



# SOUTHWEST PROJECT

XC Week

5

## The Southwest Project Weekly Newsletter

For the first time since the summer, we have had a sense of regularity come over this program. We are back & running with some great opportunities ahead of us. Our first meet of the season is this week & we should have a chance for everyone who is ready to race this weekend. The best way to keep in touch is to sign up for Remind ([Text @bvswxc2](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 on [Twitter & Instagram \(@BVSWDistance\)](https://twitter.com/BVSWDistance) where I will send out cool information about the season.

## **Things for this week**

### Great Time Trial Saturday

After the roller coaster of a season we have had so far, I was really happy with the kids & the effort they put forth on our paced time trial Saturday. We had the kids organized into groups & attempted to run a consistently paced race at certain milestone times (i.e. 17:00, 19:00, etc.). We hoped this helped the kids understand how to physically & psychologically handle a consistent speed through the whole 3.1 miles.

This will be the last time we have to race against only ourselves. I’ve attached the results with each paced group merged together. We will use this information along with other time trials throughout the season to determine racing groups for our next meet.

### First Meet at Lee’s Summit North 9/19

We will be competing at Lee’s Summit North this Saturday with some of Missouri’s best competition. I really look forward to the challenge! At the moment of this newsletter the time schedule hasn’t been released so I cannot tell you what time we will be running yet. I will send that information out as soon as it is available.

The meet information has been sent out with this newsletter. I’ve highlighted a few of the important things I’ve noticed in the meet info sheet.

1. 10 Varsity & 10 JV runners can complete. That should be enough for everyone to race
2. No Spectators are allowed. This is mentioned in the Meet Information sheet & is a Jackson County Health Department decision
3. We will be providing transportation for the kids, but parents are welcome to drive their kids to the meet. They have mentioned it will be a wave start, which could mean a few different things so we will have to be flexible in our planning.

### Booster Club

The Booster Club will be taking the lead in regards to many of the team bonding activities to help with COVID restrictions put on the school & the team. If you are looking to get involved please email/contact Mr. & Mrs. Marshall ([larrymarshall@gmail.com](mailto:larrymarshall@gmail.com)) for more details.

The booster club is beginning to develop a few new activities & will need some help organizing & implementing them. Please be on the lookout for booster club information being sent out to stay involved. We really need everyone’s help this year to try and take back what has been lost so far this season.



### Senior Banners/Pictures

Seniors & Senior Parents, Specific information about setting up photos for senior banners are currently being planned. Mrs. Wilson has taken the lead in organizing the photo shoot & ordering the banners. We will send that information out to the parents & Seniors when plans are finalized.

### “Grab & Go” Meal Friday

Friday we are having practice at a different location then we normally do. We will be at Stilwell community park near the intersection of 207<sup>th</sup> st & Metcalf. You can find the address below at the bottom of the newsletter. After the run, we will have a meal for the athletes that can be taken on the go. Give a big thank you to Mrs. Loffredo & the Booster Club for planning & organizing the event. We may be looking to do this for future pre-meet days that can take the place of our typical pasta parties of years past.

## Daily Schedule for Week 5

Day	Date	Location	Time	Workout Details
Monday	14-Sep	Heritage Park Shelter #8 <sup>0</sup>	3:30pm <sup>0</sup>	-Easy Run, 4xStrides (OFF Day, if you ran on Sunday) <sup>0</sup>
Tuesday	15-Sep	BVSW	5:50am <sup>1</sup>	WU, 2-4 x (800 @10k, 800 @5k) 3min rec, CD
Wednesday	16-Sep	BVSW	3:30pm	WU, 4xFlying 30's, 2-4 x 800m @Tempo (1min rec), CD
Thursday	17-Sep	Deanna Rose	3:30pm	-Easy Run, Core
Friday	18-Sep	Stilwell Park <sup>2</sup>	3:30pm	-Recovery/Pre-Meet (Grab & Go Meal) <sup>1</sup>
Saturday	19-Sep	Lee's Summit North H.S.	TBA <sup>3</sup>	-RACE, Lee's Summit North
Sunday	20-Sep	Quivira Park	5:00pm	-Easy Run 4xStrides

\*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](https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_e2531404660849af8c530b117158cee9.pdf)

<sup>0</sup>If an athlete attended Practice on Sunday (Sept 13<sup>th</sup>) then they DO NOT need to come to practice on Monday (Sept 14<sup>th</sup>).

<sup>1</sup>Early Morning Practice! Please arrive at 5:50am sharp, to go through a SHORT team meeting before we begin practice.

<sup>2</sup>Stilwell Community Park: 6402 W 207<sup>th</sup> St, Bucyrus, KS 66013. The Booster Club is offering food in To-go containers for the athletes after the completion of practice.

<sup>3</sup>See Meet information sheet for more details, no time schedule has been given to us at the time of this newsletter. I will send more information out as it is made available to me.

