



SOUTHWEST PROJECT

-4

Weeks to XC

The Southwest Project

We are down to only 4 weeks left before the start of XC season. Lets stay focused and get through this last month before its over. The best way to keep in touch is to sign up for Remind (Text @bvswxc2 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 at Quivira Park

This is our last week at Quivira Park Starting Monday. It is on the Southeast corner of Quivira & 119th st. It is a bit of a drive to get there but the trail system there is great! We will continue to meet on Monday, Tuesday, Thursday & Friday for the next two weeks at 6:30am.

Thank You for the Pancake Run!

A BIG thank you to the Grimsley's for opening up their home to us for our first pancake run last Friday. Also, thank you to Diana Giam & Ana Crain for helping put together a great experience. We will have another pancake run in a few weeks. More information will be sent out as that gets closer.

If you want to help out with future dates fill out the link below.

https://docs.google.com/document/d/1vs4DBOUY8UYKT9oyH_UAapiWVBUJbf506GMbKhLOb3bY/edit?usp=sharing

Saturday Inter-District Long Run this week

This week's Long will be at Garry Gribbles running store. It is on the NE corner of 119th & Quivira.

T.A.P.P. continues!

TAPP will be Tuesday & Thursday this week at 6:00pm near the fitness center this week.

Summer Conditioning for Middle School Continues

Middle School runners are still invited to train with us on Monday & Friday this week!

BVSW 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 BVSW 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>

