



SOUTHWEST PROJECT

XC Week

-10

The Southwest Project Newsletter 10 Weeks to Go

We had a lot of fun on our first Summer Conditioning week. I was pleased with the number of kids who came out & the work they put in. I want to continue to grow and develop our talent as continue through the summer. The best way to keep in touch is to sign up for Remind (Text @bvswxc20 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

Make sure you SIGN UP for the Conditioning programs

Please make sure you sign up for the appropriate Conditioning program & pay the \$35 fee. Sign up Deadline is July 5th. You can continue to do the conditioning program even if you don't sign up, we will NEVER turn anyone away, but you will NOT receive a T-shirt or have the opportunity for Mileage/Performance Challenges.

Returning XC Runners

<https://forms.gle/qdVhyCzq2HRyJo6i6>

NEW XC Runners

<https://forms.gle/BKcdXW16YbUSwKU99>

Middle School Runners

<https://forms.gle/SFiuvEsx8x9C4U218>

Summer Conditioning Webpage

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

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

Signing & using Strava (Online Training Notebook)

Strava is an online training website that will track & log all runs/workouts for runners, cyclists & swimmers. It is the preferred method to track our training for the season. If you haven't signed up for it yet, please do so we can maximize the most out of our training this summer! See the webpage below for help setting up & posting.

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

Training Challenges

Mileage T-Shirts

The first challenge is based on the number of miles that are logged between June 1st & August 28th. Miles have to be logged on Strava for them to count.

Maestro on the Mills

This is a performance challenge based on an athlete's time on the Hill on Quivira from Century Farms to the roundabout at 175th. We will run this segment every Monday through the entire Summer & a few times

Details about Both Challenges can be found on this link https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_39757ae0301e4ce6aae46396b738288c.pdf

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

Things to put on your Calendar

Pancake Breakfast FRIDAY (June 11th)

We will meet at the home of the Paschke's on Friday at the usual 6:30/7:00am time. There address is **11610 W 157th Ter, Overland Park 66221**

Olympic Trials Watch Party (June 21st)

We are going to have a watch party in the BVSW Commons on June 21st at 7:00pm. Those going to T.A.P.P. that evening will be able to just walk over to the commons after your workout. **This is open to ALL members of our running family (Returning, New, Middle School & Parents).**

Lenexa Freedom Run (July 3rd)

If you are interested in testing your fitness, come early July, the Lenexa Freedom run is the perfect introduction into racing the 5k distance. Link below if you want to sign up. **This is open to ALL members of our running family (Returning, New, Middle School & Parents).**

<https://runsignup.com/Race/KS/Lenexa/LenexaFreedomRun>

Rocky Mountain Road Trip (July 16th-22nd)

We are trying to put the final plans together for our trip to Colorado & Utah in the later summer (July 16th-22nd). We are looking for a **parent who would like to go on the trip with us** to act as a 2nd chaperone & possibly drive a rented van. The number of students we have go on the trip will dictate cost. We appreciate your patience & cooperation with this trip. **This is open to all High School Runners**

Worlds of Fun (TBA)

We are in the planning stage of having a summer day trip to Worlds of Fun. We will create a signup form & send that out in the next few weeks. We can get tickets at a much cheaper cost than normal if we pay as a group. A date will be determined shortly. Be on the lookout. **This is open to all High School Runners.**

Daily Schedule for Week -10

Day	Date	Location	Time - Who	Workout Details
Monday	June-7	Verhaeghe Park BVSW F.C.**	6:30am – Returners 6:00pm –Return/NEW**	-WU, Steady Run "Mills", 4xBU's
Tuesday	June-8	BVSW BVSW F.C.**	6:30am – Returners 7:00am – NEW/MS* 6:00pm – Returners**	-SPWU, Speed Development, Hills Core X, CD
Wednesday	June-9			-XT or Rest
Thursday	June-10	Black Bob Park BVSW F.C.**	6:30am – Returners 6:00pm –Return/NEW**	-WU, Steady Run, 4xBU's
Friday	June-11	Paschke's Home#	6:30am – Returners 7:00am – NEW/MS*	-WU, Recovery Run, 4xBU's, SAM
Saturday	June-12	I-Lan Park%	7:00am - Returners	-WU, Long Run, 4xBU's, Stretch/Roll Out

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

**TAPP Begins this week. Meet by the Fitness Center (F.C.) at the south end of the GYM at BVSW

#Pancake Breakfast - 11610 W 157th Ter, Overland Park 66221 (in Wilshire by the Lake)

%NEW location for Long Run

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