



SOUTHWEST PROJECT



Week #

2

The Southwest Project Newsletter Week #2

With one week in the books, we will be in our racing season before we know it. The weather this week is going to give us some hiccups & we might have to make some changes to our training & schedule. We will have our family breakfast on Saturday at 9:30am to celebrate a summer well done & get excited for the start of the racing season. To stay up to date & follow us on 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

Practice of Weeks

Sunday practice was canceled, but we will meet after school with everyone to go over plans for the week. Heat is going to be a big issue through Thursday. We might have to move some practices to the morning. I will send out messages through email & group-me if changes need to be made. This is just something that happens in August of the XC season.

Schoolfundr – BVSX XC Fundraiser

The simple & easiest way to support the cross country team is through schoolfundr. Below is a link you can use to donate directly to the program.

Donate Directly: <https://app.schoolfundr.org/fund/bvswxc>

Please send out this link to members of your family who could help support our program. The fundraiser goes live on August 30th.

Mills Time Trial & First Meet Info

Many athletes & parents ask me how we determine Varsity (especially for the first meet). In short, there are 2 criteria.

- Athletes need to be at practice regularly & executing workouts to 100% to the best of their abilities.
- The Saturday Full Mills Time Trial. A staple workout for the BVSX XC team is “The Mills” which is a 1.72mi course that starts at Verhaeghe Park & ends up the big hill to the round-a-bout at 175th & Quivira. If all things are equal, we will use this time trial to establish varsity for the first week of the season.

After the first week, we will give athletes opportunities to race the same course on the same day & the faster times in those situations will move up to varsity for the following week.

Family Team Breakfast (August 31st)

Our Annual Family Pancake Breakfast which will be held on **Saturday, August 31 from 9:30-10:30** by the outdoor track/concession area at the high school after our Mills Time Trial. We will provide the pancakes and are asking that 9th & 10th graders bring **drinks** to share (orange juice, chocolate milk, sports drinks, or bottled water), and 10th & 11th graders bring **fruit** to share.

Please RSVP to carriepaschke@yahoo.com with the number of guests from your family so we can make sure we have enough food and seating.

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

BVSW XC Booster Club

Each week we will be sending out a 2nd email about the going on's of our Booster Club. All the great things we have planned need help from our wonderful parents & family. Below are some of the things we need some help with this season. Please check out the emails & help us out by getting involved.

Please check out the Booster Club page: <https://www.bvswxc.com/news-updates>

Uniform Checkout – Friday

We will check out Uniforms on Friday after school. Athletes will have a bag, jacket top(s), pants, White & Green uniform top. As mentioned at the parent meeting, athletes need to provide THEIR OWN all-black uniform shorts to compete in. Below is a link if you are looking for good suggestions. As long as they are ALL-BLACK, they will work.

<https://docs.google.com/document/d/1Aq5R-MCXx1TWDQLc4cyb3xVI7HV2z0dB3T6g-RtRIVY/edit?usp=sharing>

THINGS THAT STILL APPLY

Practice Schedule 2024

All practice time & locations have been updated for the 2024 season. See the link below from the home page of the website.

https://www.bvswxc.com/files/ugd/ab0cb5_bb83b8fd9f6141c8920fd9fd837a8df1.pdf

Sign up for NEW GroupMe – Weather Updates

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

Daily Schedule for Week 2

Day	Date	Location	Time – Who	Workout Details
Monday	Aug-26	BVSW	3:05pm – ALL	-LL, Recovery Run , 4xBUs, HT, Band, Roll
Tuesday	Aug-27	BVSW BVSW ¹	5:30am – Elt/Blk/Gr 3:05pm – ALL ¹	-SPWU, Speed Work , ExCD, Leg Elev -rec Run (Dbl)
Wednesday	Aug-28	BVSW	3:05pm – ALL	-FullWU, Tempo Run , HT, Band, Roll, Leg E
Thursday	Aug-29	TBA ² BVSW	6:30am – Elt/Blk ² 3:05pm – ALL	-rec Run (Dbl) -LL, Recovery Run , 4xBU's, HT, Roll
Friday	Aug-30	BVSW	3:05pm – ALL	-LL, Pre-Meet , BUs, HT, Band, Roll, Stch, Leg E
Saturday	Aug-31	Verhaeghe Park Family Breakfast	7:00am – ALL 9:30am - Family	-FullWU, Full Mills , Roll, Leg Elv Family Pancake Breakfast
Sunday	Sept-1	I-Lan Park ³	6:00pm - ALL	-LL, Recovery Run , 4xBU, HT, Band, Leg E

¹White training groups will meet after school. Black & Elite can do an afternoon double

²Black & Elite training groups will meet for optional morning double

³Athletes attending Sunday practice will take off Monday (day after)

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