



# SOUTHWEST PROJECT

XC Week

-3

## The Southwest Project Newsletter 3 Weeks to Go

I apologize for the 2 weeks off from newsletter posts, but we will finish out our summer with a BANG! The Colorado/Utah trip was a great success & I am already getting started on planning next years if you were unable to go. Let's get back into a great routine & continue to be in the best shape we can as we transition into the real season in less than 1 month. The best way to keep in touch is to sign up for Remind (Text @bvswwxc20 to the number 81010). "When" changes to our schedule happen, it will be sent through remind & email. You can also follow us on Twitter & Instagram (@BVSWDistance) where I will send out cool information about the season. I am keeping the BVSX XC Website updated, check it out! <https://ajballew.wixsite.com/bvswwxc>

## **Things Moving Forward**

### Pancake Breakfast July 30<sup>th</sup> at the home of the Zimmerman's

We will meet at the Zimmerman's home for our 4<sup>th</sup> Pancake Breakfast at 6:30am (returners) & 7:00am (Middle School & New Runners). We will run from the address below & ready to eat after we get back.

**15800 Parkhill St. Overland Park, KS 66221**

### Summer Conditioning T-Shirts

T-Shirts will be handed out this week. If you ordered a Shirt & paid your summer conditioning fees, we will begin handing them out to the athletes who are at each practice this week.

### Get Your PHYSICALS Done!

Please make sure that each athlete has completed an athletic physical, filled out the proper paperwork & turned it into the athletic office at BVSX. A link to the packet is below, if you would prefer a paper copy talk with the athletic office at BVSX. Physicals & paperwork must be turned in by the first day of practice before the athlete is allowed to participate in official practice.

<https://www.bluevalleyk12.org/cms/lib/ks02212623/Centricity/Domain/5530/PPBVSD%20Participation%20Packet%202021-22.pdf>

### Training Challenges

#### **Mileage T-Shirts**

The first challenge is based on the number of miles that are logged between June 1<sup>st</sup> & August 28<sup>th</sup>. All miles must be logged on Strava for them to count.

#### **Maestro on the Mills**

This is a performance challenge based on an athlete's time on the Hill on Quivira from Century Farms to the roundabout at 175<sup>th</sup>. We will run this segment every Monday through the entire Summer & a few times

Details about Both Challenges can be found on this link [https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5\\_39757ae0301e4ce6aae46396b738288c.pdf](https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_39757ae0301e4ce6aae46396b738288c.pdf)

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

## Things to put on your Calendar

### First Day of Practice (BVSX XC – August 16<sup>th</sup>)

The first official day of practice is August 16<sup>th</sup>, 2 days before school officially starts. We will meet at the BVSX Track (XC Corner) at 3:15pm. Please make sure you have your paperwork turned into the athletic office or you will NOT BE ALLOWED TO PRACTICE with the team. See you there!

### Family Breakfast & Team Time Trial (August 28<sup>th</sup>)

The BVSX Cross Country team will be having our annual team time trial at the BVSX Track the morning of August 28<sup>th</sup> (Saturday). The format for the event will be a hang on run with continuously decreasing splits & we will see who can hang onto the increased pace for the longest (Runners meet at 7:00am)

After the event we will have our final pancake breakfast open to the ENTIRE FAMILY. We will get it catered & handout awards for the Mileage & Mills challenges. It is a great way to celebrate the accomplishments of the summer whether you ran 600 miles or simply enjoyed the experience. Middle School athletes & parents are welcome to attend the breakfast (Breakfast Starts at 9:00am)

### Worlds of Fun (TBA-Fall)

We are going to plan for our Worlds of Fun Day to be during the Fall Season so the weather would be more conducive to being out in the sun. Be on the lookout. **This is open to all High School Runners.**

### Nike Cross Country Regional – Heartland (November 13-14<sup>th</sup>)

The date for the NXR Heartland meet was just posted this week for Sunday November 14<sup>th</sup> after the XC Season officially ends. The NXR meet is an incredible experience where athletes & teams from 7 states converge on Sioux Falls, SD for a chance to qualify to the Nike Cross National Meet in Portland, OR in December. Details can be found using the links below.

<https://ajballew.wixsite.com/bvsxwc/nxn-heartland-xc> &

[https://nxrhl.runnerspace.com/eprofile.php?event\\_id=300&title\\_id=213&do=title&pg=1&folder\\_id=268&page\\_id=479](https://nxrhl.runnerspace.com/eprofile.php?event_id=300&title_id=213&do=title&pg=1&folder_id=268&page_id=479)

## Daily Schedule for Week -3

Day	Date	Location	Time – Who	Workout Details
Monday	July-26	Verhaeghe Park BVSX (W.R.)	6:30am – Returners 6:00pm –Return/NEW**	-WU, Steady Run “Mills”, 6xBU’s -Recovery Run
Tuesday	July-7	BVSX Track BVSX (W.R.)	6:30am – Returners 7:00am – NEW/MS* 6:00pm – Returners**	-SPWU, 200m’s @1mi, Core X, CD -Recovery Run
Wednesday	July-28			-Steady/Recovery, 4xBU’s, XT or Rest
Thursday	July-29	Quivira Park BVSX (W.R.)	6:30am – Returners 6:00pm –Return/NEW**	-WU, Tempo Run, CD -Recovery Run
Friday	July-30	Zimmerman’s Home***	6:30am – Returners 7:00am – NEW/MS*	-WU, Recovery Run, 4xBU’s, SAM
Saturday	July-31	Quivira Park	7:00am - Returners	-WU, Long Run, CD, 5xBU’s

\*New Runners & Middle School athletes arrive at the location at 7:00am

\*\*All High School athletes are invited to the TAPP strength development program at the BVSX weight room

\*\*\* Address for the Zimmerman’s is **15800 Parkhill St. Overland Park, KS 66221**

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