



# SOUTHWEST PROJECT

-10

Weeks to XC

## The Southwest Project

The Southwest project is excited for the week that is coming up. We have a lot of cool things beginning Monday & going through the week. Make sure that you stay connected to stay up to date with all of the fun and exciting events going on with the Southwest Cross Country team.

## Things for this week

### Saturday Inter-District Long Runs

Saturday June 15<sup>th</sup> at 7:00am at Garry Gribbles Running Store (NW corner of 119<sup>th</sup> & Quivira). We will meet with kids from multiple different schools to go for a long run on the Indian Creek trails. It is a great opportunity to meet running "nerds" like us and have some company as you log the long miles. You don't have to be fast or in shape to enjoy the event. There will be athletes of ALL kinds of abilities.

Parents, Garry Gribbles will be open for business and if you are wanting to get or look at new shoes or apparel that would be a great time to check it out. Remember that high school runners get a discount.

### T.A.P.P. Begins Tuesday

Coach Buehler will be running the Timberwolf Athletic Progression Program which is intended to be a strength and conditioning program (i.e. weights) for athletes geared to their specific sport. It is open to anyone at BVSU, not just cross country. The program will help develop strength & aid with injury prevention. It is NOT intended to replace the morning runs, but to enhance the process by providing supplemental exercises that will benefit the athlete in the fall. It will start on Tuesday at 6:00pm and go every Monday, Tuesday & Thursday for the summer.

### New BVSU XC Website!

Make sure you check out the new website for details on all things BVSU cross country

<https://ajballew.wixsite.com/bvsuxc>

### BVSU Youth Cross Country Camp (June 10<sup>th</sup>-12<sup>th</sup>)

We have our youth XC camp for middle schoolers starting Monday at 8:30am. You can still register by emailing coach Ballew ([ajballew@bluevalleyk12.org](mailto:ajballew@bluevalleyk12.org)) or signing up day of. Cost of the camp is \$35.

We will still need help from High School athletes to act as camp counselors for the camp.

### Summer Conditioning Continues

Week 2 will be at **Deanna Rose**, Monday, Tuesday, Thursday & Friday at 6:30am (East Entrance) again.

### Summer Conditioning for Middle School Begins

Starting Friday, June 14<sup>th</sup>, Middle School athletes are invited to join us for conditioning on Mondays & Fridays with our high school runners.

