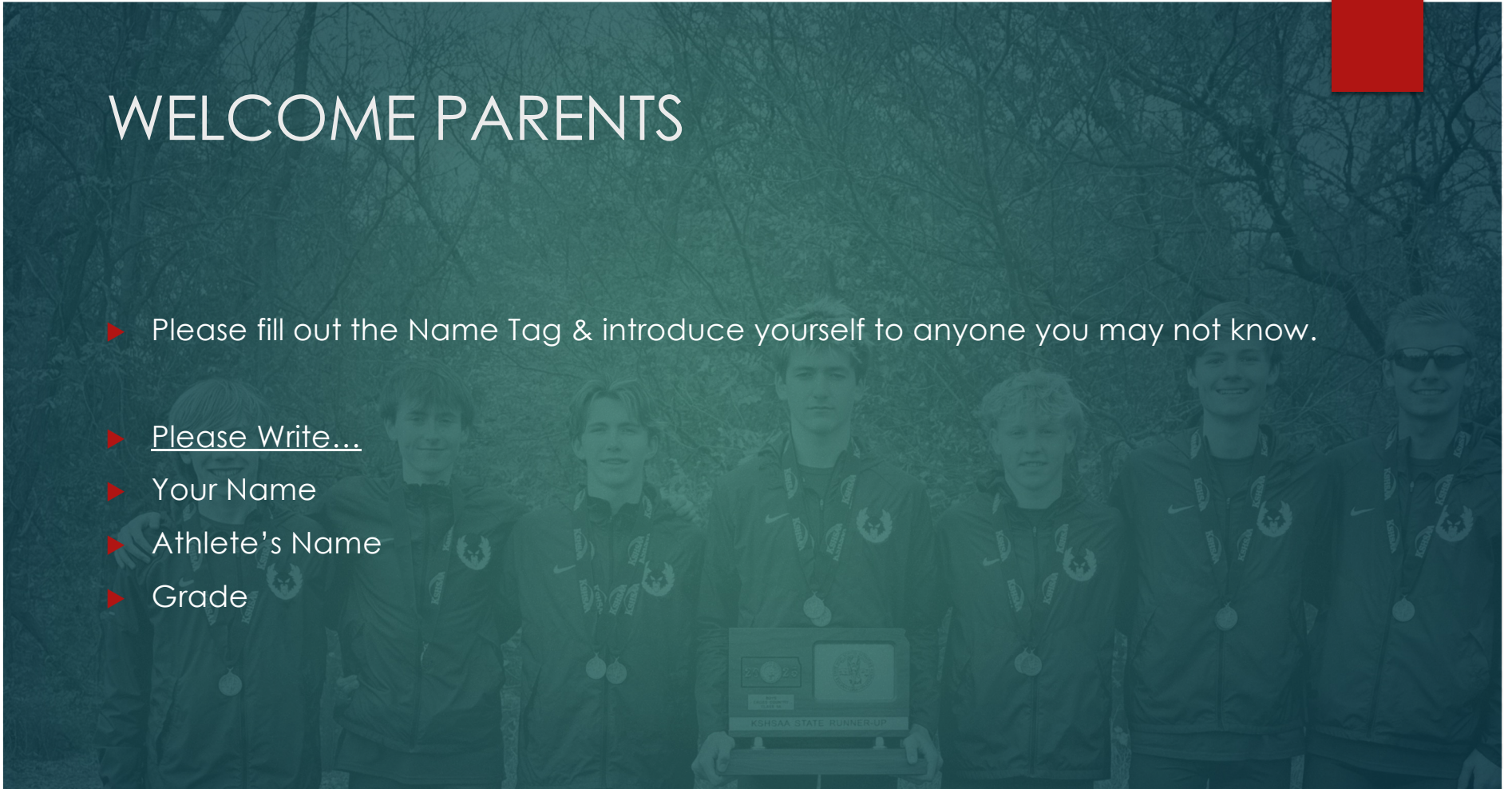


WELCOME PARENTS

- ▶ Please fill out the Name Tag & introduce yourself to anyone you may not know.
- ▶ Please Write...
- ▶ Your Name
- ▶ Athlete's Name
- ▶ Grade



BVSW Cross Country

www.bvswxc.com



HEAD COACH: AARON BALLEW EMAIL: AJBALLEW@BLUEVALLEYK12.ORG

[@BVSWDISTANCE](#) OR [@BVSW XC BOOSTERS](#)

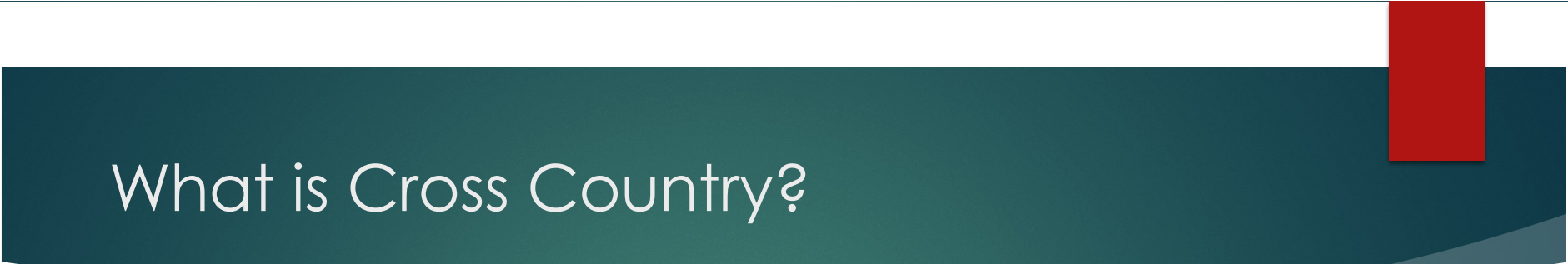
JOIN [PARENTSQUARE](#) TO MESSAGE DIRECTLY

ASSISTANT COACH: GREGG BUEHLER

ASSISTANT COACH: JESSICA JURKOVAC



PARENT SQUARE APP:



What is Cross Country?

Cross country is a team & individual sport competed at many levels from elementary all the way to world championships. Here at Southwest, we emphasize both components.

As a running sport, individual competition is as simple and as pure as it gets. The first athlete to finish the race wins, the next is 2nd and so on. Race distance is 5000m (3.1 miles) for both the boys & girls, but occasionally shorter. There are usually medals given out to the top runners depending on the meet.

The team competition is determined by the sum of the top 5 runners on each team (lowest score wins). The number of athletes that can compete in a race is 7 at the varsity level but are usually unlimited at the lower levels. All athletes can compete in 7 meets throughout the season prior to Regionals & State.

There is a place on this team for ANYONE regardless of ability. We are trying to make a push to include more kids who do not consider themselves as runners to try it.

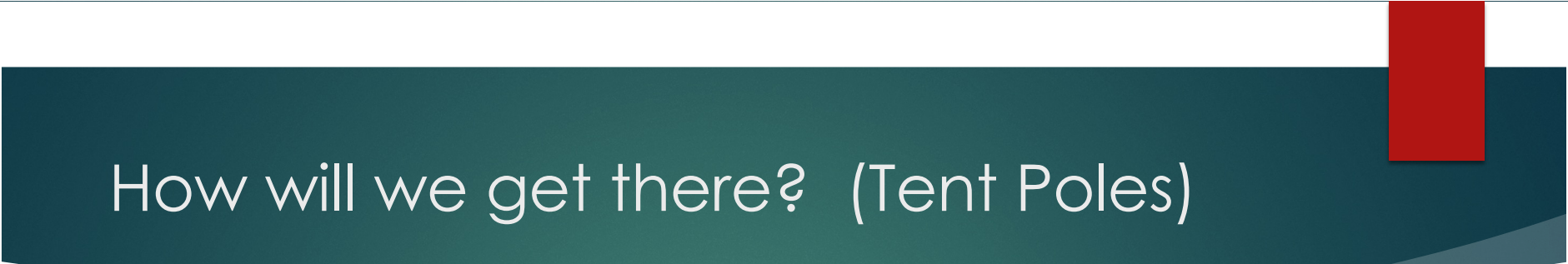
Everyone of these kids is already a winner for giving this challenging sport a chance!



of Great

We want to build the BEST Cross Country Program in the Nation!

- ▶ Despite how BIG, HAIRY & AUDACIOUS this may sound I believe that this program can achieve this goal! Our kids are the same kind of kids winning NXN Championships
- ▶ This goal may not be met THIS season or next, but this is where the mindset of "On the Journey" begins
- ▶ Reaching this goal isn't a "one time" or "follow the recipe" kind of process. Just like the great explorers, we are venturing off in a "direction" that will lead us to greatness, but the Time & Experiences are uncertain. How you prepare will determine how successful our journey will be.



How will we get there? (Tent Poles)

On our Journey we will need shelter as we venture into the unknown. The tent that we will use is only as good as the poles that hold it up.

Southwest Project (& BVSW XC) Tent Poles

1. Buy-in (Trust/Commitment)
2. Sacrifice (Hard Work)
3. Family (Bonding/Connections)

These are the same 3 things that ALL successful individuals find important. As you venture into your real life, these tent poles will help you reach the best version of you possible. XC is just the medium through which we apply ourselves

BVSW XC – Athlete Progression

Frequency - (9th)

We cannot help the athlete until they are at practice regularly.

Runners need to develop the habits & discipline to be at practice each & everyday.

Future develop will be hard to grow without constancy getting in small doses of training on a regular basis.

Family

Mileage – (10th)

If you want to be better at running... do more running.

After runners develop consistency, we can we can start to focus on increasing training volume

The progression of volume doesn't follow a straight line, but trends upward based on many factors in the season & from year to year

Sacrifice

Pace – (11th & 12th)

Lots of “Long Slow” running will make you a “Long Slow” Runner.

Consistent training will develop consistent performances. To make improvements in performances will then require attention to details,

How fast we are running in training will give us the last ingredient.

Buy-in

Structure of our Team

- ▶ You will see terms like “Varsity” “Junior Varsity” & “C-team”
 - ▶ These terms apply to races & meets
 - ▶ They are based on the “position/rank” on past performances
 - ▶ These teams change & fluctuate throughout the year based on the number of entries & types of races at each meet
- ▶ The Day to Day Structure our team will use these terms
 - ▶ Elite/Black Squads (Training Groups): High performing and/or experienced runners who are ready to take on more and progress toward their highest potential for the year
 - ▶ Green/White Squads (Training Groups): Newer athletes who are looking to start their long-term growth as runners. Athletes returning from Injury or returning after a long break

Training Week #		Notes	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 11 (1)	17-Aug		17 BVSUW - 3:00pm	18 BVSUW - 5:30am (BVSUW) - 3:00pm	19 - Senior Photo BVSUW - 3:00pm	20 (BVSUW) - 6:30am Black Bob - 3:00pm	21 Verhaeghe - 3:00pm	22 Heritage #8 - 7:00am	23 Quivira Prk - 6:00pm
Week 12 (2)	24-Aug		24 BVSUW - 3:00pm	25 BVSUW - 5:30am (BVSUW) - 3:00pm	26 Heritage #8 - 3:00pm	27 (BVSUW) - 6:30am Black Bob - 3:00pm	28 BVSUW - 3:00pm	29 - Team Breakfast Verhaeghe - 7:00am Breakfast - 9:30am	30 Deanna Rs - 6:00pm
Week 13 (3)	31-Aug		31 BVSUW - 3:00pm	1 BVSUW - 5:30am (BVSUW) - 3:00pm	2 - Pasta Party TBD - 3:00pm	3 Basehor-Linwood (BVSUW) - 3:00pm	4 BVSUW - 3:00pm	5 BVSUW - 7:00am	6 I-Lan Prk - 6:00pm
Week 14 (4)	7-Sep	Labor Day	7 - Labor Day BVSUW - 3:00pm	8 - No School BVSUW - 5:30am (BVSUW) - 3:00pm	9 BVSUW - 3:00pm	10 (BVSUW) - 6:30am Heritage #8 - 3:00pm	11 - Pasta Party TBD - 3:00pm	12 <u>Olathe Twilight</u>	13 Quivira Prk - 6:00pm
Week 15 (5)	14-Sep		14 BVSUW - 3:00pm	15 BVSUW - 5:30am (BVSUW) - 3:00pm	16 - SW MS Champ BVSUW - 3:00pm	17 (BVSUW) - 6:30am Black Bob - 3:00pm	18 BVSUW - 3:00pm	19 Verhaeghe - 7:00am	20 I-Lan Park - 6:00pm
Week 16 (6)	21-Sep		21 BVSUW - 3:00pm	22 - Pasta Party (BVSUW) - 5:30pm TBD - 3:00pm	23 Canis Lupus	24 (BVSUW) - 6:30am BVSUW - 3:00pm	25 BVSUW - 3:00pm	26 Rim Rock	27 Deanna Rs - 5:30pm
Week 17 (7)	28-Sep		28 BVSUW - 3:00pm	29 (BVSUW) - 6:30am Heritage #8 - 3:00pm	30 Verhaeghe - 3:00pm	1 (BVSUW) - 6:30am BVSUW - 3:00pm	2 - Split Squad BVSUW/AR - 3:00pm	3 Chile Pepper / KC XC	4
Week 18 (8)	5-Oct	Homecoming	5 BVSUW - 3:00pm	6 (BVSUW) - 6:30am BVSUW - 3:00pm	7 - Pasta Party TBD - 3:00pm	8 (BVSUW) - 6:30am Heartland Relays	9 - Testing Day BVSUW - 3:00pm	10 - Homecoming Quivira Prk - 7:30am	11
Week 19 (9)	12-Oct		12 BVSUW - 3:00pm	13 (BVSUW) - 6:30am Black Bob - 3:00pm	14 - Pasta Party TBD - 3:00pm	15 - Team BBQ (BVSUW) - 7:00am EKL	16	17 TBD-Reg XC - 7:30am	18 I-Lan Park - 5:30pm
Week 20 (10)	19-Oct		19 BVSUW - 3:00pm	20 (BVSUW) - 6:30am Verhaeghe - 3:00pm	21 - PT Conf. BVSUW - 3:00pm	22 - PT Conf. (BVSUW) - 6:30am BVSUW - 3:00pm	23 - No Schl - Pasta TBD - 3:00pm	24 Regional	25 Deanna Rs - 5:30pm
Week 21 (11)	26-Oct		26 BVSUW - 3:00pm	27 (BVSUW) - 6:30am Black Bob - 3:00pm	28 Heritage #8 - 3:00pm	29 (BVSUW) - 6:30am BVSUW - 3:00pm	30 - Pasta Party Rim Rock - 3:00pm	31 State	1
Week 22 (12)	2-Nov		2	3	4	5	6	7	8
Week 23 (13)	9-Nov	KSHSAA Buffer Week	9 - No School	10	11	12	13	14	15 NXR-Heartland



Found on
bvsuwx.com



Practice & Daily Structure

- ▶ School Days, Meet at the BVSU Commons at 3:00pm (then Track)
- ▶ Come dressed & ready to go, Quick team meeting & head to the workout
 - ▶ If we practice off campus athletes who drive can take themselves to the location on the schedule
 - ▶ If it is ok with parents (and have filled out the paperwork) they CAN ride with other athletes
 - ▶ For all other athletes, the coaches will have vans that we will drive
- ▶ Athletes CAN be picked up at the location at the end of practice
 - ▶ Please be there by 5:10pm, or they can be picked up at the school after 5:20pm
- ▶ Non-School Days, Either/or Practices
 - ▶ Non-School days we will meet at the location of practice at the time indicated on the schedule
 - ▶ If an athlete practices on SUNDAY... they MUST take MONDAY off
 - ▶ Tuesday, we have 2 options for Practices (AM or PM) Elite/Black Squads will attend both to run their doubles

▶ Typical Week of Practice

- ▶ Sunday PM / Monday PM
 - ▶ Either/or – No Exceptions
- ▶ Tuesday AM / Tuesday PM*
 - ▶ Optional Double*
- ▶ Wednesday PM
- ▶ Thursday AM* / Thursday PM
 - ▶ AM Optional – Elite/Black*
- ▶ Friday PM
- ▶ Saturday AM

Expectations of athletes at practices

- ▶ Be aware of practice locations & time. They change each day, so be there & on time!
- ▶ Have the appropriate running shoes & clothes for both practices & meets. Bring a FULL water bottle. Coaches can help guide you if you need help
- ▶ Runners will communicate with coach if they are late, must leave early, or future absences.
- ▶ Do NOT go off course/path at any point at a practice. Always be visible.
- ▶ We will always have a pre-practice meeting where you are silent, sitting & attentive. The day's workout will be discussed along with any other pertinent information
- ▶ You will carry out the (who, what, where, when & how) of the practice workout to YOUR best ability
- ▶ Runners are not permitted to leave practice until a coach has dismissed you
- ▶ You don't have to be friends with everyone on the team, but you must treat them with respect & kindness. Attempt to keep everyone involved with team activities

Expectations of Practices

- ▶ For normal practices, the bare minimum expectation is to attend for 90 minutes (3:15 – 4:45pm)
 - ▶ Actual time at practice may go longer or shorter based on workout
 - ▶ If an athlete leaves earlier than that time, it is considered an absence.
 - ▶ A 90-minute window applies to all Non-School day practices too

- ▶ Absences from practices & meets must be communicated to me (Head Coach) before the start.
 - ▶ Unexcused absences may result in not running in upcoming meets

- ▶ Athletes missing more than 2-3 practices per week may not be allowed to run Varsity for the upcoming meet.

Absences & Other Extra-curriculars

▶ Sub-Varsity Policy

- ▶ The expectation is that athletes will be at Cross Country Practice as scheduled throughout the week & season. Communicate future absences to me beforehand. We will not enter athletes into races if we are unsure of their fitness level due to excessive absences.

▶ Varsity Policy

- ▶ We have high(er) expectations for athletes competing in Varsity races. Consistency is key to developing success in XC. If there are outside activities that are going to interfere with practice or training on a regular basis, this will require a plan agreed upon by the coach & athlete (parents)
- ▶ Varsity positions at Regional & State meets are determined by the cumulative performances at key meets throughout the year. If athletes don't race at those meets, it makes the selection process difficult with many factors playing a role.

Sub Varsity - Meet Schedule 2026

- ▶ Thursday – September 3rd – Basehor-Linwood (Wy. Co. Park)
- ▶ Saturday – September 12th – Olathe Twilight - Evening (ODAC)
- ▶ **Thursday – September 23rd – Canis Lupus Cup (BVSW)**
- ▶ Saturday – October 3rd - Kansas City XC Classic (Ray-Pec, MO)
- ▶ *Thursday – October 8th – Heartland Relay Carnival- Relay Format (BVSW)*
- ▶ **Thursday – October 15th – Eastern Kansas League (BVSW)**
- ▶ **Sunday – November 15th – NXR Heartland Regional (Sioux Falls, SD)**

Bold – Important Meets

Underlined – Overnight Trips

Varsity - Meet Schedule 2026

- ▶ Thursday – September 3rd – Basehor-Linwood (Wy. Co. Park)
- ▶ **Saturday – September 12th – Olathe Twilight - Evening (ODAC)**
- ▶ **Saturday – September 26th – Rim Rock Invitational (Lawrence, KS)**
 - ▶ *Saturday – October 3rd - Kansas City XC Classic (Ray-Pec, MO)*
- ▶ **Saturday – October 3rd – Chili Pepper Festival – (Fayetteville, AR)**
 - ▶ Thursday – October 8th – Heartland Relay Carnival- Relay Format (BVSW)
- ▶ **Thursday – October 15th – Eastern Kansas League (BVSW)**
- ▶ Saturday – October 24th – Regional (TBD)*
- ▶ **Saturday – October 31st – STATE (Rim Rock - Lawrence, KS)**
- ▶ **Sunday – November 15th – NXR Heartland Regional (Sioux Falls, SD)**

Bold – Important Meets

Underlined – Overnight Trips

Other Important Dates

▶ Home Meets

- ▶ September 16th – Middle School Meet
- ▶ September 23rd - Canis Lupus Cup
- ▶ October 8th – Heartland Relays
 - ▶ Hosted by BVSU
 - ▶ Need a few volunteer to get teams/relays checked in
- ▶ October 15th – EKL
 - ▶ Hosted by BVSU
 - ▶ Need a few volunteers to help monitor course

▶ Fun Activities

- ▶ August 29th – Team Breakfast
- ▶ September 2nd – Pasta Party
- ▶ September 11th – Pasta Party
- ▶ September 22nd – Pasta Party
- ▶ October 7th – Pasta Party
- ▶ October 14th – Pasta Party
- ▶ October 15th – EKL BBQ
- ▶ October 23rd – Pasta Party*
- ▶ October 30th – Pasta Party*
- ▶ November 18th – Team Banquet*



What parents can do to be part of the team

- ▶ Check out the Weekly Newsletter - Email or website
- ▶ Support your child both physically & emotionally
- ▶ Communicate with the coaches about scheduling conflicts
- ▶ Pay dues quickly, Help with Fundraisers &/or Join the Booster Club
- ▶ Offer to host/help with pasta parties
- ▶ Volunteer to help with Home Cross Country Meets
- ▶ Attend the meets & be raving fans of the program & ALL kids
- ▶ Let your child warm up, cool down & ride back with the team
- ▶ Don't coach your athlete behind the scenes by doing extra workouts



Needs for the Athlete

- ▶ If your son/daughter has been at conditioning throughout the summer, they probably have everything they need.
- ▶ Athletic Physical on File: upload document through Bound App
- ▶ Running Shoes “Trainers”: Everyday running shoes
- ▶ Watch: Anything that can time workouts. GPS enhances experience but not mandatory
- ▶ Appropriate Running Clothes: Keep an eye on weather & dress appropriately
- ▶ Water Bottle: We try to run at locations with water fountains, but not always possible
- ▶ Optional: Race Day Spikes*, GPS Watch, Towel/yoga mat, Super Shoes “for workouts”, Post Run Snacks, Foam Rollers

Needs & Other Stuff

- ▶ Spirit-wear – Online Store
 - ▶ Link to “BSN Team Shop: QR Code (Top)
 - ▶ BVSX XC will be purchasing Team T-shirts & Performance Tank-top using club fees

- ▶ Need Shoes?
 - ▶ Training Shoes
 - ▶ Racing Spikes
 - ▶ “Super” Shoes
 - ▶ Fleet Feet (119th & Quivira)

- ▶ Racing Shorts – Athletes need to provide their own “All-Black” racing shorts



Uniform & school issued gear

ALL athletes will be checked out the following at the beginning of the season

- ▶ Green Uniform Top
- ▶ Gray Uniform Top
- ▶ Green Uniform Shorts
- ▶ Duffle Bag
- ▶ Black Warmup Jacket
- ▶ Black Warmup Pants

Other items may be checked out (Varsity*)



Booster Club Southwest Project

- ▶ President: Meghan Collins
- ▶ PLEASE PAY YOUR CLUB DUES PLEASE! - **\$90 per athlete**
 - ▶ School Cash App - Coming Soon (Sorry)
 - ▶ Or by Check (Make it out to BVSX Cross Country) turn into me or Tori Shalberg in the office
- ▶ Filling Booster Club Positions
- ▶ Social Media - @bvsw_xc_boosters (Instagram), BVSX Cross Country (Facebook)
- ▶ Snack Bags
- ▶ RSVP for pancake Breakfast
- ▶ Fundraising Opportunities



Expectations of athletes at meets

- ▶ On the day of meets arrive at the school on time & Immediately check to see what can be loaded on the bus
- ▶ Load the appropriate bus and follow all rules the bus driver provides
- ▶ When we arrive at the meet, immediately unload the bus & set up the tent area, look to the older athletes for instructions.
- ▶ The coaches will get the race packet & after receiving your bib number &/or racing chip, Walk the course
- ▶ Begin your warmup at the appropriate time with ALL athletes who are in your same race (V, JV, C)
- ▶ Wear the correct uniform & warmup gear to the complete KSHSAA specifications
- ▶ After you exit the finishing chute, you will wait for your teammates & **DON'T LEAVE THE FINISHING AREA**
- ▶ Cool down with the same athletes you warmed up with (V, JV, C)
- ▶ Stay through to the end of the awards ceremony to support your teammates & re-load the bus
- ▶ We would like you to ride back to the school with the team & unload the bus