



## SUMMER XC TRAINING

WANT TO MEET NEW BVN RUNNERS AND INCREASE YOUR FITNESS BEFORE THE SEASON? COME JOIN OUR VALUNTARY SUMMER TRAINING PROGRAM!!! NO MATTER WHAT LEVEL OF FITNESS YOU ARE AT, WE WOULD LOVE TO SEE YOU OUT THERE!

WHO: ALL INCOMING 9-12 GRADE STUDENTS

WHEN: MONDAYS-FRIDAYS; JUNE 7- AUGUST 10

6:30- 8:00AM

WHERE: OUR FIRST DAY WILL BE ON THE BVN TRACK BUT WILL MEET AT VARIOUS LOCATION AROUND OVERLAND PARK.

CHECK OUT OUR TEAM WEBSITE TO SEE ALL LOCATIONS FOR SUMMER TRAINING UNDER THE "CALENDAR" TAB  
WEBSITE: [BVNXG.COM](http://BVNXG.COM)



## Sign up for Cross Country!!!

CROSS COUNTRY MIGHT BE FOR ME IF I ...

- ENJOY MEETING NEW PEOPLE
- WANT TO STAY IN SHAPE
- CONDITION FOR OTHER SPORTS
- ENJOY EATING- WE HAVE TEAM PASTA DINNERS!
- ENJOY COMPETITION

USE THE QR CODE BELOW TO SIGN UP FOR BVN CROSS COUNTRY. YOU WILL BE ADDED TO THE EMAIL LIST TO GET ALL INFORMATION AND UPDATES LEADING INTO THE SEASON!

**SIGN- UP FOR  
BVN CROSS  
COUNTRY HERE**



PLEASE EMAIL ME IF YOU HAVE ANY QUESTIONS. WE LOOK FORWARD TO COACHING YOU!

MILES RILEY  
HEAD CROSS COUNTRY COACH  
[MARILEY@BLUEVALLEYK12.ORG](mailto:MARILEY@BLUEVALLEYK12.ORG)