



SOUTHWEST PROJECT

Weeks to Go

-2

The Southwest Project Newsletter 2 Weeks to go.

Two weeks out, this will be our last time through our training cycle the way it is set up now before the season starts. Let's keep working hard, showing up and grinding our way into the best season we have ever had! Stay up to date follow us on Twitter & Instagram (@BVSWDistance) we will send out information about the season. I am keeping the BVSX XC Website updated, check it out! www.bvswxc.com

Things Moving Forward

Pancake Breakfast at the Reynold's House Friday!

This will be our final pancake breakfast of the summer. We will be meeting at the Reynold's home at the normal time on Friday. We will run from their house & eat afterward.

Address: **12304 w 162nd St. Overland Park**

Spike Week at Fleet Feet

Fleet Feet (In the NW corner of 119th & Quivira) is hosting a spike week from **Monday July 31st – Sunday August 6th**. Bring in a copy of the attached flyer (or let someone at the store know) and you will receive 15% off on nearly anything in the store. If you have specific questions, please let me know, or coach Buehler.

Uniform & Warmup Updates for 2023

This year we were able to get new warmup jackets, pants & rain jackets. We will check these out to the athletes at the beginning of the season & they will turn them back in after the season. We also will check out white uniform tops & 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/1fwmR9MCiO7n8GCDLMmyYHbCTDUKLBLa1rHRsw0yhog/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.bvswxc.com/files/ugd/ab0cb5_e7915678d51d46ad91b75d2d78194163.pdf

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 BVSX athletic office

(mrasmussen@bluevalleyk12.org)

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

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"

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 BVSX XC Website – www.bvswxc.com

We have updated the BVSX 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. 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.

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

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

Family Team Breakfast (August 26th)

Please save the date for our Team breakfast scheduled for the August 26th at 9:00am at the BVSX concession stands near the track & soccer field. This event is open to ALL BVSX athletes, families & friends. We will send out more information as the season gets closer.

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. Everything is subject to change, but one weekend is very much uncertain (Oct 5-7th). Our normal Heartland Relays Carnival may not happen this year, so we may be looking for other options.

<https://www.bvswxc.com/copy-of-meet-info-2022>

Daily Schedule for Week -2

Day	Date	Location	Time – Who	Workout Details
Monday	July-31	BVSX Track *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-FullWU, CV +Reps , CD, Roll, Leg Elev -Recovery Jog / TAPP Lifting
Tuesday	Aug-1	Verhaeghe Park *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-LL, Recovery , BU's, H/T, Stretch -Recovery Jog / TAPP Lifting
Wednesday	Aug-2		On Your Own	-1/2WU, Steady , 4xBU's, H/T, Leg Elev
Thursday	Aug-3	Black Bob Park *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-FullWU, Tempo , Roll, Leg Elev -Recovery Jog / TAPP Lifting
Friday	Aug-4	**Reynold's Home	6:30am – ALL	-LL, Recovery , BU's, H/T, Stretch
Saturday	Aug-5	Quivira Park	6:30am - ALL	-1/2WU, Steady , BU's, H/T, Roll

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

Reynold's Home - **12304 w 162nd St. Overland Park

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