



SOUTHWEST PROJECT

Weeks to go

-2

The Southwest Project Newsletter 2 Weeks to Go

Last two weeks of summer conditioning. Please make sure you are doing everything you can to be ready for our first day of practice on August 15th. Make sure you get your physical & all paperwork in as soon as possible. The best way to keep in touch is to sign up for Remind (Text @bvswxc22 to the number 81010). “When” changes to our schedule happen, it will be sent through remind & email. You can also follow us on Twitter & Instagram (@BVSWDistance) where I will send out cool information throughout the season. I have updated the BVSX XC Website check it out! <https://ajballew.wixsite.com/bvswxc>

Things Moving Forward

Please get your Physicals & Athletic Paperwork turned in!

With only 3 weeks left until the official start of practice, everyone needs to make sure they have their athletic packet (including athletic physical) turned into the athletic office at BVSX. Without the paperwork turned in, you WILL NOT be able to practice with us on August 15th. Below is a link for more information <https://swtwolves.com/2022/06/30/new-online-physicals-and-paperwork/>

Pancake Breakfast Friday at the Paschke’s

We will have our final Pancake Breakfast at the Home of the Paschke’s on Friday (8/5). Please arrive at 6:30am & we will do our run from there. **11610 W 157th Terrace, Overland Park, KS**

First Day of Practice (August 15th)

Monday August 15th will be our first day of official practice. Details about the exact meeting location & time will be sent out as the date gets closer. The first day will be before school starts.

Senior Pictures August 22nd

There is a specific photo shoot for Seniors this school year for their banners at 3pm in the commons on August 22nd. We will make sure get the seniors their uniforms before the pictures.

Thank You to the Mitchell’s

Big Thank you to the Mitchell’s for hosting our pancake breakfast last Friday. I wasn’t there, but it sounded like everything went well.

Parent Meeting TBD

Be on the lookout for information about a parent meeting in the next 2 weeks, before the season starts. We will go through the details of the season along with expectations and all the extra stuff that should be fun! A date, Time & Location will be set & sent out later in the week separate of the newsletter.

New & Middle School Runners: Schedule Change Starting July 18th

Beginning Monday July 18th all middle school & New runners that have been working with us this summer are invited to attend the Returning runner’s practices beginning at 6:30am (M, T, Th, F & Sa). I have been so impressed with all the athletes that have been coming. It is time to start the team bonding that this program is built on.

“Are you on the Journey to the Summit of Great?”

Strava (Online Training Notebook)

If you haven't signed up for Strava yet, please do so. It is our way of logging miles for the summer challenges. You do not need a GPS watch to use it. Runs can be put in manually. Just sign up for a free account & join the Southwest Project Track Club Group.

Training Challenges

Details about Both Challenges can be found on this link https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_403baf4763264a81b6ea89cf3e1a016d.pdf

Things to put on your Calendar

First Day of Practice (August 15th)

Monday August 15th will be our first day of official practice. Details about the exact meeting location & time will be sent out as the date gets closer. The first day will be before school starts.

Family Team Breakfast (August 27th)

Please save the date for our Team breakfast scheduled for the August 27th at 9:00am at the BVSU concession stands near the track & soccer field. This event is open to ALL BVSU athletes, families & friends. We will send out more information as the season gets closer.

Please sign up using the link

https://www.evite.com/event/006517P2JJPIVAWCGEPM7ZIPVQP33Q?utm_campaign=send_sharable_link&utm_source=evitelink&utm_medium=sharable_invite

Fall Meet Schedule

Below is a link to the fall cross country season meet schedule. The dates & all information about the events will be updated as that information comes in. <https://ajballew.wixsite.com/bvsuwx/copy-of-meet-info-2021>

Daily Schedule for Week -2

Day	Date	Location	Time – Who	Workout Details
Monday	Aug 1	BVSU Track ¹ BVSU Weight Room	6:30am – Return & NEW 6:00pm – Return & NEW	-FullWU, CV & Int, CD, Roll, Leg -PM Double &/or TAPP**
Tuesday	Aug 2	Verhaeghe Park	6:30am – Return & NEW On Your Own	-LL, Recovery, BU's, H/T, Stretch -PM Double
Wednesday	Aug 3			-1/2WU, Steady, 6xBU's, H/T, Roll
Thursday	Aug 4	Deanna Rose BVSU Weight Room	6:30am – Return & NEW 6:00pm – Return & NEW	-FullWU, Tempo, Leg Elv, Stretch -PM Double &/or TAPP**
Friday	Aug 5	Paschke's Home ²	6:30am – Return & NEW	-LL, Recovery, BU's, Roll, Stretch
Saturday	Aug 6	TBD	6:30am - Return & NEW	-1/2WU, Long, BU's, H/T, Leg Elevations

*Any New Runners & Middle School Students should meet at 6:30am at the location indicated

**TAPP will NOT meet on Tuesday

¹ – Meet the Concession stands on Monday morning

² – Paschke's Address is **11610 W 157th Terrace, Overland Park, KS**

“Are you on the Journey to the Summit of Great?”