



# SOUTHWEST PROJECT

XC Week

1

## The Southwest Project

We are ready to begin our 2019 Cross Country season. We have a lot planned for the year so the best way to keep in touch & up to date is to sign up for Remind (Text @bvs wxc2 to the number 81010). If any changes to our schedule happen it will be sent there & through email. You can also follow on Twitter & Instagram (@BVSWDistance) where I will send out cool information about the season.

### **Things for this week**

#### Practice Begins Monday August 19<sup>th</sup>

We will meet in the commons at 3:10pm after school on Monday August 19<sup>th</sup> for our first official day of practice. We will stay on campus and should be done by 5-5:30pm. We will be practicing at 5:50am on Tuesday mornings for the first few weeks to avoid the heat for our high intensity training.

#### Get your Physical in before the first day of practice!

You will not be able to practice with the team if you haven't turned in your physical into the athletic office by Monday August 19<sup>th</sup> (First day of practice). Check out the school's athletic website for paperwork details.

#### Parent Meeting August 18<sup>th</sup> (TONIGHT!)

We are having our Parent meeting in the BVS Fixed Forum at 6:30pm on Sunday August 18<sup>th</sup>. We will go over expectations for the season and also take care of booster club business. It would be beneficial for all parents to attend. If you cannot make it check out the Booster Club page on the XC website below.

<https://ajballew.wixsite.com/bvs wxc/news-updates>

#### Movie Night Friday!

We are having a movie night at BVS at 6:00pm. The movie will be running themed and we will have popcorn and a few snacks. Come enjoy the movie & help us build a positive team culture. Bring lawn chairs.

#### Spiritware!

Below is the link to the spiritware for the 2019 fall XC season! We are ordering through the Den's website. The online store close on August 29<sup>th</sup> so we can get you the gear on September 12<sup>th</sup>. I will add a link to the store on the BVS XC Website too. Click on the link below

<https://squareup.com/store/bvs-w-den-crosscountry>

Any athlete who is "planning" on making Varsity this year should order a Holloway singlet from the online store. We plan on using those as alternate jerseys for big meets during the season.

#### Tentative Fall Schedule

Here is the practice location & time schedule for the fall season (but everything is subject to change).

[https://docs.wixstatic.com/ugd/ab0cb5\\_da053358bc3b42b590d2c529ce70613c.pdf](https://docs.wixstatic.com/ugd/ab0cb5_da053358bc3b42b590d2c529ce70613c.pdf)



## Daily Schedule for Week 1

| Day       | Date   | Location                                   | Time                                | Details                            |
|-----------|--------|--|-------------------------------------|------------------------------------|
| Monday    | 19-Aug | Campus                                     | 3:10pm-5:00pm                       | -Easy Run & Game                   |
| Tuesday   | 20-Aug | Track                                      | 5:50am-7:00am                       | -Speed                             |
| Wednesday | 21-Aug | Mills Farm Pool<br><i>(Venue Change) *</i> | 3:10pm-5:30pm                       | -Easy Run                          |
| Thursday  | 22-Aug | Deanna Rose                                | 3:10pm-5:30pm                       | -Tempo Run                         |
| Friday    | 23-Aug | Campus<br>&<br>BVSW Room 705               | 3:10pm-4:30pm<br>&<br>6:00pm-8:00pm | -Recovery Run<br>&<br>-Movie Night |
| Saturday  | 24-Aug | Black Bob Park                             | 7:00am-9:00pm                       | -Long Run                          |
| Sunday    | 25-Aug |  |                                     | NO PRACTICE                        |

\*We are moving the run to Mills Farm because the trails at Heritage Park & Coffee Creek are closed due to re-surfacing.

Movie Night: We will meet at Coach Ballew's room 705 in the sophomore hallway. We will play the movie on the projector and push the desks out of the way & bring in their own seating.

