



# SOUTHWEST PROJECT

XC Week

3

## The Southwest Project Newsletter Week 3

While our top runners will get the chance to preview the State XC course with some quality competition on Saturday in Wichita, the first race will be at Basehor-Linwood on Thursday! I can't wait to see everyone compete this week! The best way to keep in touch is to sign up for Remind ([@bvswwxc20](Text) to the [number 81010](number)). "When" changes to our schedule happen, it will be sent through remind & email. You can also follow us on <Twitter> & [@BVSWDistance](Instagram) 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/bvswwxc>

## Things Moving Forward

### Time Trial & Team Breakfast Success!

I want to give a big thank you to everyone who helped make the "time trial" & pancake breakfast a great experience for everyone! It was fun to get everyone together to celebrate the start of the XC racing season. We will hand out Mileage T-shirts to the kids who earned them at practice as soon as they arrive.

### Basehor-Linwood, Wyandotte County Park - Thursday

All the meet information that I have is posted on the 2021 Meet Info Page, just scroll down, or click on the meet you are looking for at the top. (<https://ajballew.wixsite.com/bvswwxc/copy-of-meet-info-2020>)

The athletes will need to leave class at 2:00pm, get dressed & load the bus to Basehor-Linwood. Races begin at 4:55pm & we hope to be back to BVSX by 8:00pm. If we have any medalists, we will stay for the awards ceremony. Athletes CAN go back with their parents, but we would encourage they ride back with the team.

### Basehor-Linwood Race Times

Girls – 4:55pm

Boys – 5:45pm

### JK Gold, 4mi Creek Resort – Saturday (Overnight Trip)

The trip itinerary is posted on the website with all the information that I have [https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5\\_b15bdf8cf71b4be3b862c6c5cce68d54.pdf](https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_b15bdf8cf71b4be3b862c6c5cce68d54.pdf). We will leave class on Friday after Timbertime & take vans driven by the coaches. The competition will be pretty competitive, but I want as many athletes as possible to be able to preview the State course, so we are ready to dominate in late October. Race times for Saturday are below.

### JK Gold Invitational

Girls Varsity – 8:00am

Boys Varsity – 9:30am

Girls JV - 10:00am

Boys JV - 10:30am

We plan on staying for the awards ceremony & eating lunch on our way back in El Dorado. Athletes CAN go back with their parents, but we encourage the bonding that comes with long van rides with your team.

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

## Booster Club Dues & Helpers

As we begin the season, please help the booster club by paying your dues as quickly as possible. Below is a link to **pay by Venmo** [www.venmo.com/u/SouthwestProject](http://www.venmo.com/u/SouthwestProject), otherwise you can make Checks out to the “Southwest Project Track Club” and get to Coach Ballew

<https://docs.google.com/document/d/1qDCnxEnVIKCFRVOvxd75zzDwzs4mKLbsOFTzcYTlo1Q/edit?usp=sharing>

Other Options to Help – Pasta Parties <https://forms.gle/94x8gEaDYP2oQZKy8>

Middle School Meet Volunteer Positions <https://forms.gle/yFCBUhGBR3R1uzEp9>

Snack Sign up - <https://www.signupgenius.com/go/10C0B4EA4AF22A02-fall>

## Morning Practices & “Doubles” (Tue & Thurs)

If you are part of the group going to Wichita Saturday, we want you at the morning practice on Tuesday & Thursday this week. Athletes going to Basehor-Linwood CAN attend Tuesday morning but should take Thursday morning off.

## Daily Practice Schedule

Here is a link to our daily practice schedule for the fall [https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5\\_f4458260268c42e9a1af374ee39253a2.pdf](https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_f4458260268c42e9a1af374ee39253a2.pdf)

## **Things to put on your Calendar**

### Nike Cross Country Regional – Heartland (November 13-14<sup>th</sup>)

The date for the NXR Heartland meet was just posted this week for Sunday November 14<sup>th</sup> 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](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 3**

<b>Day</b>	<b>Date</b>	<b>Location</b>	<b>Time – Who</b>	<b>Workout Details</b>
Monday	Aug-30	Heritage Park Shelter #8	3:15pm – ALL <sup>&amp;</sup>	-WU, Steady, 5xBU's, Stretch
Tuesday	Aug-31	BVSW Track (am) BVSW Courtyard	5:50am – Elite/Wichita 3:15pm – Dev & Elite**	-SPWU, 15s @Sprint, Core, CD -Recovery Run
Wednesday	Sept-1	BVSW Courtyard	3:15pm – ALL	-WU, 4x800 @CV, 1mi @5k, CD / Or Recovery Run
Thursday	Sept-2	BVSW (am) On Your Own <b>Basehor-Linwood</b>	6:40am – Wichita 3:15pm – Wichita** <b>4:55pm &amp; 5:45pm</b>	-Recovery Run -WU, Steady Run, 5xBU's <b>Or WU, RACE 5k, CD</b>
Friday	Sept-3	4 Mile Creek RV Park On Your Own	12:30pm Leave– Wichita No Practice - Basehor	-WU, Recovery/Pre-meet
Saturday	Sept-4	<b>4 Mile Creek RV Park Augusta, KS</b>	<b>8:00am – 11:30am</b>	<b>JK Gold Meet Schedule</b> 8:00am – Girls Varsity 9:30am – Boys Varsity 10:00am – Girls JV 10:30am – Boys JV
Sunday	Sept-5	I-Lan Park	5:30pm – ALL <sup>&amp;</sup>	-WU, Steady Run, 5xBU's

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

& Athletes who run on Sunday will take the next Monday completely off, REST!

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