



SOUTHWEST PROJECT



Weeks to Go

-11

The Southwest Project Newsletter 11 Weeks to go.

We are very excited to start our summer conditioning program tomorrow (**Monday June 3rd**). Every season is unique & special, but this year has the potential to outshine the rest! We have established some very lofty goals on both the girls & boys' side, so join us #OnTheJourney #ToTheSummit of Great! To stay up to date & follow us on X (Twitter) & Instagram (@BVSWDistance) where I will send out cool information about the season. For more information about the BVSX XC team checkout the Website! www.bvswxc.com

NEW INFORMATION

#OnTheJourney and #ToTheSummit

Whether you are returning as a 4th year senior, or if this will be your first experience with cross country, every runner in our program has an important role to fill. The motto of our program the past few years has been "On The Journey." It represents our commitment to building our program into the best XC team in the Nation! If you think that by simply checking things off a list, or following a pre-determined path that it will take you to greatness never reached before, think again! You must be willing to do what you've never done before to achieve what you've never achieved before.

Each year our program gets closer & closer to that goal, but we still have a long way to go. As we have gone from where we were to where we are now, we are standing at the base of the "Summit of Great." To those who thought the Journey would get easier the closer we get, you are in for a rude awakening. "To The Summit" is the new motto for the athletes in our program who have already journeyed far, but now must find a way to take it to the next level in their training, preparation & execution. "To The Summit" is an extension of "On The Journey."

Sayings & hashtags are no substitute for our 3 tentpoles that will get us to where we want to be.

1. Buy-in & Belief
2. Sacrifice & Hard Work
3. Family & Fun

Sign up for Summer Conditioning - \$20 or help with Pancake Breakfasts

If you are new, returning, or simply want to try our summer program out, all are welcome.

-New to XC athletes – Please fill out the form below if you haven't already

Link: <https://forms.gle/4oM2eUkDeyVGxHuc9>

-Returning XC athletes – Contact me if you have any questions, or if you have an updated email

We are asking for **\$20** paid to our Venmo account (**@Southwestproject**) OR you can turn in a check made out to the **BVSX Cross Country team to the school directly**. If you host or help with a pancake breakfast, your donation request is waived & if you'd like to donate more it would be greatly appreciated. That money goes to pay for a Southwest project T-shirt for the athletes & the food for pancake breakfasts.

Sign up for NEW GroupMe

This year we will be using GroupMe as our messaging system. We will mainly use it for last minute changes to the schedule or for very important information needs to be sent out quickly. It is for both Parents & Athletes.

Link: https://groupme.com/join_group/100852708/OdwPn0bo

"Are you On the Journey to the Summit of Great"

Pancake Breakfast next FRIDAY (June 14^h)

We will have our first pancake breakfast on June 14th, but we are looking for a host! We will meet at the host's home & run from that location. When we are done, food will be available. We are in need some volunteers to host or help with our Pancake Breakfast Runs this summer. We are looking for hosts or helpers. Click the link below and fill out the form to offer to host or help.

<https://forms.gle/G1LPxshbg6rPVfKA>

Weather & Cancellation Procedure

Unfortunately, weather is always a possible issue throughout the summer. We want to run even if it is raining but NOT if there is lightning in the area. We will send out messages through GroupMe, Email, & posts on social media (Twitter & Instagram - @BVSWDistance) to let you know if we must cancel or move practice.

No Evening Sessions (TAPP) this week

We will begin our evening strength development sessions next week. TAPP will begin on June 10th at the BVSU weight room (Mon, Tue & Thu at 6:00PM). More details will be sent out next week.

Updated BVSU XC Website – www.bvsuXC.com

We have updated the BVSU Cross Country website... www.bvsuXC.com will be your one stop shop for all things cross country this season. Check out the website for all information about summer & fall practices, meets & team bonding.

Signing up & using Strava (Online Training Notebook)

Strava is an online running website that will track & log all runs/workouts for runners, cyclists & swimmers. It is a fun way to track our training for the XC season. If you haven't signed up for it yet, please do so we can maximize the most out of our training this summer! See the webpage below for help setting up & posting.

<https://www.bvsuXC.com/news-updates-2>

Lenexa Freedom Run (July 4th)

If you are interested in testing your fitness, come early July, the Lenexa Freedom run is the perfect introduction into racing the 5k distance. Link below if you want to sign up. **This is open to ALL members of our running family (Returning, New, Middle School & Parents).**

<https://runsignup.com/Race/KS/Lenexa/LenexaFreedomRun>

Daily Schedule for Week -11

Day	Date	Location	Time – Who	Workout Details
Monday	June-3	BVSU Track	6:30am – ALL	-LL, Recovery , BU's, H/T, Band, Roll
Tuesday	June-4	Black Bob Park	6:30am – ALL	-1/2WU, Broken Steady , HIIT, H/T, Band, Roll
Wednesday	June-5			-LL, Recovery , BU's, H/T, Stretch, Leg Elevations
Thursday	June-6	Verhaeghe Park	6:30am – ALL	-1/2WU, (Broken) Steady , BU's, H/T, Band, Roll
Friday*	June-7	Deanna Rose*	6:30am – ALL	-1/2WU, Long Run , BU's, H/T, Leg Elev
Saturday	June-8	Heritage Park (Shelter #8)	6:30am - ALL	-LL, Recovery , HIIT, H/T, Band, Roll, Stretch

TAPP Begins NEXT week. It will meet at the weight room in BVSU

*Friday Locations will Rotate, check this schedule to stay up to date.

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