



SOUTHWEST PROJECT

XC Week

4

The Southwest Project Weekly Newsletter

I'm really happy that we can get back on track with our season. I've been waiting for some good news & it has been a while. We plan on getting back on schedule with our training while at the same time begin school in a new format. I hope that you, like myself, have understanding with the flexibility in our schedule as we go into uncharted territory. The best way to keep in touch is to sign up for Remind ([Text @bvs wxc2](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 on [Twitter & Instagram \(@BVSWDistance\)](https://twitter.com/BVSWDistance) where I will send out cool information about the season.

Things for this week

WE ARE BACK!

As you know from the messages, I've sent out recently, the district has allowed us to hold practices again. We will continue with the training workouts & routines that we had planned but understand that each athlete may be in a different place physically (& emotionally) at this point. Individualized training will occur but feedback from the athlete is needed so that we can help each kid get to their highest potential for the season. The 2 weeks off has put us back 2 weeks in terms of practices needed to compete. Our first race will be on September 19th at Lee's Summit North. Coaches across the county are scrambling to develop a meet schedule & while I have a plan for competition each weekend understand that everything is subject to change IF outbreaks occur and individual programs are shut down.

Message for the Athletes (& the parents too)

I am very grateful to the "Let Them Play" movement that helped nudge the district into allowing us to have a season. If you were a member of that, you did your part. Now it is our (athletes & coaches) job to do the right thing & make sure that all precautions are followed.

1. Wear your mask when not running (including hanging out before & after, Core work, or walking)
2. Temperature checks will be made as you arrive at practice & fill out your attendance QR information
3. Keep 6-10ft apart at much as possible (especially before, after, or in between reps of a workout)
4. Don't come to practice if you are not feeling well, or showing symptoms of COVID-19
5. Don't share water bottles or any other equipment

I don't want anyone to pass the virus onto another person on the team unknowingly. The definitive characteristic of this virus is that it is EASILY transferable, that is why it has been so difficult to stop.

We will have increased scrutiny by people who opposed sports starting back up. Cross Country is the most easily visible sport to our community. We need to be diligent in portraying the proper protocols for a safe sporting environment.

Booster Club/Spiritware

I will send out more information about Spiritware & T-shirts as I get that from The Den. Team T-shirts will need to be purchased through the Den, but other spiritware is your choice. We will be implementing a "pay as you go" method for the booster club this year. Normally we ask for a fee up front to pay for T-shirts, snacks,



pasta parties, banquets, & other items are purchased by the booster club during the season. We will be limited in the amount of “outside” activities during the season.

Email, Remind, Strava & Instagram Live

Please make sure you are up to date with all of our forms of communication

Here are links to Remind, Strava & my Instagram accounts to stay in communication.

Strava – Post runs & give feedback on specific workouts

<https://www.strava.com/clubs/456807>

-How to Sign up for Strava & The Southwest XC Club

<https://ajballew.wixsite.com/bvswxc/news-updates-2>

Remind 101 – For immediate communication with everyone

<https://www.remind.com/join/bvswxc2>

BVSW Instagram – For sharing fun details about our program

<https://www.instagram.com/bvswdistance/>

Daily Schedule for Week 4

Day	Date	Location	Time	Workout Details
Monday	7-Sep	Heritage Park Shelter #8	*7:00am	-Rest or Recovery Run (Athletes choose either Sunday or Monday)
Tuesday	8-Sep	BVSW	3:30pm	-WU, (8, 4, 1k, 6, 12, 6) @5k-1mi Pace (1-2min rec per lap), CD
Wednesday	9-Sep	BVSW	3:30pm	-WU, 4-8 x 10s Sprints, Extended CD
Thursday	10-Sep	Heritage Park Shelter #8	3:30pm	-Easy Run, Core
Friday	11-Sep	BVSW	3:30pm	-Recovery, Strides
Saturday	12-Sep	Heritage Park Marina	*7:00am-8am Stag Start	-WU, 5k Time Trial, CD
Sunday	13-Sep	I-Lan Park	5:00pm	-Easy Run, Strides

*Check out the website for details if you need the exact locations of practices. https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_e2531404660849af8c530b117158cee9.pdf

