



Weeks to Go

-7

The Southwest Project Newsletter 7 Weeks to go.

Another great week in the books with another one coming up. It is the work we put in now that will be the foundation of our success in October. Keep working, training & staying healthy & great things will come. 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 – Thank You’s

Thank you SO MUCH to the Malinowski’s for hosting our 2<sup>nd</sup> pancake breakfast of the summer. We also appreciate the help from Mr. Brewington & Mrs. Paschke to make the day a lot of fun! If you are looking to help, we could use a few more next month.

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

#### Last Call - 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**. That money goes to pay for a Southwest project T-shirt for the athletes & the food for pancake breakfasts. **T-shirts will be ordered at the end of the month.**

#### New Meeting Location Friday!

Due to construction surrounding the Heritage Park Lake we will be moving our meeting location down the road to Shelter #10. The exact location can be found using the links below. As you enter the park from the Northeast (Pflumm & 159<sup>th</sup>) drive over the dam & make a left onto the service road just past the lake. Head down the road until & make your 2<sup>nd</sup> left & the shelter will be at the top of the hill on your right.

Pdf map: <https://jcprd.com/DocumentCenter/View/999/Heritage-Park-Map-PDF>

Google Maps: <https://goo.gl/maps/2CSwGuMfhnEPDq8o7>

#### No Coach-led Practices Next week (July 3<sup>rd</sup> - July 9<sup>th</sup>)

We will not be meeting for Practices NEXT week (**July 3<sup>rd</sup> - July 9<sup>th</sup>**) due to the KSHSAA moratorium rule that went into place a few years back. Coaches are not allowed to attend, but we encourage the upper-classman & leaders on the team to reach out & organize running meetups on your own.

#### 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**

#### TAPP Continues this Week

TAPP is run by coach Buehler from 6:00pm to 7:00pm. If you are going on a “rec run”, we meet at 5:30pm at south entrance to be done running by 6:00pm. If you are NOT doing a double, plan on meeting at 6:00pm.

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

### 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.

### 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.

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

### Lenexa Freedom Run (July 4<sup>th</sup>)

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 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 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.

### 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 -7**

<b>Day</b>	<b>Date</b>	<b>Location</b>	<b>Time – Who</b>	<b>Workout Details</b>
Monday	June-26	BVSX Track *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-SPWU, <b>Speed Workout</b> , ExCD -Recovery Jog / TAPP Lifting
Tuesday	June-27	Verhaeghe Park *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-FullWU, <b>Full Mills</b> , CD, Leg Elev -Recovery Jog / TAPP Lifting
Wednesday	June-28		On Your Own	-LL, <b>Recovery</b> , BU's, H/T, Stretch
Thursday	June-29	Black Bob Park *Weight Room	6:30am – ALL 5:30/6pm – Dbl/ALL	-1/2WU, <b>Steady Run</b> , BU's, H/T, Roll -Recovery Jog / TAPP Lifting
Friday	June-30	**Heritage Park Shelter #10	6:30am – ALL	-LL, <b>Recovery</b> , BU's, H/T, Stretch
Saturday	July-1	I-Lan Park	6:30am - ALL	-1/2WU, <b>Long Run</b> , BU's, Roll, Leg Elev

\*TAPP. If you are doing a double run for the day, meet at 5:30pm outside south entrance. If NOT meet at 6pm

\*\*We will be meeting at a new location on Fridays, Shelter #10, near New Restroom, Playground & Disc Golf

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