



SOUTHWEST PROJECT



Week #

1

The Southwest Project Newsletter Week 1

The first week of practice is FINALLY HERE! I am very excited to for the season to officially begin. We have so many great things in store for the year. Check out all the details on the homepage of our website. 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

New Information

Notes from the Parent Meeting (Aug 13th)

If you missed the parent meeting on Sunday, below is a link to the home page which has the notes from presentation. If you have any questions, please feel free to contact me. <https://www.bvswxc.com/>

Booster Club Information

We are looking for people to help with the BVSX XC Booster Club this 2023 season. We tend to divide up roles based on projects, so you are only responsible for one aspect of the program. You can find it under the S.W. Project tab on the BVSX XC website.

<https://www.bvswxc.com/news-updates>

RSVP - Family Team Breakfast (August 26th)

Below is a link to the August 26th Pancake Family Breakfast hosted at the BVSX Concession stand at 9:00am. **The entire family is invited.** This year we are doing a slight potluck with underclassman (9th-10th) bringing drinks & upperclassman (11th-12th) bringing fruit. **PLEASE RSVP** below using the link, so we know how much pancake mix & sausage for everyone.

<http://evite.me/dPESkDRAWd>

We are also looking for **4-5 parent helpers** to make the food that morning. Please email me or Mrs. Paschke (carriepaschke@yahoo.com) if you can help.

Training Group Details

We break our training into 4 groups (Elite, Black, Green & White). Each group will be given amounts of volume, recovery, or type of workouts.

Elite – High level & experienced runners. Athletes that are looking to make an All-State team. This is the highest volume & intensity of any group. To achieve our goals of making the program the best team in country it will require a full varsity team of runners in this group.

Black – Second highest group. Intended for athletes who intend to compete at a varsity level & are approaching the Elite level. They tend to be younger athletes or runners who just need a lower training volume. This is also a good level for girls wanting to train at an All-State level too.

Green – Third of four levels. This group is for gifted athletes who are new to running but have good aerobic fitness. Experienced athletes recovering from injury who need a lowered training load also benefit at this level.

White – Brand new runners. This group is for athletes who are brand new on their cross country journey. Training volume will be measured in minutes rather than miles. Pace & distance are not as important consistency.

Practice Tue START TIME moved up to 5:50am

We will be moving up the start time to account for the freshman orientation. FRESHMAN are not required to go to this practice, but instead can attend the PM practice at 3:00pm.

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

AM/PM Practice Details

Our general policy for Tuesday morning practices at 5:50am will be for Elite, Black & Green training groups. The afternoon session on that day will be for White training group & Elite/Black to do their double. Thursday morning runs will be organized by the athletes-leaders to do their double runs.

Things that Still Apply

Uniform & Warmup Updates for 2023

We will check out white uniform tops, warmup top & bottoms along with an XC Bag. This season we will be asking **ALL ATHLETES** to provide their own **BLACK SHORTS** competition shorts. Below is a link that has some good options if you are looking.

<https://docs.google.com/document/d/1fwmR9MCiO7n8GCDLMmyYHBcTDUKLBLa1rHRsw0yhog/edit?usp=sharing>

Updated Practice Schedule 2023 XC Season

Here is link to the practice schedule as of right now. More details about the schedule will come out shortly, but if you want to get a few dates/times on the calendar it can be found on the home page of the website.

https://www.bvswxc.com/_files/ugd/ab0cb5_e7915678d51d46ad91b75d2d78194163.pdf

Online Team Store Coming Soon

Soon we will have an online store through BSN where athletes & parents will be able to purchase additional BVSW XC gear for the upcoming season. Be on the lookout for a separate email about the details this week.

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**

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. <https://www.bvswxc.com/copy-of-meet-info-2022>

Daily Schedule for Week 1

Day	Date	Location	Time – Who	Workout Details
Monday	Aug-14	BVSW	6:30am - ALL	-LL, Recovery Run , BU's, HT, Strch
Tuesday	Aug-15	AM - BVSW PM – BVSW ²	AM - 5:50am – E,B,G PM - 3:00pm – E,B,W ²	-FullWU, CV+Reps , ExCD, Roll -Double rec Run
Wednesday	Aug-16	BVSW	3:00pm – ALL	-LL, Recovery Run , BU's, HT, Strch
Thursday	Aug-17	AM – BVSW ² PM - Heritage Park#8	AM - 6:30am – E,B ² PM - 3:00pm – ALL	-Double rec Run -1/2WU, Steady Run , BU, HT, Roll
Friday	Aug-18	BVSW	3:00pm – ALL	-FullWU, Tempo Run , ExCD, Leg E
Saturday	Aug-19	Black Bob Park	7:00am - ALL	-LL, Recovery Run , BU's, HT, Roll
Sunday	Aug-20	I-Lan Park ¹	6:00pm – ALL ¹	-1/2WU, Long Run , BUs, HT, Leg E

¹ – Sunday/Monday – Either attend Sunday practice or the next day on Monday & take the other day off

² – Tuesday Afternoon & Thursday Morning are easy doubles for Elite/Black Group Runners

E – Elite B – Black G – Green W - White

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