



SOUTHWEST PROJECT

XC Week

2

The Southwest Project Newsletter Week 2

The best way to keep in touch is to sign up for Remind (Text @bvswxc20 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/bvswxc>

Things Moving Forward

Time Trial & Team Breakfast (Please RSVP)

The time trial this week will determine who will race in the Varsity & JV races for our first meets. Athletes will run the time trial on the track while each lap being 1 second faster than the previous or the athlete will be eliminated (4 lap minimum). We will use the scoreboard clock, whistles, airhorns & monitors every 100m to help indicate pace. The last athlete(s) to make it “on pace” will be our winner(s). There will be a separate boys girls race.

At the conclusion of the time trial, we want our entire Running Family to join us on Saturday at 9:00am at the BVSX Outdoor Concession Stand to join us for our annual pancake breakfast as we celebrate both the end of the summer conditioning program & the start of the Fall Cross Country season. **Please RSVP using the link below ALL ABMS & BVSX families are invited!** <https://forms.gle/RqqVXA6ZxzqSAbBo9>

Sunday/Monday Either/or Practices

If an athlete attends practice on Sunday, they DO NOT come to practice on Monday (Rest Day). We encourage runners to do their run on Sunday, if possible, otherwise we will see you Monday.

Booster Club Dues & Helpers

As we begin the season, please help the booster club by paying your dues as quickly as possible. Below is a link to **pay by Venmo** www.venmo.com/u/SouthwestProject, otherwise you can make Checks out to the “Southwest Project Track Club” and get to Coach Ballew **at the Saturday Morning Team Breakfast.**

Other Options to Help – Pasta Parties <https://forms.gle/94x8gEaDYP2oQZKy8>

Middle School Meet Volunteer Positions <https://forms.gle/yFCBUhGBR3R1uzEp9>

Uniform Check out & Spirit-wear Update

We will be checking out uniforms on **Friday (August 27th)** after school, before practice. An Online Spirit-wear store will be open soon. I will send out the link to that the moment it is ready. We will have a **mandatory Team T-shirt** to order & and a “suggested” **Uniform Top** that they can use as an alternate jersey at certain meets throughout the year **Including at the Nike Cross Regional in November.**

Morning Practices & “Doubles” (Tue & Thurs)

If you are part of our “Elite” team, you will practice in the morning at **5:50am on Tuesdays.** Developmental runners will meet in the afternoon. “Elite” runners also have the option of a “Double” Tuesday afternoon and Thursday morning. We have been running doubles since last winter. They have become an important part of our training (& recovery process). The “Double” runs will be slow & short to help aid in the recovery process.

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

Weather This Week & Beyond

There is a good chance that our practice times will have to be adjusted this week. When the heat index reaches 104°F our practices must be drastically adjusted. This means that practices could be moved to the morning, or the later evening based on what works best at the time. Please make sure you are on Remind to get text messages about those type of changes. (Text @bvswxc20 to the number 81010)

Daily Practice Schedule

Here is a link to our daily practice schedule for the fall. Everything is subject to change for many reasons so make sure you are on the Remind app & following along on the newsletters to stay up to date.

https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_f4458260268c42e9a1af374ee39253a2.pdf

Link to the Meet Schedule To (<https://ajballew.wixsite.com/bvswxc/copy-of-meet-info-2020>)

Things to put on your Calendar

Family Breakfast & Team Time Trial (August 28th)

After the time trial 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). PLEASE RSVP using the link below <https://forms.gle/uV8FUjF5zEZgZUKE6>

Nike Cross Country Regional – Heartland (November 13-14th)

The date for the NXR Heartland meet was just posted this week for Sunday November 14th 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/bvswxc/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

Daily Schedule for Week 2

Day	Date	Location	Time – Who	Workout Details
Monday	Aug-23	Heritage Park Shelter #8	3:15pm – ALL ^{&}	-WU, Steady, 5xBU's, Stretch
Tuesday	Aug-24	BVSW Track (am) BVSW Courtyard	5:50am – Elite 3:15pm – Dev & Elite**	-WU, 200's @1mi, CD -WU, Recovery
Wednesday	Aug-25	BVSW Courtyard	3:15pm – ALL	-WU, 1mi's @T, CD
Thursday	Aug-26	BVSW (am) Verheaghe Park*	6:40am – Elite** 3:15pm – ALL*	-Recovery Run -WU, Steady/Rec, 4xBU's, SAM
Friday	Aug-27	BVSW Courtyard	3:15pm – ALL	-WU, Recovery, BU's, Stretch, Roll
Saturday	Aug-28	BVSW Concessions Family Breakfast	7:00am – ALL 9:00am – Pancakes	-WU, "Hang-on" Run, CD
Sunday	Aug-29	I-Lan Park	5:30pm – ALL ^{&}	-WU, Long Run, 5xBU's, Stretch

*Athletes CAN be picked up at the location indicated at 5:00pm – 5:15pm, or the school by 5:30pm

**Optional Double Runs for Elite Athletes (25-30min recovery pace with short strength circuit after)

& Athletes who ran on Sunday will take this Monday completely off, REST!

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