



# SOUTHWEST PROJECT



Week #

1

## The Southwest Project Newsletter Week #1

The day is FINALLY here! We will get things going after school. Please make sure everyone has their paperwork in the athletic office turned in by the start of practice. We have an amazing season lined up & ready to go. Let's continue On The Journey as we realize our season goals. To stay up to date & follow us on [Instagram \(@BVSWDistance\)](#) where I will send out cool information about the season.

Join the GroupMe: [https://groupme.com/join\\_group/100852708/OdwPn0bo](https://groupme.com/join_group/100852708/OdwPn0bo)

For more information about the BVSX XC team checkout the Website! [www.bvswxc.com](http://www.bvswxc.com)

## NEW INFORMATION

### Parent Meeting Notes

If you were not able to be at the parent meeting I've posted the notes on the website. Click the link below & you can go through the slides on your own. Please contact me (or Mrs. Paschke for booster club questions) if you have any questions or concerns about the season.

[https://www.bvswxc.com/files/ugd/ab0cb5\\_eda790f2692740f5b9c6d284e7ded4e4.pdf](https://www.bvswxc.com/files/ugd/ab0cb5_eda790f2692740f5b9c6d284e7ded4e4.pdf)

### Practice Schedule 2024

All practice time & locations have been updated for the 2024 season. See the link below from the home page of the website.

[https://www.bvswxc.com/files/ugd/ab0cb5\\_bb83b8fd9f6141c8920fd9fd837a8df1.pdf](https://www.bvswxc.com/files/ugd/ab0cb5_bb83b8fd9f6141c8920fd9fd837a8df1.pdf)

### Training Group Details

We break our training into 4 groups (Elite, Black, Green & White). Each group will be given amounts of volume, recovery, or type of workouts.

**Elite** – High level & experienced runners. Athletes that are looking to make an All-State team. This is the highest volume & intensity of any group. To achieve our goals of making the program the best team in country it will require a full varsity team of runners in this group.

**Black** – Second highest group. Intended for athletes who intend to compete at a varsity level & are approaching the Elite level. They tend to be younger athletes or runners who just need a lower training volume. This is also a good level for girls wanting to train at an All-State level too.

**Green** – Third of four levels. This group is for gifted athletes who are new to running but have good aerobic fitness. Experienced athletes recovering from injury who need a lowered training load also benefit at this level.

**White** – Brand new runners. This group is for athletes who are brand new on their cross country journey. Training volume will be measured in minutes rather than miles. Pace & distance are not as important consistency.

### Spirit-wear Up & Running (Closes August 22<sup>nd</sup>)

The online store is up & running. If you want to purchase some Southwest Cross Country gear, click the link that will take you to the BSN website for Southwest XC gear. The online store will **close on August 22<sup>nd</sup>**.

Link: <https://bsnteamssports.com/shop/ZCHKqmQ2nS>

### Physical & Athletic Paperwork

It is vitally important that every athlete have their athletic paperwork submitted as quickly as possible. 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](mailto:mrasmussen@bluevalleyk12.org))

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

*"Are you On the Journey To the Summit of Great?"*

## THINGS THAT STILL APPLY

### 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](https://groupme.com/join_group/100852708/OdwPn0bo)

### Athlete Information Form

Please fill out the form below to get more information about you as an athlete coming into our program.

Please REFILL out even if you filled this out earlier in the summer. Give me your most up-to-date information

Link: <https://forms.gle/v2BwURcpDhrUK7XW9>

### Family Team Breakfast (August 31<sup>st</sup>)

Our Annual Family Pancake Breakfast which will be held on **Saturday, August 31 from 9:30-10:30** by the outdoor track/concession area at the high school. We will provide the pancakes and are asking that 9th & 10th graders bring drinks to share (orange juice, chocolate milk, sports drinks, or bottled water), and 10th & 11th graders bring fruit to share.

Please RSVP to [carriepaschke@yahoo.com](mailto:carriepaschke@yahoo.com) with the number of guests from your family so we can make sure we have enough food and seating.

### Garmin Clipboard & Strava

Please join the BVSU 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**

## Daily Schedule for Week 1

Day	Date	Location	Time – Who	Workout Details
Monday	Aug-19	BVSU	3:05pm – ALL	-LL, <b>Recovery Run</b> , 4xBUs, HT, Band, Roll
Tuesday	Aug-20	BVSU BVSU <sup>1</sup>	5:30am – Elt/Blk/Gr 3:05pm – ALL <sup>1</sup>	-FullWU, <b>CV+Reps</b> , CD, Roll Leg Elev -rec Run (Dbl)
Wednesday	Aug-21	BVSU	3:05pm – ALL	-LL, <b>Recovery Run</b> , 4xBUs, HT, Band, Stch
Thursday	Aug-22	TBA <sup>2</sup> Verhaeghe Park	6:30am–Elt/Blk <sup>2</sup> 3:05pm – ALL	-rec Run (Dbl) -1/2WU, <b>Steady Run</b> , 6xBU,HT,Band, Roll
Friday	Aug-23	BVSU	3:05pm – ALL	-FullWU, <b>Fartlek</b> , Roll, Leg Elev
Saturday	Aug-24	Black Bob Park	7:00am – ALL	-LL, <b>Recovery Run</b> , 4xBUs, HT, Band, Stch
Sunday	Aug-25	I-Lan Park <sup>3</sup>	6:00pm - ALL	-1/2WU, <b>Easy Run</b> , 4x's BU, HT, Leg Elev

<sup>1</sup>White training groups will meet after school. Black & Elite can do an afternoon double

<sup>2</sup>Black & Elite training groups will meet for optional morning double

<sup>3</sup>Athletes attending Sunday practice will take off Monday (day after)

*“Are you On the Journey To the Summit of Great?”*