



SOUTHWEST PROJECT

XC Month
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The Southwest Project Newsletter March 2021

I'm excited to start our spring sports this month! Whether you are a part of the Track team or do another activity I'm happy that we get to move onto our next steps. We will also be going back in full person after spring break, couldn't be more excited but it's hard to believe! The best way to keep in touch is to sign up for Remind (Text @bvswxc2 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 have updated the BVSX XC Website check it out! <https://ajballew.wixsite.com/bvswxc>

Things Moving Forward

Thank You, Winter Wolves!

We had some fantastic turnout this winter & I want to give a big shout out to the kids that chose to join us "On the Journey!" We had some pretty weird weather this winter, but you all handled it like champs. That fitness will help springboard us into a great Track season which will give us the tools to dominate in the Fall

Mileage T-shirts & "The Mills" awards still have two more weeks, so stay on top of your conditioning & logging your miles on Strava &/or GarminConnect.

Start of Track & Spring Sports

March 1st will be the first day of Track (& all High School Spring Sports). I'm incredibly excited for this season since it was taken away from us last year. Things have been going in the right direction & I look forward to big things these next few months across the whole school.

For those of you competing in Track & Field this season, we will be meeting in the Commons at 3:15pm after school each day. After warmups will break into our specific training groups. Middle & Long Distance kids will be in one group run by coach Ballew & Buehler. We will have separate workouts at times for the longer & shorter distance athletes periodically through the week.

All distance workouts for each individual will be posted in the window of Coach Ballew's room. They will also be given on this https://docs.google.com/spreadsheets/d/1lvDjvVCVXJPa5JVi6_cD7m0e03b3vzpxtNmcsaq5p-g/edit?usp=sharing google sheet.

2021 XC Booster Club – PARENTS!

If you want to get involved, please fill out this Survey below. We are still needing someone to take over as Treasurer, Seniors Coordinator, Worlds of Fun, Fun Run, & EKL BBQ. If you haven't filled out the google form below, please take a look at it. It will go a long way to making the season even better!

Booster Club - Google Form

<https://forms.gle/Dua9motyW6PQYPvV8>

I will start contacting a few of you that have signed up to be coordinators to begin plans on some of the projects. We have a lot of great stuff planned & I want to be able to get those plans going.

Indoor Meet Results (Feb 6th & Feb 20th)

We had some awesome performances at the Hy-Vee Arena (Formally Kemper) Arena this last month. Almost every runner set a P.R. which is really awesome for this early in the season.

Click the Link for February 6th - Results https://054e9367-1a8f-461b-a0bd-bd7652e4d3b0.filesusr.com/ugd/50097f_731a177d5cb946c0aae9698e6802bc8d.pdf

Click the Link for February 20th – Results https://054e9367-1a8f-461b-a0bd-bd7652e4d3b0.filesusr.com/ugd/50097f_a232319ae4f9488da1e9268864d46da7.pdf

Garmin Sponsorship

If any XC runner is wanting to check out a Forerunner 45 (Garmin Watch) for the season, get with Mr. Ballew (Room 705). Runners need to connect their Garmin GPS watch to the Garminconnect app & join the Blue Valley Southwest Team on Garminclipboard. Check out the BVSX XC website to see how to set up a Garminconnect profile. Click on the link <https://a51.garmin.com/team-dashboard/registration/invite/94b44b7c-07a3-45b2-8089-3e6b546a9cab> & answer a few quick questions and the runner will be added to my clipboard where we can follow your progress as an athlete.

Be “Weather Aware”

Spring weather can be very unpredictable, so make sure you are signed up for the Track & Field Remind (Email Coach Buehler or Smith for details) & the old Cross Country one for specific information about our training plans & if they change. [Text @bvsx2](mailto:bvsx2@bvsx2.com) to the [number 81010](tel:81010). Remember to dress for all weather conditions!

Help us Recruit the next generation!

It is never too early to help us get a start on recruiting kids for the upcoming Track or Cross Country season. The easiest way to do this is talk to your friends who don't run & let them know the fun they are missing out on & keep bringing it up from time to time.

After Spring break the middle school program will begin its Track season. We will try to get some of our kids down to their meets to cheer & support (if COVID restrictions allow). Be vocal about the sport & the team! The athletes & the parents have the most contact with the people of our community, help us develop the next generation of talent that will continue the success you ALL have started!

Summer Conditioning Programs (June-August)

It's hard to believe that once this Track season is over, we will be back into Cross Country mode, but we are getting a head start on our Summer Plans. We have 2 conditioning programs, one for returning & invited runners, the other for Middle School & New Runners.

Returning Runners: We will have a 5 day morning practice (M,Tu,Th,F,Sa) at various locations at 6:30am. Workouts will be specific to runners who are ready to handle specific times/distances & paces.

Middle School & New Runners: We will meet Tuesday (BVSX) & Friday (Various Locations) at 7:00am. Every training day will start off with a lesson about our program or running in general along with going through the warmup routine that will be continued through the athletes running career.

Both Programs will cost \$35, paid to the BVSX XC Booster Club. We ask for this financial commitment to pay for snacks & pancake parties at various times through the summer. Athletes will also receive a one of a kind SOUTHWEST PROJECT T-Shirt and be eligible to earn Mileage Shirts if they can reach certain goals.

Grab a friend & come join in on the experience!

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