



SOUTHWEST PROJECT

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Weeks to XC

The Southwest Project

The heat will really be on this week as we get through the middle of July. The best way to keep in touch is to sign up for Remind (Text @bvswxc2 to the number 81010). If any changes to our schedule happen it will be sent there & through email. You can also follow on Twitter (@BVSWDistance) where I will send out cool information and updates about the season.

Things for this week

New Practice Location This week

Our new practice location will be at Quivira Park Starting Monday. It is on the Southeast corner of Quivira & 119th st. It is a bit of a drive to get there but the trail system there is great! We will continue to meet on Monday, Tuesday, Thursday & Friday for the next two weeks at 6:30am.

FRIDAY PANCAKE RUN!

There will be a pancake run at 6:30am on Friday July 19th at the home of the Grimsley's. We will meet at their home and run from there and enjoy some pancakes after we get back. Their address is below (sometimes it doesn't appear on older maps). Middle School Students ARE INVITED TOO. Come join the fun!

12021 W 184 St, OP,

If you want to help out with future dates fill out the link below.

https://docs.google.com/document/d/1vs4DBOUY8UYKT9oyH_UApiWVBUJbf506GMbKhLOb3bY/edit?usp=sharing

Saturday Inter-District Long Run this week

We will have another long trip but well worth it this week. DeSoto high school is hosting the long run this week out in their neck of the woods. The trails are fun and I Look forward to getting a chance to run myself. The address is below and if you have any questions please feel free to email me (ajballew@bluevalleyk12.org)

Lexington Lake Park
9000 Sunflower Rd.
De Soto, KS

T.A.P.P. continues!

TAPP will be back to Monday, Tuesday & Thursday this week at 6:00pm near the fitness center this week. Come check out the "new" weight room this week.

Summer Conditioning for Middle School Continues

Middle School runners are still invited to train with us on Monday & Friday this week!

