



SOUTHWEST PROJECT

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Weeks to XC

The Southwest Project

Here we are! Our final week of summer conditioning. Make plans to train after this week is over so that you don't come into the season stale. The best way to keep in touch is to sign up for Remind (Text @bvs wxc2 to the number 81010). If any changes to our schedule happen it will be sent there & through email. You can also follow on Twitter (@BVSWDistance) where I will send out cool information and updates about the season.

Things for this week

Last week of Summer Conditioning

We are still meeting at Heritage Park starting Monday August 5th. We will meet at the Marina at the main parking lot as you enter near Pflumm & 159th St. We will continue to meet on Monday, Tuesday & Thursday at 6:30am.

Spiritware!

Below is the link to the spiritware for the 2019 fall XC season! We are ordering through the Den's website. The online store close on August 29th so we can get you the gear on September 12th. I will add a link to the store on the BVSX XC Website too. Click on the link below

<https://squareup.com/store/bvsw-den-crosscountry>

Any athlete who is "planning" on making Varsity this year should order a Holloway singlet from the online store. We plan on using those as alternate jerseys for big meets during the season.

Pancake Breakfast FRIDAY!

Our final day of summer conditioning will be concluded with a pancake breakfast run at the home of the Wilson's. Meet at their house at 6:30am on Friday August 9th. We will run from there & come back and enjoy some pancakes after a core session. 11627 W. 147th St., Olathe, KS 66062

Tentative Fall Schedule

Here is the practice location & time schedule for the fall season (but everything is subject to change).

https://docs.wixstatic.com/ugd/ab0cb5_da053358bc3b42b590d2c529ce70613c.pdf

BVSX XC Website!

The link on the school's athletic page will now take you to the new website. Make sure you check it out for details on all thing's BVSX cross country <https://ajballew.wixsite.com/bvswxc>

NXN Heartland Regional "Save the Date" on November 9th-10th

Now is the time to start making sure you can make it out the NXN Heartland Regional meet in Sioux Falls, SD on November 10th. We have brought a group of 20+ for the past three years and it has been a blast. We will work out the details based on what we can do to make the event special. More details can be found below

<https://ajballew.wixsite.com/bvswxc/nxn-heartland-xc>

