



SOUTHWEST PROJECT

XC Month

Feb

The Southwest Project Newsletter February 2021

We are beginning our last month before the Start of Track Season! I'm really excited to see how our training develops for the kids that have been coming over the winter. I am so proud of all of you & hopefully things start getting back to normal soon. The best way to keep in touch is to sign up for Remind (Text @bvswxc2 to the number 81010). "When" changes to our schedule happen, it will be sent through remind & email. You can also follow on Twitter & Instagram (@BVSWDistance) where I will send out cool information about the season.

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

Things Moving Forward

Winter Wolves Training

We are continuing our Winter Wolves program. More information can be found on the Off-Season conditioning page (<https://ajballew.wixsite.com/bvswxc/about>). The training phase we are beginning is high aerobic development with an introduction to racing.

We meet Monday-Friday after school at the Shed in the SW corner of the Track at BVSX after school. We also meet at the Athletic Entrance to the school on EVEN days at 7:15am for a morning "Shake Out" Recovery Run. All Training details are broken down in the google-sheets below.

https://docs.google.com/spreadsheets/d/1lvDjvVCVXJPa5JVi6_cD7m0e03b3vzpxtNmcsaq5p-g/edit?usp=sharing

We are hoping to improve ALL of our athletes in the winter, not just the ones that are doing Track & Field. If you are looking to get stronger, faster & more efficient then come join us. Masks are still required along with the proper winter attire. Hat, Gloves, Sweats (top & bottom) & mask are mandatory. If you come prepared, it will take a little time to get used to the cold, but it is perfectly safe to run. See You There!

2021 XC Booster Club

We had a fantastic meeting last month in which we talked about our plans for the Summer & Fall XC season. We have a few new things but also want to restart a lot of what we weren't able to do because of COVID. We do still have a few positions that were not "filled."

If you missed the meeting but still want to get involved, please fill out this Survey below. We are still needing someone to take over as Treasurer, Seniors Coordinator, Worlds of Fun, Fun Run, EKL BBQ. I know a few parents showed interest in multiple positions, but I don't want to overburden them if we have others offering to help.

Booster Club - Google Form

<https://forms.gle/Dua9motyW6PQYPvV8>

I may start contacting a few of you that have signed up to be coordinators to begin plans on some of the projects. We have a lot of great stuff planned & I want to be able to give everyone the information as quickly as possible.

Hy-Vee Arena Indoor Meets (Feb 6th & Feb 20th)

If you are interested, BrandBraceKC is hosting indoor meets for high school & youth athletes at the Hy-Vee Arena (Formally Kemper). I encourage runners to test themselves at least once, if not twice in the winter to stay sharp with competition.

Click the Link for Details <https://www.bandbracekc.com/events>

Garmin Sponsorship

If any XC runner is wanting to check out a Forerunner 45 (Garmin Watch) for the season, get with Mr. Ballew (Room 705, or at winter conditioning). Runners need to connect their Garmin GPS watch to the Garminconnect app & join the Blue Valley Southwest Team on Garminclipboard. Check out the BVSX XC website to see how to set up a Garminconnect profile. Click on the link <https://a51.garmin.com/team-dashboard/registration/invite/94b44b7c-07a3-45b2-8089-3e6b546a9cab> & answer a few quick questions and the runner will be added to my clipboard where we can follow your progress as an athlete.

Be “Weather Aware”

I want to make sure that the Winter Wolves program is safe & productive. The following weeks look to be the coldest we have had this winter. I will send out details if practices are canceled due to dangerous conditions. Until we are able to make it into the school weight room/fitness center we will have to stay outside. If the sidewalks are icy or the weather drops into the single digits (°F) we will likely cut down or cancel the run.

If athletes have access to treadmills &/or indoor weight room facilities it is ok to use those on those terrible days. Otherwise, the greatest benefit to an athlete’s fitness will be to attend practice regularly with their teammates. No one can help you get more fit then a supportive & friendly teammate. We need ALL HANDS-ON DECK as we get started this winter.

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