

Blue Valley Southwest Cross Country Summer Schedule 2018

Training Week #	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 1	28-May	NO PRACTICE Memorial Day	Black Bob Park (6:30am)		Black Bob Park (6:30am)	Black Bob Park (6:30am)		
Week 2	4-Jun	Black Bob Park (6:30am)	Black Bob Park (6:30am)		Black Bob Park (6:30am)	Black Bob Park (6:30am)		
Week 3	11-Jun	Deanna Rose (6:30am)	Deanna Rose (6:30am)		Deanna Rose (6:30am)	Deanna Rose (6:30am)	Garry Gribbles (6:30am)	
Week 4	18-Jun	Deanna Rose (6:30am)	Deanna Rose (6:30am)		Deanna Rose (6:30am)	Deanna Rose (6:30am)	S.M. South HS (7:00am)	
Week 5	25-Jun	Timber Creek (6:30am)	Timber Creek (6:30am)		Timber Creek (6:30am)	Timber Creek (6:30am)	Quivira Park (6:30am)	
Week 6	2-Jul	Timber Creek (6:30am)	Timber Creek (6:30am)		Timber Creek (6:30am)	Timber Creek (6:30am)	Garry Gribbles (6:30am)	
Week 7	9-Jul	Quivira park (6:30am)	Quivira park (6:30am)		Quivira park (6:30am)	Quivira park (6:30am)	TBA	
Week 8	16-Jul	Quivira park (6:30am)	Quivira park (6:30am)		Quivira park (6:30am)	Quivira park (6:30am)	SM Park Lake (7:00am)	
Week 9	23-Jul	Heritage Park (6:30am)	Heritage Park (6:30am)		Heritage Park (6:30am)	Heritage Park (6:30am)	I-Lan Park (7:00am)	
Week 10	30-Jul	Heritage Park (6:30am)	Heritage Park (6:30am)		Heritage Park (6:30am)	Heritage Park (6:30am)	Aquinas HS (6:30am)	
Week 11	6-Aug	On Your Own	On Your Own		On Your Own	On Your Own		

Practices are encouraged but optional for all athletes (even NON-Cross country runners)
 Check the BVSU Cross Country website for exact meeting locations
 Workouts will be suggested by the coaching staff to each athlete based on individual needs

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BVSW Summer Locations	Description	Address / MapQuest Link
Black Bob Park	151st between Pflumm & Black Bob First Parking lot on the left	http://mapq.st/2roysYS
Deanna Rose	Switzer & 138th East Parking lot near Playground	http://mapq.st/2sOqAzF
Timber Creek Elementry	Mills Farm Front Parking lot	http://mapq.st/2GI9aj2
Quivira Park	SE Corner of Quivira & 119th From Quivira: First entrance BEFORE 119th	http://mapq.st/2ruSqRG
Heritage Park Shelter #8	Farthest South Shelter Take the access road from the lake	http://mapq.st/2rsmGh2
Jo Co HS Summer Locations	Description	Address / MapQuest Link
Garry Gribbles	NE Corner of 119th & Quivira Store faces 119th st & Jimmy Johns	http://mapq.st/2oqen3U
Shawnee Mission South HS	107th & Lamar Park on the west side of stadium	http://mapq.st/2FTlsyH
Shawnee Mission Park Lake	Use the main entrance and follow the road to the north end of lake	http://mapq.st/2FVFrXH
I-Lan Park	Nall & 124th st Park is on the east side of Nall	http://mapq.st/2l2tJmH
St. Thomas Aquinas HS	on Pflumm just south of College Blvd	http://mapq.st/2sCOT0o

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