



# SOUTHWEST PROJECT

Weeks to Go

-3

The Southwest Project Newsletter 3 Weeks to go.

This is going to be a HOT week, so make sure you stay hydrated. With only 3 weeks left before the start of the official fall sports season, make sure you get your physical & other paperwork submitted online! Doctors' offices tend to fill up quickly this time of year, so don't delay. 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](http://www.bvswxc.com)

## Things Moving Forward

Thank You for the wonderful Pancake Breakfast!

Big shout out to the Roberts family for hosting our pancake breakfast last week! We greatly appreciate your hospitality! Also, Thank You to Mrs. Franzoni & Mr. Brewington for helping Friday morning! Couldn't do it without all of you.

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](mailto:mrasmussen@bluevalleyk12.org))

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

Garmin Watch Sale – Orders Due August 1<sup>st</sup>

Garmin is running a sale on many of their GPS watches & a few extras. I've attached an order form to this email. If you are interested in getting these discounted prices on a watch, **contact me**. I would like to make the bulk order on **August 1<sup>st</sup>** so that we can get them back as quickly as possible.

Note on Hydration, Nutrition & Heat

This is going to be a very HOT week! Acclimating to the heat is a must for cross country runners. Most of our practices will be after school when the temperature is at its highest. Staying Hydrated not just before you run but throughout the entire day is the best way to prepare the body. Replenishing electrolytes with sports drinks like Gatorade/Powerade after runs will go a long way to prepare for the next day's practice. Otherwise, the only way to get prepared for running in the heat, is to expose yourself to that heat in small doses & slowly build up a tolerance. Our evening sessions are a great opportunity for that. Athletes can either decrease the length of their runs or Start/Finish their evening doubles on the treadmills or running around our indoor track above the GYM.

Managing the heat is a necessary evil in this part of the country & this time of year. Let's do everything we can now to be ready for the start of the XC season.

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**

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

### Updated BVSX XC Website – [www.bvswxc.com](http://www.bvswxc.com)

We have updated the BVSX Cross Country website with a brand-new domain name... [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.

### 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 26<sup>th</sup>)

Please save the date for our Team breakfast scheduled for the August 26<sup>th</sup> 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 5-7<sup>th</sup>). 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 -3**

<b>Day</b>	<b>Date</b>	<b>Location</b>	<b>Time – Who</b>	<b>Workout Details</b>
Monday	July-24	BVSX Track *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-SPWU, <b>Speed Workout</b> , ExCD -Recovery Jog / TAPP Lifting
Tuesday	July-25	Verhaeghe Park *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-FullWU, <b>Full Mills</b> , CD, Leg Elev -Recovery Jog / TAPP Lifting
Wednesday	July-26		On Your Own	-LL, <b>Recovery</b> , BU's, H/T, Stretch
Thursday	July-27	Black Bob Park *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-1/2WU, <b>Steady Run</b> , BU's, H/T, Roll -Recovery Jog / TAPP Lifting
Friday	July-28	Heritage Park Shelter #10	6:30am – ALL	-LL, <b>Recovery</b> , BU's, H/T, Stretch
Saturday	July-29	I-Lan Park	6:30am - ALL	-1/2WU, <b>Long Run</b> , BU's, Roll, Leg Elev

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

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