



SOUTHWEST PROJECT

Weeks to go

-5

The Southwest Project Newsletter 5 Weeks to Go

This is an exciting week for the BVSX XC team. We get to start our conditioning back up together this week & many of us will be going on our Colorado XC Camp later in the week. I know many of you have been out of town, but I hope to see everyone back together this week & beyond. The best way to keep in touch is to sign up for Remind ([Text @bvsxwc22](text://@bvsxwc22) to the [number 81010](tel:81010)). “When” changes to our schedule happen, it will be sent through remind & email. You can also follow us on [Twitter](#) & [Instagram](#) ([@BVSXDistance](https://www.instagram.com/BVSXDistance)) where I will send out cool information throughout the season.

I have updated the BVSX XC Website check it out! <https://ajballew.wixsite.com/bvsxwc>

Things Moving Forward

We start back up this week!

Reminder that the KSHSAA Moratorium week is now over & we will begin with our normal schedule moving forward. This week will be a little different due to the Colorado XC Camp so make sure you check out the details below.

Colorado Team Camp July 13th-17th

We will be going off on our Colorado Summer Trip July 13th-17th. Information should have been sent to all parents/athletes going on the trip with details. I look forward to seeing everyone bright and early (5:45am) at the South Entrance at BVSX on Wednesday (July 13th). If you have any questions, please contact me (ajballew@bluevalleyk12.org)

No AM Practice Th, Fr, & Sa Mornings (July 14th, 15th & 16th)

Due to the coaches being busy with the Camp & other activities we will NOT be meeting for AM practices Thursday, Friday & Saturday this week. TAPP will still go on Thursday evening at 6pm.

We WILL have TAPP This week (July 11th, 12th, & 14th)

Coach Buehler will be there for all 3 sessions of TAPP this week, including Thursday July 14th.

New & Middle School Runners: Schedule Change Starting July 18th

Beginning Next week (Monday July 18th) all middle school & New runners that have been working with us this summer are invited to attend the Returning runner's practices beginning at 6:30am (M, T, Th, F & Sa). I have been so impressed with all the athletes that have been coming. It is time to start the team bonding that this program is built on.

This also mean that all runners should report to summer conditioning practices at 6:30am on Tuesdays & Fridays. I think they are ALL ready (to a varying degree) to run with some of our returning athletes. They have all shown a great base of fitness to build upon & no one will be asked to do more than they are ready. All days of conditioning are optional, but we would encourage everyone to make as many as they can.

Summer Conditioning Fee FINAL CALL

The returning, new & middle school programs will **cost \$35**, paid to the **Southwest Project Track Club**. We will be ordering Summer T-shirts soon & only those who paid the fee will receive the shirt.

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

Strava (Online Training Notebook)

If you haven't signed up for Strava yet, please do so. It is our way of logging miles for the summer challenges. You do not need a GPS watch to use it. Runs can be put in manually. Just sign up for a free account & join the Southwest Project Track Club Group.

Summer Conditioning Webpage

Check out the BVSW Summer Conditioning Page for Details about our program.

<https://ajballew.wixsite.com/bvswxc/about>

Training Challenges

Details about Both Challenges can be found on this link https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_403baf4763264a81b6ea89cf3e1a016d.pdf

Things to put on your Calendar

Colorado Team Camp July 13th-17th

We will be going off on our Colorado Summer Trip July 13th-17th. I sent out special sign-ups for this to all returning runners earlier in the spring. We still have a few spots available for ANY 9-12th grade athletes to attend our trip. If you are interested, please email me & I will send you all the information & details.

Family Team Breakfast (August 27th)

Please save the date for our Team breakfast scheduled for the August 27th at 9:00am at the BVSW concession stands near the track & soccer field. This event is open to ALL BVSW athletes, families & friends. We will send out more information as the season gets closer.

Fall Meet Schedule

Below is a link to the fall cross country season meet schedule. The dates & all information about the events will be updated as that information comes in. <https://ajballew.wixsite.com/bvswxc/copy-of-meet-info-2021>

Daily Schedule for Week -5

Day	Date	Location	Time – Who	Workout Details
Monday	July-11	BVSW Track ¹ BVSW Weight Room	6:30am – Returners 6:00pm – Return & NEW	-SPWU, Speed W/O, Ex-CD -PM Double &/or TAPP**
Tuesday	July-12	Verhaeghe Park BVSW Weight Room	6:30am – Returners 7:00am – NEW/MS* 6:00pm – Returners	-WU, Full-Mills, H/T, Roll, Leg Elevations -PM Double & TAPP**
Wednesday	July-13	BVSW ²	Colorado Campers ²	-LL, Recovery, H/T, 4BU's, Stretch
Thursday	July-14	BVSW Weight Room	On Your Own 6:00pm – Return & NEW	-1/2WU, Steady, H/T, 6BU's, Roll -PM Double & TAPP**
Friday	July-15		On Your Own	-LL, Recovery, H/T, 4BU's, Stretch
Saturday	July-16		On Your Own	-1/2WU, Long, H/T, 4BU's, Leg Elevations

*Any New Runners & Middle School Students should meet at 7:00am at the location indicated

**TAPP meets on Monday & Tuesday, & Thursday evenings in the BVSW weight room 6:00-7:00pm

¹ – Meet the Concession stands on Monday morning

² – We will leave for camp from BVSW

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