



Weeks to Go

-1

The Southwest Project Newsletter 1 Weeks to go.

This will be our last week of conditioning for the summer. We will begin our official part of the season on MONDAY August 14th at the BVSX Concession stands at 6:30am. Stay up to date follow us on Twitter & Instagram (@BVSXDistance) we will send out information about the season.

I am keeping the BVSX XC Website updated, check it out! www.bvsx.com

Things Moving Forward

Thank You to the Reynold's!

Big Thank you to the Reynold's for hosting our final pancake breakfast last Friday. We greatly appreciate your hospitality. Thank you to Mr. Brewington & the Clark's for helping as well.

Parent Meeting August 13th 6PM

We will have our pre-season meeting for all parents in the BVSX Fixed Forum (near main entrance of school) at 6:00pm on Sunday August 13th. We will discuss all the details for the start of the season. If you cannot make it, I will post my notes on the homepage of the website www.bvsx.com.

Family Team Breakfast (August 26th)

Below is a link to the August 26th Pancake Family Breakfast hosted at the BVSX Concession stand at 9:00am. **The entire family is invited.** This year we are doing a slight potluck with underclassman (9th-10th) bringing drinks & upperclassman (11th-12th) bringing fruit. **PLEASE RSVP** below using the link, so we know how much pancake mix & sausage for everyone.

<http://evite.me/dPESkDRAWd>

We are also looking for **4-5 parent helpers** to make the food that morning. Please email me or Mrs. Paschke (carriepaschke@yahoo.com) if you can help.

Uniform & Warmup Updates for 2023

We will check out white uniform tops, warmup top & bottoms along with an XC Bag. This season we will be asking **ALL ATHLETES** to provide their own **BLACK SHORTS** competition shorts. Below is a link that has some good options if you are looking.

<https://docs.google.com/document/d/1fwmR9MCiO7n8GCDLMmyYHBcTDUKLBLalrHRsw0yhog/edit?usp=sharing>

Updated Practice Schedule 2023 XC Season

Here is link to the practice schedule as of right now. More details about the schedule will come out shortly, but if you want to get a few dates/times on the calendar it can be found on the home page of the website.

https://www.bvsx.com/_files/ugd/ab0cb5_e7915678d51d46ad91b75d2d78194163.pdf

Online Team Store Coming Soon

Soon we will have an online store through BSN where athletes & parents will be able to purchase additional BVSX XC gear for the upcoming season. Be on the lookout for a separate email about the details this week.

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

Physical & Athletic Paperwork

With the start of the official season beginning in 5 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 recently switched to an online process, & the information can be found on the website linked below. If you have more questions, you can contact the BVSW athletic office

(mrasmussen@bluevalleyk12.org)

Link: <https://bluevalleysd-ar.schooltoday.com/>

Sign up for NEW Remind 101

Please click the link below to sign up for text message updates for the 2023 XC season.

<https://www.remind.com/join/bvswxc23>

Another way to sign up for Remind is to **text the message “@bvswxc23” to the number 81010**

Updated BVSW XC Website – www.bvswxc.com

We have updated the BVSW Cross Country website with a brand-new domain name... www.bvswxc.com will be your one stop shop for all things cross country this season.

Signing up & using Strava (Online Training Notebook)

You can also join the “Southwest Project XC Club” by going to groups in Strava & searching. See the link.

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

2023 Meet Schedule on Website

The website has been updated with our planned meet schedule for the 2023 season. Please look at it through the link below. <https://www.bvswxc.com/copy-of-meet-info-2022>

Daily Schedule for Week -1

| Day | Date | Location | Time – Who | Workout Details |
|------------|-------------|----------------------------------|--------------------------------------|---|
| Monday | Aug-7 | BVSW Track *Weight Room | 6:30am – ALL 5:30/6pm – Dbl/ALL | -SPWU, Speed Workout , ExCD -Recovery Jog / TAPP Lifting |
| Tuesday | Aug-8 | Verhaeghe Park *Weight Room | 6:30am – ALL 5:30/6pm – Dbl/ALL | -FullWU, Full Mills , CD, Leg Elev -Recovery Jog / TAPP Lifting |
| Wednesday | Aug-9 | | On Your Own | -LL, Recovery , BU's, H/T, Stretch |
| Thursday | Aug-10 | Black Bob Park** *Weight Room | 6:30am – ALL** 5:30/6pm – Dbl/ALL | -1/2WU, Steady Run , BU's, H/T, Roll -Recovery Jog / TAPP Lifting |
| Friday | Aug-11 | Heritage Park** Shelter #10 | 6:30am – ALL** | -LL, Recovery , BU's, H/T, Stretch |
| Saturday | Aug-12 | Deanna Rose | 6:30am - ALL | -1/2WU, Long Run , BU's, Roll, Leg Elev |

*TAPP. TAPP this week. 5:30pm for running, 6:00-7:00pm for lifting.

**Coaches will have to leave before 8:00am

“Are you On the Journey to the Summit of Great”