



# SOUTHWEST PROJECT

XC Week

5

## The Southwest Project

Another great week in the Blue Valley Southwest Cross Country program. Both our training and racing went really well this week. We will be coming up on an “off week” with no racing, but the intent is to focus on really getting after our training while giving ourselves a mental break from competition.

Stay up to date with Remind (Text @BVSWX2 to 81010) or follow @BVSWDistance on Twitter or Instagram

Check out the BVSX XC website here <https://ajballew.wixsite.com/bvswxc>

## Things for this week

### Olathe Twilight Recap

I was so incredibly proud of everyone who competed this week. It was one of those meets where I left PROUD to be able to call myself the coach of this team. Not only did everyone compete their tails off & run some incredible fast times but how you handled yourselves and represented BVSX was phenomenal! I knew this was going to be a special year & it is turning out to be true. We still have a lot of racing left & some things to work on but let's use this as motivation for the next few weeks.

Results can be found at <https://ks.milesplit.com/meets/363330/results#.XX6NJZNKhZ0>. This meet has quickly turned into the best meet in Johnson County. I don't think we will see competition like this outside of major university level meets. We went toe-to-toe & beat many schools a lot bigger than us.

### NO HIGH SCHOOL MEET this week

We are taking a “rest” week which should give them a good “mental” break from the stresses that come with racing. It will also provide us a little more time to prepare for Rim Rock & our Home JV meet the week to follow. Our practice schedule is posted on our website below.

[https://docs.wixstatic.com/ugd/ab0cb5\\_a5c026706c91487cb3247639b9c5a4f0.pdf](https://docs.wixstatic.com/ugd/ab0cb5_a5c026706c91487cb3247639b9c5a4f0.pdf)

### Southwest Middle School Classic: Saturday

We will have practice before the meet for all athletes. Starting at 8:30am we will need parents and athletes to meet at the starting line to get their instructions for the meet. The meet should be over by 11:00am. I will send out information to people helping with more specifics later in the week.

### Spiritware

If you didn't receive your spiritware from the online orders through the Den please contact me, I might still have it in my room.

### Thank you to everyone at the Tailgate Party!

Big thanks to the Booster Club for setting up for our Tailgate Party, I enjoyed going out and being social with not just the XC kids but everyone else in the parking lot.

### IHOP Fundraiser Tuesday

We need EVERYONE to come to the new IHOP on 151<sup>st</sup> near Antioch between 4-10pm on Tuesday September 17<sup>th</sup>. The Booster Club will receive a portion of the TOTAL sales during that time. Tell your friends, family & even enemies to make their way down to IHOP & order as much food as possible.



## Daily Schedule for Week 5

Day	Date	Location	Time	Details
Monday	16-Sep	Heritage Park <sup>1</sup> Shelter #8	3:10pm <sup>1</sup>	-Recovery & Strides <sup>1</sup>
Tuesday	17-Sep	Track	5:50am 4-10pm <sup>2</sup>	-Intervals (True) -Fundraiser – IHOP 151 <sup>st</sup> st <sup>2</sup>
Wednesday	18-Sep	Mills Farm	3:10pm	-Easy Run & Speed/Hills
Thursday	19-Sep	Heritage Park Shelter #8	3:10pm	Easy/Recovery Run, Core
Friday	20-Sep	Campus	3:10pm	-Recovery, Strides & Roll Out
Saturday	21-Sep	XC Course <sup>5</sup>	6:50am <sup>3</sup> 8:30 – 11am <sup>4</sup>	-Intervals (5k pace) <sup>3</sup> <b>-Middle School Meet<sup>4</sup></b>
Sunday	22-Sep	Quivira Park	5:30pm <sup>5</sup>	-Long Run & Strides <sup>5</sup>

<sup>1</sup>Anyone who attended the practice Sunday (September 15<sup>th</sup>) is exempt for practice Monday. There is no difference between what we will be doing these two days.

<sup>2</sup>We will receive 10% of ALL SALES that occur between 4-10pm on Tuesday September 17<sup>th</sup>. Please tell everyone you can to come out and support the program whether they know it or not.

<sup>3</sup>I need all athletes to arrive at 6:50am to begin practice and talk about the details for the Middle School meet that will occur shortly after practice concludes. PLEASE meet at the concession stands as you arrive. You will probably NOT have time to go back home between the practice and meet so bring what you need with you

<sup>4</sup>Any parents that are volunteering to help run the meet will have meet duties sent to them earlier in the week. Arrive at 8:30am at the starting line of the course to go through last minute directions for the meet. First race starts at 9:00am & we should be done by 11:00am. Thank you in advance for your help!

<sup>5</sup>If an athlete comes Sunday, they need to take Monday Off from practice. We believe it is important for an athlete to run the day after a hard training/racing experience to actually aid in the recovery process. Taking the day off before another hard workout is better than the day after.

