



# SOUTHWEST PROJECT

Weeks to Go

-4

The Southwest Project Newsletter 4 Weeks to go.

We are back at it again with less than a month before the official season begins! We will be doing a few Critical Velocity & Threshold workouts this week so be ready to continue to get after it. There is still a lot of time to gain fitness (or lose it) before the season starts. 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](http://www.bvswxc.com)

## Things Moving Forward

Pancake Breakfast this Friday at the Roberts's

We will be meeting at the home of the Roberts's at **14812 Bond St, Overland Park, KS**. As usual, we run from there & finish up our workout with pancakes & snacks. See everyone there!

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](mailto:mrasmussen@bluevalleyk12.org))

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

Garmin Watch Sale – Orders Due August 1<sup>st</sup>

Garmin is running a sale on many of their GPS watches & a few extras. I've attached an order form to this email. If you are interested in getting these discounted prices on a watch, **contact me**. I would like to make the bulk order on **August 1<sup>st</sup>** so that we can get them back as quickly as possible.

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](http://www.bvswxc.com)

We have updated the BVSX Cross Country website with a brand-new domain name... [www.bvswxc.com](http://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 26<sup>th</sup>)

Please save the date for our Team breakfast scheduled for the August 26<sup>th</sup> 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 5-7<sup>th</sup>). 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 -4**

<b>Day</b>	<b>Date</b>	<b>Location</b>	<b>Time – Who</b>	<b>Workout Details</b>
Monday	July-17	BVSW Track *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-FullWU, <b>CV +Reps</b> , CD, Roll, Leg Elev -Recovery Jog / TAPP Lifting
Tuesday	July-18	Verhaeghe Park *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-LL, <b>Recovery</b> , BU's, H/T, Stretch -Recovery Jog / TAPP Lifting
Wednesday	July-19		On Your Own	-1/2WU, <b>Steady</b> , 4xBU's, H/T, Leg Elev
Thursday	July-20	Black Bob Park *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-FullWU, <b>Tempo</b> , Roll, Leg Elev -Recovery Jog / TAPP Lifting
Friday	July-21	**Roberts's Home	6:30am – ALL	-LL, <b>Recovery</b> , BU's, H/T, Stretch
Saturday	July-22	Deanna Rose	6:30am - ALL	-1/2WU, <b>Steady</b> , BU's, H/T, Roll

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

\*\* Pancake Breakfast, we will be meeting at **14812 Bond St, Overland Park, KS**

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