



# SOUTHWEST PROJECT



Weeks to Go

-9

The Southwest Project Newsletter 9 Weeks to go.

It is great to have everyone back as we get our summer training into full swing! Remember that recovery is JUST AS important as the training itself. Make sure you are sleeping, hydrating, eating right & managing your physical & emotional stress load. To stay up to date & follow us on X (Twitter) & Instagram (@BVSWDistance) where I will send out cool information about the season. Join the GroupMe:

[https://groupme.com/join\\_group/100852708/OdwPn0bo](https://groupme.com/join_group/100852708/OdwPn0bo)

For more information about the BVSX XC team checkout the Website! [www.bvswxc.com](http://www.bvswxc.com)

## NEW INFORMATION

### Pancake Breakfast THANK YOU'S

I want to send out a BIG THANK YOU to the Collins family for opening their home for our pancake breakfast run last week. Your hospitality was greatly appreciated. I also want to thank Mrs. Holland, \_\_\_\_\_ & Mr. Brewington for their help also! We will have another in two weeks & can't wait.

### Rocky Mountain Road Trip

Final information about the Rocky Mountain Road Trip will be sent out shortly to those that signed up for the event. I am very excited for the trip & can't wait for a great running experience.

Information & Signup: <https://forms.gle/FfJ5AKo6bKKpyz6s8>

### Garmin Clipboard & Strava

Recently a GroupMe & Email was sent out to join the BVSX Cross Country **Garmin Clipboard app**. This is a way we can send workouts to your watches (if you have a Garmin GPS watch). Download the app on your phone, sign-in/up & put in the invite code. **The Invite Code: TV4390**

Strava is an online website (like Garmin Connect) where runs can be uploaded to but is/can be used more as a "running social media" site (there are many privacy settings too). You DO NOT need a Garmin watch specifically to be a part of it. BVSX Cross Country also has a Strava page/group that all athletes, parents & coaches can join: <https://www.bvswxc.com/news-updates-2>

### Lenexa Freedom Run (July 4<sup>th</sup>)

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>

## THINGS THAT STILL APPLY

### 2024 Meet Schedule Posted

I have a rough draft our meet schedule for the 2024 Fall season (All dates/meets are subject to change). All Meet info will be posted there. Meet Info 2024 page: <https://www.bvswxc.com/copy-of-meet-info-2023>

### 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](https://groupme.com/join_group/100852708/OdwPn0bo)

*"Are you On the Journey To the Summit of Great?"*

### 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.

Updated BVSX XC Website – [www.bvswxc.com](http://www.bvswxc.com)

We have updated the BVSX Cross Country website... [www.bvswxc.com](http://www.bvswxc.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.

## **Daily Schedule for Week -9**

<b>Day</b>	<b>Date</b>	<b>Location</b>	<b>Time – Who</b>	<b>Workout Details</b>
Monday	June-17	BVSW Track	6:30am – ALL 5:30-7pm - ALL	-SPWU, <b>Speed Work</b> , Ex-CD, Leg Elv -TAPP (Dbl-rec)
Tuesday	June-18	Black Bob Park	6:30am – ALL 5:30-7pm - ALL	-FullWU, <b>Tempo Run</b> , Band, Roll, Leg Elv -TAPP (Dbl-rec)
Wednesday	June-19			-LL, <b>Recovery Run</b> , 4xBu's, HT, Stretch
Thursday	June-20	Verhaeghe Park	6:30am – ALL 5:30-7pm - ALL	-1/2WU, <b>Steady Run</b> , BUs, HT, Band, Roll -TAPP (Dbl-rec)
Friday*	June-21	Quivira Park	6:30am – ALL	-1/2WU, <b>Long Run</b> , BU's, HT, Leg Elv
Saturday	June-22	Heritage Park (Shelter #8)	6:30am - ALL	-LL, <b>Recovery Run</b> , HT, Band, Roll

TAPP will meet at the weight room in BVSW

TAPP – Athletes running a rec-run double meet at 5:30pm (then lift at 6pm)

\*Friday Locations will Rotate, This week **Quivira Park (119<sup>th</sup> & Quivira)**

*“Are you On the Journey To the Summit of Great?”*