



SOUTHWEST PROJECT



Weeks to Go

-3

The Southwest Project Newsletter 3 Weeks to go.

As we transition from July to August, we can “unfortunately” feel the school year getting close. Heat will be a big issue early this week so make sure you are physically & emotionally prepared for the heat. Some of our most important training will be in these last 3 weeks going into the regular season. 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

For more information about the BVSX XC team checkout the Website! www.bvswxc.com

NEW INFORMATION

Pancake Breakfast Run – Thank You to the Paschke’s

Big THANK YOU to the Paschke family for hosting the pancake party last Friday. It was a great experience for everyone. Thank You to Mr. Brewington & The Strobl’s for helping! We couldn’t do these fun things without the commitment that the parents give to our program!

Note on Heat, Hydration, Nutrition & Heat

This is going to be a very HOT week! Acclimating to the heat is a must for cross country runners. Most of our practices will be after school when the temperature is at its highest. The best way to prepare the body is staying hydrated not just before you run but throughout the entire day. Replenishing electrolytes with sports drinks like Gatorade/Powerade after runs will go a long way to prepare for the next day’s practice. Otherwise, the only way to get prepared for running in the heat, is to expose yourself to that heat in small doses & slowly build up a tolerance. Our evening sessions are a great opportunity for that. Athletes can either decrease the length of their runs or Start/Finish their evening doubles on the treadmills or running around our indoor track above the GYM.

Managing the heat is a necessary evil in this part of the country & this time of year. Let’s do everything we can now to be ready for the start of the XC season.

Spiritware “Heads-up”

I am in contact with BSN to set up an online spiritware store. When the link & store is ready I will send out the link with more details. We plan on closing the online store right around the start of the XC season to get the gear back as quickly as possible.

THINGS THAT STILL APPLY

Physical & Athletic Paperwork

With the start of the official season beginning in 6 weeks. It is vitally important that every athlete have their athletic paperwork submitted as quickly as possible. Don’t wait until the last minute to set up an appointment to get your physical. The district has an online process, & the information can be found on the website linked below. If you have more questions, you can contact the BVSX office (mrasmussen@bluevalleyk12.org)
Link: <https://bluevalleysd-ar.schooltoday.com/>

BVSX Homecoming/ODAC Conflict – (September 14th)

I wanted to make people aware that the Olathe Twilight meet is scheduled the same day as our Homecoming Dance. I know that this puts some athletes into a tough choice. We are looking into possible plans that could include racing, skipping, or substituting that race for individuals or even teams/groups.

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

Family Team Breakfast (August 31st)

Please **save the date** for our Team breakfast scheduled for the August 31st at 9:30am at the BVSW concession stands near the track & soccer field. This event is open to ALL BVSW athletes, families & friends. We will send out more information as the season gets closer.

BVSW Record Book UPDATED

To be clear, the record board is not updated in the commons at school (yet). But I have updated the website to check the Top 10 times & others by checking out the website.

Link: <https://www.bvswxc.com/school-records>

Garmin Clipboard & Strava

Please join the BVSW 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. BVSW Cross Country also has a Strava page/group that all athletes, parents & coaches can join: <https://www.bvswxc.com/news-updates-2>

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

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.

Daily Schedule for Week -3

Day	Date	Location	Time – Who	Workout Details
Monday	July-29	BVSW Track	6:30am – ALL 5:30-7pm - ALL	-SPWU, Speed Workout , Leg Elev -TAPP (Dbl-rec)
Tuesday	July-30	Black Bob Park	6:30am – ALL 5:30-7pm - ALL	-FullWU, Tempo , HT, Band, Roll, Leg E -TAPP (Dbl-rec)
Wednesday	July-31			-LL, Recovery Run , 4xBUs, HT, Stretch
Thursday	Aug-1	Verhaeghe Park	6:30am – ALL 5:30-7pm - ALL	-1/2WU, Steady Run , 6xBU, HT, Band, Roll -TAPP (Dbl-rec)
Friday	Aug-2	Quivira Park	6:30am – ALL	-1/2WU, Long Run , 4xBUs, HT, Leg Elev
Saturday	Aug-3	TBA*	6:30am - ALL	-LL, Recovery Run , 4xBUs, HT, Band, Roll

TAPP - normal this week.

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