



SOUTHWEST PROJECT

Weeks to Go

-5

The Southwest Project Newsletter 5 Weeks to go.

I am glad to be getting back together for the last 5 weeks of our summer training. Let's stay focused and continue to develop our fitness as we can see the start of the season coming up quickly. 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

Things Moving Forward

We are back at it this week!

After a week of training on your own, we are back together as a group starting Monday. We will be back at our normal routine as we finish out the last 5 weeks of Summer Conditioning! See the schedule below for daily practice details.

Lenexa Freedom Run Recap

I was going to give a full recap of all the great performances that happened out at the Lenexa Freedom Run, but there were too many to count. There were dozens of current, future & past Timberwolves at the race. It was awesome that BVSX had such a great turnout to this summer tradition. I know it is early, but we are setting ourselves up well for this fall.

Results: <https://runsignup.com/Race/Results/73841#resultSetId-390917;perpage:100>

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

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

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**

Updated BVSX XC Website – www.bvswxc.com

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

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

Family Team Breakfast (August 26th)

Please save the date for our Team breakfast scheduled for the August 26th at 9:00am at the BVSW concession stands near the track & soccer field. This event is open to ALL BVSW 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 5-7th). 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 -5

Day	Date	Location	Time – Who	Workout Details
Monday	July-10	BVSW Track *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-SPWU, Speed Workout , ExCD -Recovery Jog / TAPP Lifting
Tuesday	July-11	Verhaeghe Park *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-FullWU, Full Mills , CD, Leg Elev -Recovery Jog / TAPP Lifting
Wednesday	July-12		On Your Own	-LL, Recovery , BU's, H/T, Stretch
Thursday	July-13	Black Bob Park *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-1/2WU, Steady Run , BU's, H/T, Roll -Recovery Jog / TAPP Lifting
Friday	July-14	**Heritage Park Shelter #10	6:30am – ALL	-LL, Recovery , BU's, H/T, Stretch
Saturday	July-15	Quivira Park	6:30am - ALL	-1/2WU, Long Run , BU's, Roll, Leg Elev

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

** Heritage Park Shelter #10 (near disc golf course start)

“Are you On the Journey to the Summit of Great”