



SOUTHWEST PROJECT



Weeks #

2

The Southwest Project Newsletter Week 2

We are back! Sorry for not posting a newsletter for week 1, but now that we are all getting back on a normal schedule plan on having a weekly newsletter come out over the weekend. I'm excited to see where the next chapter of our program goes. We have a lot of great new kids & some dedicated & motivated returners. The best way to keep in touch is to sign up for Remind ([Text @bvswxc22](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 us on [Twitter](https://twitter.com/BVSWDistance) & [Instagram](https://www.instagram.com/BVSWDistance) ([@BVSWDistance](https://www.instagram.com/BVSWDistance)) where I will send out cool information throughout the season.

I have updated the BVSX XC Website check it out! <https://ajballew.wixsite.com/bvswxc>

Things Moving Forward

Parent Meeting Recap

If you missed the parent meeting, I have posted the meeting notes on the front page of the BVSX XC website. <https://ajballew.wixsite.com/bvswxc>

Full Practice Schedule Fall 2022

Here is a link to the full BVSX Fall XC Schedule with times & locations for each practice/meet.

https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_ed45a4bf6483468d9ca86a14391b4d8b.pdf

Sunday/Monday (either, or) Practice Policy

We have had a practice policy that all athletes need to attend a practice on EITHER Sunday OR Monday, while taking the other day off. We encourage athletes to come to the Sunday run because it fits better in our schedule of workouts & races. We understand that Sunday is a very important day to many of you with many different things going on. We understand if attending Sunday is not an option.

Double Workout Policy

Our "Elite" runners are encouraged to do what we call "doubles" (also known as "2-a-days") in the afternoon on Tuesdays & mornings on Thursday. The doubles themselves never more than 3 miles or 30 mins max & are intended to rev the aerobic motor & kick start the recovery process without putting a large load on the athlete.

Tuesday practice details for the first 6 weeks

We will have a high-quality practice in the mornings on Tuesdays for the first 6 weeks of the fall season. Our "Elite" athlete group will meet at the concession stand in the mornings at 5:50am SHARP! Developmental runners have the choice of attending EITHER in the mornings OR in the afternoon when the "Elite" athletes are doing their double. After the first 6 weeks, we will swap the morning & afternoon Tuesday sessions.

Booster Club Dues - \$65

Please see Mrs. Paschke's Booster Club email for more details, but we want all families to contribute \$65 to the booster club (Southwest Project Track Club) to help pay for fun experiences throughout the season.

You can make checks out to "**Southwest Project Track Club**" or through Venmo: [@SouthwestProject](https://www.venmo.com/SouthwestProject)

The \$65 is what we ask but we would greatly appreciate anything more you would be willing to give. With your generosity in both time & money, we truly have the best parents/families of any program period!

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

Summer Shirts & Spirit-ware Store TBD

Summer Shirts are on their way & we will get them to you shortly. The spirit-ware store is in construction through the Den as we speak. I will send out a separate email with the details when they are made available to me. As we have done for the last 2 years, we will have a **MANDATORY team T-shirt** everyone will need to order. It will be the shirt we wear at all meets throughout the season & will have initials on the sleeve.

Another cool option is to purchase an “Alternate” Black Nike jersey. This will be the Jersey we use for the NXR Heartland meet after the season & is an option for in-season races as well. It will not be a mandatory item but can be worn throughout the season (if everyone in the race has it).

Senior Pictures August 22nd

There is a specific photo shoot for Seniors this school year for their banners at 3pm in the commons on August 22nd. Seniors will pick up their uniforms during academic time on Monday.

Family Team Breakfast (August 27th)

Please save the date for our Team breakfast scheduled for the August 27th at 9:00am at the BVSU concession stands near the track & soccer field. This event is open to ALL BVSU athletes, families & friends.

Please sign up for the breakfast using the link

https://www.evite.com/event/006517P2JJPIVAWCGEPM7ZIPVQP33Q?utm_campaign=send_sharable_link&utm_source=evitelink&utm_medium=sharable_invite

Varsity Determination for the first meet

We will not have an official “Time Trial” at the beginning of our season to determine the varsity at our first meet. We will be deciding based on the full commitment & execution of workouts throughout the first two weeks of the fall season. We are looking for athletes who show up each day, on time & give everything they have in workouts to the best of their ability. Instead of having to show your ability in one singular session the athletes can show what they are made of each & every day.

Things to put on your Calendar

Family Team Breakfast (August 27th)

See the information above. This event is open to ALL BVSU athletes, families & friends.

Fall Meet Schedule

Below is a link to the fall cross country season meet schedule. The dates & all information about the events will be updated as that information comes in. <https://ajballew.wixsite.com/bvsuwc/copy-of-meet-info-2021>

NXR Heartland Regional XC Meet (November 12th - 13th)

The date for the NXR Heartland meet is posted for Sunday November 13th 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. Its open to Varsity, JV, C-team & New runners!

<https://ajballew.wixsite.com/bvsuwc/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

NXN Watch Party (December 3rd)

In the “off chance” we DON’T make it to the Nike Cross Country National Meet (lol). We will have a watch party for the event at BVSU. We will send out information about snacks & drinks.

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

Daily Schedule for Week 2

Day	Date	Location	Time – Who	Workout Details
Monday	Aug 22	BVSW	3:00 PM – ALL ¹	-Uniform Check out - Seniors -Recovery Run or Rest Day
Tuesday	Aug 23	BVSW – Track BVSW	5:50 AM – Elite/ALL ² 3:00 PM – ALL ³	-Critical Velocity & Mile pace -recovery Run (Dbl)
Wednesday	Aug 24	Verhaeghe Park	3:00 PM – ALL	-Tempo Run
Thursday	Aug 25	BVSW – South Ent. Heritage Park Marina	6:40 AM – Elite ⁴ 3:00 PM - ALL	-recovery run (Dbl) -Recovery run
Friday	Aug 26	BVSW	3:00 PM – ALL	Uniform Check out - Under class -Recovery run
Saturday	Aug 27	Verhaeghe Park BVSW – Concessions	6:30 AM – ALL 9:00 AM – XC Family ⁵	-Full Mills Family Pancake Breakfast
Sunday	Aug 28	Deanna Rose	6:00 PM – ALL ¹	-Recovery Run

¹ – Sunday/Monday – Either attend Sunday practice or the next day on Monday & take the other day off

² – Tuesday Morning – “Elite” runners need to attend Tue (AM), Developmental have an option of AM or PM

³ – Tuesday Afternoon – Double run for “Elite” runners &/or a lower-level intensity run for Developmental

⁴ – Thursday Morning – Double run for “Elite” runners only

⁵ – Saturday Family Breakfast – The entire family (parents, brothers, sisters, alumni etc.) are all invited to attend. Please see the link in the newsletter above to RSVP

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