



SOUTHWEST PROJECT

XC Week

2*

The Southwest Project Weekly Newsletter

This has been a challenging past few months, despite the fact that we have been able to meet all summer the district has “suspended” all fall activities for at least 2 weeks. We are going to have to change our short term plans yet again but hopefully (with some luck) we can get back to this wonderful sport with the great people who make up this team. The best way to keep in touch is to sign up for Remind ([Text @bvswxc2](#) to the [number 81010](#)). “When” changes to our schedule happen, it will be sent through remind & email. You can also follow on [Twitter & Instagram \(@BVSWDistance\)](#) where I will send out cool information about the season.

Things for this week

Blue Valley School District SUSPENDS FALL SPORTS for 2 weeks

This is the worst news regarding cross country that I have had to deliver to the kids & families this summer/season. I told the kids on Saturday that one thing they can’t take away is our optimism & hope. I am not an expert in regards to the specific criteria that need to be met for us to go back, but it will involve lowering the number of cases & percentage of positive tests for COVID-19 in the district as a whole. We will persevere and hope for the best moving forward.

Message for the Athletes

Here are some thoughts that I’ve been putting together the past few days. I know that this is neither fair nor your fault, but act on what you can control & learn to let go of the things you cannot. Do your best moving forward to take the high road in how you respond to others & more importantly, yourself. Don’t create more negativity in this world by burning bridges & making comments that you can’t take back. Don’t let your anger & frustration make decisions for you, put that negative energy to use making changes to fix problems, not create more. Choose not to be a victim in all of this. Be strong and hold your head high, be proud of who YOU are, I know I am! There are still lessons to be learned during this time. Every experience (good or bad) helps make you the person you will become. Competition & running alone, do not define you. Racing & trophies may be a “part” of your life, but they should not “define” you. Take the time to grow as a person & be grateful of your health & family. It is the most important thing we have right now.

Great time trial Saturday

Saturday we had a change of plans and altered the tempo run into 5k Time Trial. I’ve attached the results of the time trial in which we staggered the start of the boys & girls. We had a handful of PR’s and lots of fast times on both sides. I’m really proud of this group for crushing it on such short notice.

My hope is that we can do something like this (in an official or unofficial capacity) in the future.

Returning Runners who PR’d

Eden Schwarz – 21:04 old → 20:37

Blake Holland – 21:03 old → 20:51

Cara Mitchell - 22:29 old → 21:57

Anna Strickland – 23:26 old → 22:42

Kelli Marshall – 25:31 old → 23:04

Gabe McGee – 17:17 old → 16:56

Micah Paschke – 17:40 old → 17:24

Brendan Duncan – 19:01 old → 18:01

Hudson Langham – 19:13 old → 18:26



New Runners

Lila Schwarz – 22:26 FIRST 5K!

Crew Buehler – 18:09 FIRST 5K!

Tommy Caul – 19:30 FIRST 5K!

Rocco Loffredo – 19:33 FIRST 5K!

David Boley – 21:11 FIRST 5K!

Noah Stanfield – 21:25 FIRST 5K!

Bailey Stanfield – 22:51 FIRST 5K!

Email, Remind, Strava & Instagram Live

The plan for the athletes is to stay on track with our training! Even though we can't meet as a group, we can still train & get better! Some of our competition will be in the same boat (some are not) but we have an opportunity to gain an advantage if we stick to our plan! Do your best to stay in touch through the options that we have available.

Here are links to Remind, Strava & my Instagram accounts to stay in communication.

Strava

<https://www.strava.com/clubs/456807>

-How to Sign up for Strava & The Southwest XC Club

<https://ajballew.wixsite.com/bvswxc/news-updates-2>

Remind 101

<https://www.remind.com/join/bvswxc2>

BVSW Instagram

<https://www.instagram.com/bvswdistance/>

Spiritware is on hold – for the moment

I will send out more information about Spiritware & T-shirts as more concrete decisions are made about our season.

Daily Schedule for Week 2

| Day | Date | Location | Time | Workout Details |
|-----------|--------|-------------------------|---|--|
| Monday | 24-Aug | O.Y.O. (On Your Own) | 6:30am -I.G. Live* (Or, On Your Own) | -Easy Run |
| Tuesday | 25-Aug | O.Y.O. (On Your Own) | 6:30am -I.G. Live (Or, On Your Own) | WU, 4-6 x 60m Hill Sprints (walk down rec), Extended CD |
| Wednesday | 26-Aug | O.Y.O. (On Your Own) | 6:30am -I.G. Live (Or, On Your Own) | WU, (4-8, 4-12, 6-16)@1m-10ki Pace (2-1min rec per lap), CD |
| Thursday | 27-Aug | O.Y.O. (On Your Own) | 6:30am -I.G. Live (Or, On Your Own) | -Easy Run, Core |
| Friday | 28-Aug | O.Y.O. (On Your Own) | 6:30am -I.G. Live (Or, On Your Own) | -Recovery, Strides |
| Saturday | 29-Aug | O.Y.O. (On Your Own) | 6:30am -I.G. Live (Or, On Your Own) | -WU, Tempo Run, CD |
| Sunday | 30-Aug | O.Y.O. (On Your Own) | 6:30am -I.G. Live (Or, On Your Own) | -Easy/Recovery Run (or Rest & run on Monday) |

*I.G. Live: Instagram Live. Login to Instagram & view a live video of our pre-practice meeting by me. You will also be able to view the video later in the day if you choose to workout at a different time. Post your workouts on Strava.

*Check out the website for details if you need the exact locations of practices. https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_e2531404660849af8c530b117158cee9.pdf

