



SOUTHWEST PROJECT



Week #

3

The Southwest Project Newsletter Week #3

Big shout out to everyone that helped make the Mills Time Trial & Family Pancake Breakfast a big success! It is always so fun to celebrate the summer accomplishments & see the whole running family together. This will be an odd week, with the holiday weekend & out of town meet. 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

The Mills Recap & Family Breakfast

Great job to all the athletes that gave their best efforts up “The Mills” on Saturday! The times that were run blew me away. Our boys’ team averaged 10s faster than we did in October of last year! The girls had the whole Varsity team finish AHEAD of our average the year before! Both squads are looking to make 2024 the best year in the program’s history.

The Pancake breakfast has been a fun tradition as we have brought the entire family together to celebrate the summer training & kick off the racing season! Big shout out to all the parents that came, brought food, helped make pancakes and cleaned up after! We all had a great time & we couldn’t have done it without you!

Pasta Party Wednesday – Roberts Home

We will have our first Pasta Party on Wednesday September 4th. We will meet in the commons for a team meeting then head out to the Roberts home & run from there. After the run/workout we will eat & be merry!

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

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. See the separate email sent about how to input email addresses.

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

Uniform Checkout – Makeup

I will make sure athletes who missed uniform checkout get a uniform before we leave for the pasta party on Wednesday after school. 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-MCXx1TWDQLc4cyb3xV17HV2z0dB3T6g-RtRIVY/edit?usp=sharing>

Racing Season BEGINS!

We will be kicking our racing season off on Thursday & finishing the first week with our Varsity group in Chicago on Saturday. This weekend, I contacted the runners that will be racing in Varsity race in Chicago. Everyone who has shown they are ready, will be racing at Basehor-Linwood (Wyandotte County Park)

Basehor-Linwood hosts a solid meet with a few small to medium sized schools in attendance. This year the meet will be held in the morning (this is not very common). The Varsity/JV/C-teams are all run together in separate boy & girl races. We will stay for awards then stop for lunch at the Legends Shopping Center before heading back to school. When we get back the athletes can get cleaned up at home or school to be back for 6th hour. Meet information can be found on the “Meet Info 2024” page on the website

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

Basehor-Linwood Group – Practice Details

Mon – Practice 5pm @BVSX (Recovery Run)

Tue – Practice 6:30am @BVSX (Track Workout), 3:00pm @BVSX (Double or White Group)

Wed – Practice 3:05pm @Roberts Home (Recovery, Meet in commons then to Roberts home)

Thur – **MEET DAY** 6:30am @BVSX (We will stop for lunch on the way back, bring money or pack food)

Fri, Sat – No practice

<https://www.bvswxc.com/copy-of-meet-info-2023>

The Group going to Chicago will have an after-school practice on Thursday (normal time) and we will leave early in the morning (6:00am) on Friday. Trip itinerary & meet details can be found using the link below. Athletes race at 9:00 & 9:30am on Saturday.

Chicago Group – Practice Details

Mon, Tue Wed – Same as Basehor-Linwood Group

Thur – Practice AM (on your own double), 3:05pm @BVSX (Steady Run)

Fri – Practice in Chicago, Overnight Stay (pre-meet)

Sat – **MEET DAY**

<https://www.bvswxc.com/copy-of-meet-info-2023>

THINGS THAT STILL APPLY

Practice Schedule 2024

Link: https://www.bvswxc.com/_files/ugd/ab0cb5_bb83b8fd9f6141c8920fd9fd837a8df1.pdf

Sign up for NEW GroupMe – Weather Updates

Link to Sign-up: https://groupme.com/join_group/100852708/OdwPn0bo

Daily Schedule for Week 3

Day	Date	Location	Time – Who	Workout Details
Monday	Sept-2	BVSX ³	5:00pm – ALL ³	-LL, Recovery Run , 4xBUs, HT, Band, Roll
Tuesday	Sept-3	BVSX BVSX ¹	7:00am – Elt/Blk/Gr 3:00pm – ALL ¹	-FullWU, CV+ Reps , CD, Leg Elev, Roll -rec Run (Dbl)
Wednesday	Sept-4	Roberts Home ⁴	3:05pm – ALL	-LL, Recovery , BUs, HT, Band, Roll, Stch, LegE
Thursday	Sept-5	TBA ² Wyandotte Co Prk BVSX ⁵	TBA am – Elt/Blk ² 6:30am –BVSX 3:05pm – Elt/Blk	-rec Run (Dbl) Basehor-Linwood Girls 9:00am Boys 9:40am -1/2WU, Steady, 4xBU's, HT, Band, Roll
Friday	Sept-6	Lyons Township ⁵	3:05pm – Elt/Blk ⁵	-LL, Recovery , BUs, HT, Band, Roll, Stch, LegE
Saturday	Sept-7	Lyons HS⁵	6:00am – Elt/Blk⁵	Mike Kuharic Inv. Girls 9:00am Boys – 9:30am
Sunday	Sept-8	Quivira Park ³	6:00pm – ALL ³	-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)

⁴Roberts Home Address: **14812 Bond St. Overland Park**

⁵Athletes attending Chicago meet only: Basehor-Linwood athletes run on your own Friday/Saturday.

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