



SOUTHWEST PROJECT

Weeks to Go

-9

The Southwest Project Newsletter 9 Weeks to go.

We are off to a great start to our summer conditioning. It is so awesome to see not just the returning runners out getting back into the swing of things, but all the new faces that are joining them. If you know anyone who is on the fence about joining, invite them to any of our morning or afternoon sessions. To stay up to date follow us on Twitter & Instagram (@BVSWDistance) where I will send out cool information about the season. I am keeping the BVSX XC Website updated, check it out! www.bvswxc.com

Things Moving Forward

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**

We will use this mainly for quick updates especially about weather cancelations or changes to the schedule.

Sign up for Summer Conditioning - \$20 or help with Pancake Breakfasts

If you are new, returning, or simply want to try our summer program out, all are welcome.

-New to XC athletes – Please fill out the form below if you haven’t already

<https://forms.gle/2x7cmNR2J17Vjn7E9>

-Returning XC athletes – Contact me if you have any questions, or if you have an updated email

We are asking for **\$20** paid to our Venmo account (**@Southwestproject**) or you can turn in a check made out to the **BVSX Cross Country team to the school directly**. If you host or help with a pancake breakfast, your donation request is waived & if you’d like to donate more it would be greatly appreciated. That money goes to pay for a Southwest project T-shirt for the athletes & the food for pancake breakfasts.

Pancake Breakfast – Thank You’s

Pancake breakfast was such a great success! Thank you to the Paschke’s for helping along with Mrs. Franzoni & Mrs. Havens for helping! We couldn’t have done it without you all!

Future Pancake Breakfasts this Summer

We are in need some volunteers to host or help with our Pancake Breakfast Runs this summer. We are looking for hosts or helpers. Click the link below and fill out the form to offer to host or help.

<https://forms.gle/1uMwFKJSsU8uFGCS6>

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 Remind, Email, & posts on social media (Twitter & Instagram - **@BVSWDistance**) to let you know if we must cancel or move practice.

TAPP Starts this week!

We will be starting our summer strength development program. It is called TAPP & it is run by coach Buehler from 6:00pm to 7:00pm. If you are beginning your summer “double runs” we will meet at 5:30pm so that we can be done by 6:00pm & begin our lifting. If you are NOT doing double runs, plan on meeting at 6:00pm.

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

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.

<https://www.bvswxc.com/news-updates-2>

Lenexa Freedom Run (July 4th)

If you are interested in testing your fitness, come early July, the Lenexa Freedom run is the perfect introduction into racing the 5k distance. Link below if you want to sign up. **This is open to ALL members of our running family (Returning, New, Middle School & Parents).**

<https://runsignup.com/Race/KS/Lenexa/LenexaFreedomRun>

Family Team Breakfast (August 26th)

Please save the date for our Team breakfast scheduled for the August 26th at 9:00am 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.

Daily Schedule for Week -10

Day	Date	Location	Time – Who	Workout Details
Monday	June-12	BVSX Track *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-SPWU, 8s Hill Sprints , Ext CD -Recovery Jog, TAPP Lifting
Tuesday	June-13	Verhaeghe Park *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-1/2WU, Full Mills , CD, Roll, Leg Elev -Recovery Jog, TAPP Lifting
Wednesday	June-14		On Your Own	-Recovery jog, SAM
Thursday	June-15	Black Bob Park *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-1/2WU, Steady , BU's, H/T, Roll -Recovery Jog, TAPP Lifting
Friday	June-16	**Heritage Marina	6:30am – ALL	-LL, Recovery , BU's, H/T, Stretch
Saturday	June-17	Deanna Rose	6:30am - ALL	-1/2WU, Long Run , BU's, H/T, Leg Elev

*TAPP Begins THIS week. If you are doing a double run for the day, meet at 5:30pm, If NOT meet at 6pm

**BV West will be meeting at the same location & time, so keep an eye out for familiar faces.

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