



SOUTHWEST PROJECT

XC Week

4

The Southwest Project

I'm excited that we are finally starting to get the racing season going. Despite a few setbacks at our first meet we really competed hard and are getting healthy while continuing to progress with our training.

Stay up to date with Remind (Text [@BVSWXC2](https://www.remind.com) to [81010](https://www.remind.com)) or follow [@BVSWDistance](https://twitter.com/BVSWDistance) on Twitter or Instagram

Things for this week

Basehor Linwood Recap

First meet is the books! I'm incredibly proud of how we competed not just at the top Varsity level but all the way down to last runner! The heat did a number on some of us and getting back on the path to recovery is important the next few days. Don't be too discouraged if your times didn't meet your expectations, this week should be a faster course under better conditions.

Doing some quick calculations, if the JV races were scored in the same way as the varsity, the Girls would have taken 2nd & the Boys 1st. We showed great depth with our performances this week as well as our top runners. We are off to a great start but we also have a long way to go.

Typical practice schedule this week

We will start our "either Sunday or Monday" practice routine this week. If an athlete comes Sunday they are to take Monday off. We have a middle school meet on our course Wednesday that we will try and be visible for as we cheer on our feeder program, Aubry Bend. We are only off campus once (Thursday at Black Bob)

https://docs.wixstatic.com/ugd/ab0cb5_a5c026706c91487cb3247639b9c5a4f0.pdf

Team Shirts & Spiritware Update

Team T-shirts were handed out last week. If you didn't get one, come see me outside of practice. Spiritware that was ordered online should arrive before the Olathe Twilight Meet on September 14th.

Pasta Party Wednesday was AWESOME

Big thanks to the Paschke's for hosting last week, the food was great and I saw a lot of people having a good time. I look forward to doing it again soon!

BBQ Tailgate Party

We are having our first BBQ tailgate Party on Friday before the first home football game of the season. The booster club & team will provide the venue, tent & drinks. We are asking families to bring their own food items for the tailgate. This is a potluck / Bring Your Own Food party. If anyone has games like "cornhole" or "washers" to bring it will only add to the ambiance.

The Olathe Twilight Meet

Our second meet of the season will be one of our biggest challenges of the season. Check out the [Meet Info 2019 Page](#) of the Website for specific details about the race & meet entries.



Daily Schedule for Week 4

Day	Date	Location	Time	Details
Monday	9-Sep	Heritage Park Shelter #8	3:10pm ¹	-Recovery Run & Sprints ¹
Tuesday	10-Sep	Track	5:50am	-Long/Short Intervals
Wednesday	11-Sep	XC Course ²	3:10pm	-Long Fartlek ²
Thursday	12-Sep	Black Bob Park	3:10pm	-Easy/Recovery & Core
Friday	13-Sep	Campus	3:10pm 5:00pm ³	-Recovery/Pre-Meet -BBQ Tailgate ³
Saturday	14-Sep	ODAC (Olathe)⁴	3:50pm⁴ – 10:30pm	-Race @ O.D.A.C.⁴ Girls C – 6:00pm Boys C- 6:45pm Girls JV – 7:25pm Boys JV – 8:00pm Girls V – 8:30pm Boys V – 9:00pm
Sunday	15-Sep	Deanna Rose ⁵	5:30pm ⁵	-Easy/Recovery ⁵

¹Anyone who attended the practice Sunday (September 8th) is exempt for practice Monday. There is no difference between what we will be doing these two days.

²The Blue Valley Middle Schools are hosting their first XC event of the season. I want to be present on the course while running a workout between races so that we can cheer on the Middle School kids. Anything we can do to show a positive image in the sight of the kids coming up in the program can go a long way for the future of the team.

³Our pasta party will be replaced with a tailgate BBQ this week. The starting time may change, so be on the lookout for updates. The tailgate will go to the time the game starts at 7:00pm.

⁴Meet at BVSU by 3:50 to load the buses & head to ODAC. It is located on 159th st between Woodland & Lone Elm. They will be charging \$5 for parking. Races will be run under the lights as the sun goes down and will have food trucks if you are looking for food.

⁵If an athlete comes Sunday, they need to take Monday Off from practice. We believe it is important for an athlete to run the day after a hard training/racing experience to actually aid in the recovery process. Taking the day off before another hard workout is better than the day after.

