



# SOUTHWEST PROJECT



Weeks to Go

-6

The Southwest Project Newsletter 6 Weeks to go.

We are back together (for the most part) this week! I look forward to getting back into our training plans. I know that this is the time of the year where it is hard to keep the motivation, so instead focus on the discipline needed to keep you coming every morning. 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

### Lenexa Freedom Run (July 4<sup>th</sup>)

Our entire team had some SCARY GOOD results on Thursday at the Lenexa Freedom Run. Despite the humidity, it was a great day for big PR's! My hope for this event this year is to show the kids in our program that what we are doing is working & we are all going in the right direction. We also have a long way to go until the most important part of our season is here. Continue #OnTheJourney & we will ALL see great results!

Results: <https://runsignup.com/Race/Results/73841#resultSetId-470545;perpage:100>

### Physical & Athletic Paperwork

With the start of the official season beginning in 6 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 an online process, & the information can be found on the website linked below. If you have more questions, you can contact the BVSX office ([mrasmussen@bluevalleyk12.org](mailto:mrasmussen@bluevalleyk12.org))

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

### Weekly Practice Schedule Notes

We have a few changes from what was posted on some schedules, so I wanted to clarify the details

Friday (AM) – We will have practice at Deanna Rose (East Lot). No Pancake Run, but coach will bring snacks

Friday (PM) – We are introducing a PM Double (On Your Own) for our Elite Group Only

Saturday (AM) – No Organized practice because both coaches will be out of town.

See the schedule below for more details

### Rocky Mountain Road Trip

The trip will be a small group which will leave at 9:30am on Friday July 12<sup>th</sup> & Return Wednesday July 17<sup>th</sup>.

Trip Details will be sent out with an itinerary this week. I look forward to the experience. If you haven't paid, please do so through Venmo (@Southwestproject) or Check (Aaron Ballew).

Because of the camp & other vacation plans, we will not be meeting for practice as a group during that time. Athletes will need to complete their training on their own if they are not going on the trip with the team.

### Family Team Breakfast (August 31<sup>st</sup>)

Please **save the date** for our Team breakfast scheduled for the August 31<sup>st</sup> at 9:30am 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.

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

## THINGS THAT STILL APPLY

### Garmin Clipboard & Strava

Please 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>

### 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)

### 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>

### 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 - **@BVSXDistance**) 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 -6

Day	Date	Location	Time – Who	Workout Details
Monday	July-8	BVSX Track	6:30am – ALL 5:30-7pm - ALL	-FullWU, <b>Tempo</b> , CD, Band, Roll, Leg Elv -TAPP (Dbl-rec)
Tuesday	July-9	Black Bob Park	6:30am – ALL 5:30-7pm - ALL	-LL, <b>Recovery Run</b> , 4xBU's, HT, Band, Roll -TAPP (Dbl-rec)
Wednesday	July-10			-1/2WU, <b>Steady</b> , 6xBU, HT, Stch, Leg Elv
Thursday	July-11	Verhaeghe Park	6:30am – ALL 5:30-7pm - ALL	-FullWU, <b>Mills</b> , CD, HT, Band, Roll, Leg El -TAPP (Dbl-rec)
Friday	July-12	Deanna Rose <sup>1</sup>	6:30am – ALL On Your Own - Elite <sup>2</sup>	-LL, <b>Recovery Run</b> , 4xBU, HT, Strch -Dbl-rec <sup>2</sup>
Saturday	July-13	On Your Own*	On Your Own*	-1/2WU, <b>Easy</b> , 4xBU, HT, Band, Roll, Leg E

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

<sup>1</sup>Moving location to Deanna Rose (NO PANCAKE RUN) Coach will bring snacks for after.

<sup>2</sup>We are introducing a NEW double every other Friday moving forward for our Elite Group

\*Coaches will NOT be available for practice on Saturday (& Early the next week). Run On Your Own

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