



# SOUTHWEST PROJECT

XC Month

Apr

## The Southwest Project Newsletter April 2021

The track season has gotten off to a great start. Whether you are on the team or not, I hope your spring has been going well. We are working hard to make sure the Summer & Fall are full of exciting experiences for the Cross Country team! The best way to keep in touch is to sign up for Remind ([Text @bvswwxc2](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 us on [Twitter](https://twitter.com/BVSWDistance) & [Instagram \(@BVSWDistance\)](https://www.instagram.com/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/bvswwxc>

## **Things Moving Forward**

### Track & Spring Sports

Track has gone really well so far. We just had our first 2 meets of the year with the distance squad being the deepest & most productive group on the team. We have had a lot of young runners set PR's & make big improvements even from the fall. Let's keep this up & have our best season yet!

All distance workouts for each individual will be posted in the window of Coach Ballew's room 705. They will also be given on this

[https://docs.google.com/spreadsheets/d/1lvDjvVCVXJPa5JVi6\\_cD7m0e03b3vzpxtNmcsaq5p-g/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1lvDjvVCVXJPa5JVi6_cD7m0e03b3vzpxtNmcsaq5p-g/edit?usp=sharing) google sheet.

### 2021 XC Booster Club – PARENTS!

If you want to get involved, please fill out this Survey below. We are still needing someone to take over as [Treasurer](#), [Seniors Coordinator](#), [Worlds of Fun](#), [Fun Run](#), & [EKL BBQ](#). If you haven't filled out the google form below, please take a look at it. It will go a long way to making the season even better!

### Booster Club - Google Form

<https://forms.gle/Dua9motyW6PQYPvV8>

I will start contacting a few of you that have signed up to be coordinators to begin plans on some of the projects. We have a lot of great stuff planned & I want to be able to get those plans going.

### Rocky Mountain Road Trip (July 16<sup>th</sup>-22<sup>nd</sup>)

We have set the dates for the Rocky Mountain road trip. We are evaluating the amount of interest so we can start organizing & reserving what we will need (transportation, lodging etc). The more people we have the cheaper the cost will likely be so please fill out the link below if you are interested. We plan on having a LOT of fun along the way through the Rocky Mountains.

### Interest Questionnaire

<https://forms.gle/yamp94ym7SuHEEz27>

### Website Details

<https://ajballew.wixsite.com/bvswwxc/rocky-mountain-road-trip>

### Summer Conditioning Programs (June-August)

It's hard to believe that once this Track season is over, we will be back into Cross Country mode, but we are getting a head start on our Summer Plans. We have 2 conditioning programs, one for returning & invited runners, the other for Middle School & New Runners.

**Returning Runners:** We will have a 5 day morning practice (M,Tu,Th,F,Sa) at various locations at 6:30am. Workouts will be specific to runners who are ready to handle specific times/distances & paces. We will also have the T.A.P.P. program going in the evenings starting at 6:00pm at BVSU

**Middle School & New Runners:** We will meet Tuesday (BVSU) & Friday (Various Locations) at 7:00am. Every training day will start off with a lesson about our program or running in general along with going through the warmup routine that will be continued through the athletes running career. The T.A.P.P. program will be open for all high school students at 6:30pm for lifting & Strength development.

Both Programs will cost \$35, paid to the BVSU XC Booster 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.

### Be "Weather Aware"

Spring weather can be very unpredictable, so make sure you are signed up for the Track & Field Remind (Email Coach Buehler or Smith for details) & the old Cross Country one for specific information about our training plans & if they change. [Text @bvsuxc2 to the number 81010](#). Remember to dress for all weather conditions!

### Help us Recruit the next generation!

It is never too early to help us get a start on recruiting kids for the upcoming Track or Cross Country season. The easiest way to do this is talk to your friends who don't run & let them know the fun they are missing out on & keep bringing it up from time to time.

After Spring break the middle school program will begin its Track season. We will try to get some of our kids down to their meets to cheer & support (if COVID restrictions allow). Be vocal about the sport & the team! The athletes & the parents have the most contact with the people of our community, help us develop the next generation of talent that will continue the success you ALL have started!

Grab a friend & come join in on the experience!

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