing a "Double" that afternoon with the rest of team.

"Elite" runners will have the same optional "double" opportunity on Thursday morning(s), but after school will be our practice with the entire squad. We have been running doubles since last winter & have become an important part of our training (& actually recovery process). Those "Double" runs will be slow & short to help aid in the recovery process.

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_f4458260268c42e9a1af374ee39253a2.pdf

Link to the Meet Schedule To (<https://ajballew.wixsite.com/bvswxc/copy-of-meet-info-2020>)

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

Things to put on your Calendar

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>

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

The first official day of practice is August 16th, 2 days before school officially starts. We will meet at the BVSX 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!

Family Breakfast & Team Time Trial (August 28th)

The BVSX Cross Country team will be having our annual team time trial at the BVSX 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/bvsxwc/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-16	BVSX Track	3:15pm – ALL	-WU, Steady “Mills”, 4xBU’s
Tuesday	August-17	BVSX Track BVSX Track**	5:50am – Elite 3:15pm – Develop**	-Speed WU, 5x10s, Extended CD -Recovery Run, SAM
Wednesday	August-18	BVSX Track	3:15pm – ALL	-WU, Steady Run, 4xBU’s
Thursday	August-19	Deanna Rose* (Meet at BVSX 1 st)	3:15pm – ALL*	-WU, Steady (Progress), 4xBU’s
Friday	August-20	BVSX** BVSX Track	7:15am – Elite (opt)** 3:15pm – ALL	-Recovery Run, SAM -WU, Recovery Run, 4xBU’s
Saturday	August-21	Heritage Park Marina	7:00am – ALL	-WU, 2mi Power Run, 1mi@T, CD
Sunday	August-22	Quivira Park	5:30pm – ALL (opt)&	-WU, Steady, 5xBU’s

*Athletes can be picked up from Deanna Rose (East Parking Lot) around 5:00-5:15pm

**Optional Double Runs (25-30min recovery pace with short strength circuit after)

&EITHER come to Sunday practice OR come to Monday (August 23rd)

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