



SOUTHWEST PROJECT

Weeks to go

-11

The Southwest Project Newsletter 11 Weeks to Go

Welcome to the Start of the XC “season.” For all Returning & New runners, we will begin our long buildup the fall Cross Country season beginning in August. The Champions we see in November are the ones who maximized their opportunities over the Summer. The best way to keep in touch is to sign up for Remind ([@bvswxc22](https://www.remind.com/join/bvswxc22) 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 have updated the BVSX XC Website check it out! <https://ajballew.wixsite.com/bvswxc>

Things Moving Forward

Make sure you SIGN UP for the Conditioning programs

Returning Runners: We will have 5 days of morning practice (M,Tu,Th,F,Sa) at various locations at 6:30am. Workouts will be specific to runners who are ready to handle larger times/distances & paces. We will also have the T.A.P.P. program going in the evenings at 6:00pm at the BVSX weight room (TAPP Begins on June 6th)

Middle School & New Runners: We will meet Tuesday (Verhaeghe Park) & Friday (Various Locations) at 7:00am. Every training day will start off with a lesson about our program or running in general along with going through the warmup routine that will be continued through the athletes running career. The T.A.P.P. program will be open for all high school students at 6:00pm for lifting & Strength development at the BVSX weight room. (TAPP begins on June 6th)

New Runners (Please Fill out if you haven’t already): <https://forms.gle/auBkd8SmsYgRs2W3A>

Both Programs will **cost \$35**, paid to the **Southwest Project Track Club** per athlete.

You can make payments to either @SouthwestProject on Venmo

<https://account.venmo.com/u/SouthwestProject> or checks to Southwest Project Track Club. We ask for this financial commitment to pay for snacks, T-shirts, & pancake parties at various times through the summer.

Athletes will also receive a one-of-a-kind SOUTHWEST PROJECT T-Shirt & wristband also be eligible to earn Mileage Shirts if they can reach certain goals.

Sign up for NEW Remind 101

Please click the link below to sign up for text message updates for the 2022 XC season.

<https://www.remind.com/join/bvswxc22>

Another way to sign up for Remind is to **text the message “@bvswxc22” to the number 81010**

We will use this mainly for quick updates especially about weather cancelations or changes to the schedule

Weather & Cancelation Procedure

Unfortunately, weather is always a possible issue throughout the summer. We want to run even if it is raining but NOT if there is lightning in the area. We will send out messages through Remind, Email, Updates & on social media (Twitter & Instagram @BVSWDistance) to let you know if we cancel practice.

Summer Conditioning Webpage

Check out the BVSX Summer Conditioning Page for Details about our conditioning program.

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

“Are you on the Journey to the Summit of Great?”

Signing up & using Strava (Online Training Notebook)

Strava is an online training website that will track & log all runs/workouts for runners, cyclists & swimmers. It is the preferred method to track our training for the season. If you haven't signed up for it yet, please do so we can maximize the most out of our training this summer! See the webpage below for help setting up & posting.
<https://ajballew.wixsite.com/bvswxc/news/updates-2>

Training Challenges

Mileage T-Shirts

The first challenge is based on the number of miles that are logged between May 30th & August 28th. All miles must be logged on Strava or Garmin Connect 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 175th. We will run this segment every Tuesday through the entire Summer & a few other times

Details about Both Challenges can be found on this link https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_403baf4763264a81b6ea89cf3e1a016d.pdf

Things to put on your Calendar

Pancake Breakfast FRIDAY (June 10th)

We will have a pancake breakfast on June 10th at the home of the Malinowski's. More details will be sent out next week. We will meet at their home & run from that location. When we are done, food will be available.
11413 W 153rd St, OVP, 66221

Lenexa Freedom Run (July 4th)

If you are interested in testing your fitness, come early July, the Lenexa Freedom run is the perfect introduction into racing the 5k distance. Link below if you want to sign up. **This is open to ALL members of our running family (Returning, New, Middle School & Parents).**

<https://runsignup.com/Race/KS/Lenexa/LenexaFreedomRun>

Daily Schedule for Week -11

Day	Date	Location	Time – Who	Workout Details
Monday	May-30			
Tuesday	May-31	Verhaeghe Park	6:30am – Returners 7:00am – NEW/MS*	-1/2WU, Steady Run, H/T, BU's, Roll Out
Wednesday	June-1			-recovery jog, SAM
Thursday	June-2	Black Bob Park	6:30am – Returners	-1/2WU, Steady Run, H/T, BU's, Roll Out
Friday	June-3	Heritage Park Marina	6:30am – Returners 7:00am – NEW/MS*	-LL, Recovery Run, H/T, BU's, Stretch
Saturday	June-4	Deanna Rose	6:30am - Returners	-1/2WU, Steady Run, H/T, BU's, Leg Elevations

*Any New Runners & Middle School Students should meet at 7:00am at the location indicated

**TAPP Begins this week. Meet at the weight room in BVS

“Are you on the Journey to the Summit of Great?”