



SOUTHWEST PROJECT

Weeks to go

-10

The Southwest Project Newsletter 10 Weeks to Go

The Cross Country team looks forward to seeing all of our returning & new runners coming back this week as we begin our next step on the journey to the summit of great. Start taking a close look at your summer schedule/plans so you can make it to as many conditioning meetings as possible. The best way to keep in touch is to sign up for Remind (Text @bvs wxc22 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/bvs wxc>

Things Moving Forward

Sign up for NEW Remind 101

Please click the link below to sign up for text message updates for the 2022 XC season.

<https://www.remind.com/join/bvs wxc22>

Another way to sign up for Remind is to **text the message “@bvs wxc22” to the number 81010**

We will use this mainly for quick updates especially about weather cancelations or changes to the schedule

Make sure you SIGN UP for the Conditioning programs

Returning Runners: We will have 5 days of morning practice (M,Tu,Th,F,Sa) at various locations at 6:30am. Check the schedule for details.

Middle School & New Runners: We will meet Tuesday (Verhaeghe Park) & Friday (Various Locations) at 7:00am. The T.A.P.P. program will be open for all high school students at 6:00pm for lifting & Strength development at the BVSX weight room. (TAPP begins on June 6th)

New Runners (Please Fill out if you haven’t already): <https://forms.gle/auBkd8SmsYgRs2W3A>

Both Programs will **cost \$35**, paid to the **Southwest Project Track Club** per athlete.

You can make payments to either **@SouthwestProject on Venmo**

<https://account.venmo.com/u/SouthwestProject> or **checks to Southwest Project Track Club**. We ask for this financial commitment to pay for snacks, T-shirts, & pancake parties at various times through the summer.

Athletes will also receive a one-of-a-kind SOUTHWEST PROJECT T-Shirt & wristband also be eligible to earn Mileage Shirts if they can reach certain goals.

Pancake Breakfast FRIDAY (June 10th)

We will have a pancake breakfast on June 10th at the home of the Malinowski’s. We will meet at their home & run from that location. When we are done, food will be available.

11413 W 153rd St, OVP, 66221

Weather & Cancelation Procedure

Unfortunately, weather is always a possible issue throughout the summer. We want to run even if it is raining but NOT if there is lightning in the area. We will send out messages through Remind, Email, & posts on social media (Twitter & Instagram @BVSWDistance) to let you know if we cancel or move practice.

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

Signing up & using Strava (Online Training Notebook)

Strava is an online running website that will track & log all runs/workouts for runners, cyclists & swimmers. It is the preferred method to track our training for the XC 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>

Summer Conditioning Webpage

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

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

Training Challenges

Mileage T-Shirts

The first challenge is based on the number of miles that are logged between May 30th & August 28th. All miles must be logged on Strava or Garmin Connect 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 Tuesday through the entire Summer & a few other times

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

Lenexa Freedom Run (July 4th)

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>

Daily Schedule for Week -10

Day	Date	Location	Time – Who	Workout Details
Monday	June-6	BVSW Track BVSW Weight Room	6:30am – Returners 6:00pm – Return & NEW	-LL, Recovery, H/T, BU's, Stretch -PM Double & TAPP**
Tuesday	June-7	Verhaeghe Park BVSW Weight Room	6:30am – Returners 7:00am – NEW/MS* 6:00pm – Returners	-1/2WU, Steady, H/T, BU's, Roll -PM Double & TAPP**
Wednesday	June-8			-Recovery jog, SAM
Thursday	June-9	Black Bob Park BVSW Weight Room	6:30am – Returners 6:00pm – Return & NEW	-1/2WU, Steady, H/T, BU's, Roll -PM Double & TAPP**
Friday	June-10	Malinowski's Home***	6:30am – Returners 7:00am – NEW/MS*	-LL, Recovery, H/T, BU's, Stretch
Saturday	June-11	I-Lan Park	6:30am - Returners	-1/2WU, Steady, H/T, BU's, Leg Elevations

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

**TAPP Begins this week. Meet at the weight room in BVSW

***The Malinowski's will be hosting our Pancake Run this week **1413 W 153rd St, OVP, 66221**

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