



SOUTHWEST PROJECT



Week #

3

The Southwest Project Newsletter Week 3

This week brings our first race of the season! Athletes will leave class at 12:15pm & we will have a bus to take them there & back after the meet. This week will hopefully get us back on a normal schedule. 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

Great Job Last Week

With the heat & storms that plagued last week's practices, I was so impressed with our athletes buy-in to adapting to the changes that occurred, many times on the fly. We are so lucky to have so many great kids in our program. They have been raised by great people in a great environment.

First XC Meet of the Season – Basehor-Linwood (8/31)

After 13 weeks of training the day of our first XC meet is finally upon us! What I like about this meet is that Varsity, JV & C-team all-run in the same race, taking the place of a "time trial." Despite my attempts to find a "low key" rust buster kind of meet for the kids to kick off their season, the quality of this meet is very high! On the boy's side, 5A rivals, Spring Hill & Shawnee Heights both bring back a lot of talent from the 2022 season including two contenders for the individual crown this Fall. On the Girls side, Eudora is the defending 4A State Champions & have the TWO fastest returning runners from the State meet last year. Meet Information below.

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

What an Amazing Family Team Breakfast

I want to thank all the parents that helped put on our pancake breakfast Saturday in the middle of rain & storms. Despite blowing fuses it was such a fun & successful morning! I look forward to doing it again next year!

Pasta Party at the Clark's Wednesday (8/30)

We will be having our FIRST pasta party of the 2023 season Wednesday at the home of the Clark's. Athletes will meet in the commons at 3:00PM for a short meeting & we will head over to their home. There, we will run our workout & when we finish pasta/food will be ready. We will eat there, socialize & then head home for some rest. Address: **12213 W 163rd St OP 66221**

Uniform & Warmup

We checked out uniforms last Friday. They have a White Top, Green Top, Warmup top(s) & bottom along with a bag. The only thing they need this season we will provide their own **BLACK RACING SHORTS** for competitions. Below is a link that has some good options if you are looking. We need the uniform shorts before our first meet on August 31st. If you need a pair, we can get you one, just contact coach Ballew.

<https://docs.google.com/document/d/1fwmR9MCiO7n8GCDLMmyyYHBcTDUKLBLa1rHRsw0yhog/edit?usp=sharing>

Booster Club Dues - ASAP

The XC team tries to do a few fun things for the athletes throughout the year which include buying Team T-shirts, Awards, pancake breakfasts & putting on an end of season banquet. We ask that each family help us out by contributing **\$55 (per athlete)** to pay for these things. If you can donate more, we also have a **\$100 option** to help us out even more! You can either use the link below or by check, to BVSX Cross Country.

Pay Booster Dues: <https://gofan.co/event/1088557?schoolId=KS69495>

"Are you on the Journey to the Summit of Great?"

THINGS THAT STILL APPLY

Booster Club Help & Dues

PLEASE, we need help this season with so many fun parts of cross country that don't always get talked about. We have a lot of ways that parents & families can get involved in cross country this year. Please look at the links below & sign up to help in some capacity. **BVSW XC Booster Club Website:** <https://www.bvswxc.com/news-updates>

Booster Club Positions in Need: Senior Services Coordinator & Homecoming Parade Coordinator

Pasta Parties: <https://www.signupgenius.com/go/70a0b44acaf29a31-bvsw?useFullSite=true#/>

Snack Bin: <https://www.signupgenius.com/go/10c0e4ba4a82aa5f5c25-bvsw?useFullSite=true#/>

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/>

Sign up for 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**

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

Daily Schedule for Week 3

Day	Date	Location	Time – Who	Workout Details
Monday	Aug-28	BVSW ¹	3:00PM – ALL ¹	-1/2WU, Steady Run , BU, H/T, Leg E
Tuesday	Aug-29	BVSW-Track BVSW ²	5:50AM – E, B, G 3:00PM – E, B, W	-FullWU, CV+ Reps , CD, Leg E -rec run (double), 30/30
Wednesday	Aug-30	Clark's Home ³	3:00PM – ALL ³	-LL, Pre-Meet Rec , BU, Roll, Strch
Thursday	Aug-31	BVSW Wy. Co. Park	7:00AM – E, B Leave @12:15pm – ALL	-rec run (double) Basehor-Linwood Inv. Girls – 4:55PM Boys – 5:45PM
Friday	Sept-1	BVSW	3:00PM – ALL	-LL, Recovery Run , BU, H/T, Roll
Saturday	Sept-2	Heritage Park SH#8	7:00AM – ALL	-1/2WU, Steady Run , BU, H/T, Roll
Sunday	Sept-3	Quivira Park	5:30PM – ALL ¹	-1/2WU, Long Run , BU, H/T, Leg E

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

² – Tuesday/Thursday Doubles the week

³ – Home of the Clark's - **12213 W 163rd St OP 66221**

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

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