

BVSW Cross Country COVID-19 Statement

Running Family,

I will do my best to avoid cliché statements like “unprecedented times”, “new normal” or “we are in this together” but the reason some things are clichés are because they are true. With the COVID-19 situation being very uncertain in what will happen in our future, we are leaving a lot of options open for us moving forward. The plan right now is that we will begin our training this summer virtually. Once we get the go-ahead to begin our camps/conditioning we will implement our “normal” weekly training at locations off campus. Depending on the requirements on us by the State, County & District we may adjust our day-to-day specifics to meet their requirements. You can use the school website (swtwolves.com), the Cross Country website (<https://ajballew.wixsite.com/bvswxc>) or social media (@BVSWDistance) on Twitter & Instagram to stay up to date. You can also email me or at ajballew@bluevalleyk12.org

Right now, (June 1st) we are not able to meet as a group & it is unlikely to be possible for the next few weeks. Assuming everything goes well (in terms of the COVID-19 infection rate) the State & County will move to the “Phase Out” part of our COVID response. When everything is OK’d by the State, County & District, we will begin a 10 day (2 week) transition period where we will implement a SCHOOL-WIDE conditioning program with proper social distancing practices. This will be Non-XC related fitness, but is mandatory for athletes to begin camps & conditioning for all sports at BVSW. The State requirements for this program are posted on the [KSHSAA website](http://KSHSAAwebsite). Assuming everything goes well, we will begin meeting together off campus and try to continue a “normal” routine of training & conditioning.

Before we get to this point the BVSW Cross Country team will create a virtual training program for athletes to follow going into the summer. Starting on June 1st, I will send out workouts through email, the website & social media for athletes each week to give guidance to returning & potential Cross Country athletes. All ability levels & experience will have specifics for their conditioning. Along with that, we will use an online training log through the website Strava.com that can be sync’d with GPS watches or runners can post directly to log miles & workouts for the summer. Videos & tutorials on how to sign up for the program will be posted on the XC website.

We are moving forward with the intention that the fall season will happen as “normally” scheduled... BUT understand that NOTHING is set in stone and plans could change at any moment. I would rather prepare for a season that might NOT happen then NOT prepare for a season & be caught off guard if it does. We have to find a balance between developing discipline to train but also a grace to understand that nothing is promised to us this season. Changes are inevitable, but we are going to do our best to provide every student-athlete the best experience this summer & fall. Stay in touch & I hope to see you all soon!

Thank You,

Aaron Ballew

Head XC Coach