



# SOUTHWEST PROJECT



Weeks to Go

-8

The Southwest Project Newsletter 8 Weeks to go.

With July just around the corner, we will have one more week of training together before the 4<sup>th</sup> of July moratorium week. After this week we will pick back up to normal on July 8<sup>th</sup>. Make sure you stay on top of your training which should be progressing up as we go. Let's get some work in this week! 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 Friday

We have our 2<sup>nd</sup> pancake breakfast run this week. We will be meeting at the home of the Roberts's at the normal time & will eat after we get done running. Thank you in advance for hosting!

**Address: 14812 Bond St., Overland Park**

### Rocky Mountain Road Trip

Last Chance to sign up for the Rocky Mountain Road Trip. We have a few spots available, so if you are wanting to go fill out the form below &/or contact me for more details.

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

### Moratorium Week: July 1<sup>st</sup>-7<sup>th</sup>.

The KSHSAA has a week surrounding the 4<sup>th</sup> of July where coaches & athletes are not allowed to meet during this week. Athletes will need to organize their own meetups to run or run on their own. DO NOT take the week off as this is an important time to stay on top of your training.

### 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

### 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>

### 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>

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

### 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)

### 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 -8**

<b>Day</b>	<b>Date</b>	<b>Location</b>	<b>Time – Who</b>	<b>Workout Details</b>
Monday	June-24	BVSX Track	6:30am – ALL 5:30-7pm - ALL	-FullWU, <b>CV+Reps</b> , CD, Bnd, Roll, Leg Elv -TAPP (Dbl-rec)
Tuesday	June-25	Black Bob Park	6:30am – ALL 5:30-7pm - ALL	-LL, <b>Recovery Run</b> , 4xBU, HT, Band, Roll -TAPP (Dbl-rec)
Wednesday	June-26			-1/2WU, <b>Steady</b> , 6xBU, HT, Stch, Leg Elv
Thursday	June-27	Verhaeghe Park	6:30am – ALL 5:30-7pm - ALL	-FullWU, <b>Mills</b> , CD, HT, Band, Roll, Leg El -TAPP (Dbl-rec)
Friday*	June-28	Roberts's Home	6:30am – ALL	-LL, <b>Recovery Run</b> , 4xBU, HT, Strch
Saturday	June-29	Heritage Park (Shelter #8)	6:30am - ALL	-1/2WU, <b>Easy</b> , 4xBU, HT, Band, Roll, Leg E

TAPP will meet at the weight room in BVSX

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

\*Friday Locations will Rotate, This week the Roberts's home: **14812 Bond St., Overland Park**

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