



SOUTHWEST PROJECT

-9

Weeks to XC

The Southwest Project

As we get into dog days of summer please stay up to date with training and activities as you can. 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

Saturday Inter-District Long Run #2

Saturday June 22nd at 7:00am at Garry Gribbles Running Store (NW corner of 119th & Quivira). Just like last week. It is a great place to run & meet athletes from across the Jo Co area.

Parents, Garry Gribbles will be open for business and if you are wanting to get or look at new shoes or apparel that would be a great time to check it out. Remember that high school runners get a discount.

T.A.P.P. Continues

Coach Buehler will be continuing to run the T.A.P.P. strength and conditioning program for any BVSX athlete. TAPP will only go Monday & Tuesday this week so do your best to make it those days.

Summer Conditioning Continues

Week 3 will be at **Deanna Rose**, Monday, Tuesday, Thursday & Friday at 6:30am (East Entrance) again. This will be our last week here. I will NOT be at practice on Friday, but Coach Buehler will. We will obviously be a bit short on eyeballs so make sure you run in groups

Next Week we are at Black Bob Park

Starting next week (June 24th) we will meet at Black Bob Park on 151st street at 6:30am Monday, Tuesday, Thursday & Friday. We will meet together in the first parking lot on the left as you enter the park (near the playground). If you have specific questions check out the BVSX XC website

https://docs.wixstatic.com/ugd/ab0cb5_e2531404660849af8c530b117158cee9.pdf

BVSX XC Website!

Make sure you check out the new website for details on all things BVSX cross country

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

Summer Conditioning for Middle School Continues

Middle School athletes are invited to join us for conditioning on Mondays & Fridays with our high school runners. We will provide them the opportunity to run as much or as little as they are ready for. It is free and open to ANY middle school athlete.

