



SOUTHWEST PROJECT



Weeks to Go

-4

The Southwest Project Newsletter 4 Weeks to go.

This will be our first full week back from camp & with all days of practice scheduled as normal. We have some fun & tough days planned, so make sure you are hydrating, eating right & sleeping. Don't back down from the challenge, finish out the last month of summer training at your best! 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

For more information about the BVSX XC team checkout the Website! www.bvswxc.com

NEW INFORMATION

Pancake Breakfast Run – Paschke's

We will have our pancake breakfast Friday July 26th! The Paschke family has graciously offered to host & we will meet at their home & run from that location. When we are done, food will be available.

Address: **11610 W 157 Terrace, Overland Park**

We could use one more helper, if anyone is available, please contact me or Mrs. Paschke

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)

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

Workout Details

I just want to remind everyone that workouts & the rest of our summer schedule can be found using the website tab titled "Off Season Conditioning." If you are looking to figure out paces, you can use the Pace Calculator I have posted on the home page of the website. Links Below

Training Details Link: https://www.bvswxc.com/files/ugd/ab0cb5_764398837fa8471eb78f6b7e5af3056d.pdf

Pace Calculator: https://docs.google.com/spreadsheets/d/18ydGZNhfxdDGhxG_tHR7CqExjSYT5-D_RgC_EeR2IrQ/edit?gid=1985948552#gid=1985948552

BVSX Homecoming/ODAC Conflict – (September 14th)

I wanted to make people aware that the Olathe Twilight meet is scheduled the same day as our Homecoming Dance. I know that this puts some athletes into a tough choice. We are looking into possible plans that could include racing, skipping, or substituting that race for individuals or even teams/groups.

THINGS THAT STILL APPLY

Family Team Breakfast (August 31st)

Please **save the date** for our Team breakfast scheduled for the August 31st 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?"

BVSW Record Book UPDATED

To be clear, the record board is not updated in the commons at school (yet). But I have updated the website to check the Top 10 times & others by checking out the website.

Link: <https://www.bvswxc.com/school-records>

Garmin Clipboard & Strava

Please join the BVSW 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. BVSW 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

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 - **@BVSWDistance**) to let you know if we must cancel or move practice.

Daily Schedule for Week -4

Day	Date	Location	Time – Who	Workout Details
Monday	July-22	BVSW Track	6:30am – ALL 5:30-7pm - ALL	-FullWU, CV+Reps , Band, Roll, Leg Elev -TAPP (Dbl-rec)
Tuesday	July-23	Black Bob Park	6:30am – ALL 5:30-7pm - ALL	-LL, Recovery Run , 4xBU, HT, Band, Roll -TAPP (Dbl-rec)
Wednesday	July-24			-1/2WU, Steady , 6xBU, HT, Strch, Leg Elv
Thursday	July-25	Verhaeghe Park	6:30am – ALL 5:30-7pm - ALL	-FullWU, Mills , HT, Band, Roll, Leg Elv -TAPP (Dbl-rec)
Friday	July-26	Paschke’s Home ¹	6:30am – ALL OYO – Elite*	-LL, Recovery Run , 4xBU, HT, Strch -(Dbl-rec)*
Saturday	July-27	Heritage Park #8	6:30am - ALL	-LL, Easy Run , 4xBU, HT, Band, Roll, Leg Elv

TAPP will be back to normal this week.

¹Paschke’s Home: **11610 W 157 Terrace, Overland Park**

*Double Run day for Elite Training Group

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