



SOUTHWEST PROJECT

XC Week

3

The Southwest Project

Thank you to everyone that was able to make it out to our Running Family team Breakfast. It was a blast and a great way to close out the “base building” phase of our season! The best way to keep in touch & up to date is to sign up for Remind (Text @bvswxc2 to the number 81010). If any changes to our schedule happen it will be sent there & through email. You can also follow on Twitter & Instagram (@BVSWDistance) where I will send out cool information about the season.

Things for this week

We are all over the place this week

Check out the Practice Schedule below for time and locations. Some of the times and locations have changed, so check out the most updated schedule! Monday & Saturday this week have changed slightly.

https://docs.wixstatic.com/ugd/ab0cb5_a5c026706c91487cb3247639b9c5a4f0.pdf

Team Shirts & Spiritware Update

Team T-shirts should be here before the meet on Thursday. Those will be handed out at practice. Spiritware that was ordered online should arrive before the Olathe Meet on September 14th. Any questions let me know.

Pasta Party Wednesday!

We will have a pasta party on Wednesday Starting around 5:00-5:30pm after practice on Wednesday September 4th at the Paschke’s Home. All runners are invited to join us for fun and comradery.

11610 w 157th Terrace, Overland Park, KS, 66221

Running Family Breakfast was a success!

Thank you to everyone that was able to make it to our family breakfast Last Saturday. We had a great turn out despite the holiday weekend. All of it wouldn’t have been possible if not for the BVSX XC Booster Club. Their hard work cannot be thanked enough.

They are still looking for parent sign-ups for a range of different activities throughout the season.

The first MEET of the Season!

Our first meet of the XC season will go down on Thursday September 5th. Kids will be released from class at 1:10pm and we should be back to BVSX around 7:30pm. Parents and family should come and support the entire time. Details about the meet can be found below or on the [Meet Info 2019 Page](#) of the Website.



Daily Schedule for Week 3

Day	Date	Location	Time	Details
Monday	2-Sep	Heritage Park #8 ¹	5:00pm ¹	-Recovery Run
Tuesday	3-Sep	Track	5:50am	-Speed Fartlek
Wednesday	4-Sep	Campus & Paschke's Home ²	3:10pm 5:00pm ²	-Recovery (Pre-Meet) -Pasta Party ²
Thursday	5-Sep	WyCo Park ³	1:10pm ³ – 7:30pm ³	-XC Meet ³ 4:55pm – All Girls 5:45pm – All Boys
Friday	6-Sep	Campus	3:10pm	-Recovery/Game
Saturday	7-Sep	Deanna Rose	9:00am ⁴	-Long Run (w/ Surges)
Sunday	8-Sep	I-Lan Park ⁵	5:30pm ⁵	-Easy/Recovery

¹We are moving the time and location from what the original schedule to what was said at the Pancake Breakfast. Heritage Park Shelter #8 is near the far south end of the park shortly after you enter the park from Pflumm near 173rd.

²Pasta Parties are hosted at the homes of our running families. The Paschke's have generously offered to host the first pasta party of the season but we are still looking for helpers! Athletes will arrive after practice, usually between 4:30pm & 5:00pm. It is a fun experience to come together as a team and enjoy good food and company

³Our first meet of the year is hosted by Basehor-Linwood at Wyandotte County Park in KCK. Parking for fans will be in the "sandstone" parking lot. Athletes will leave class at 1:10pm and help load the bus & leave by 1:30pm. We encourage ALL athletes ride the bus back with the team. It goes a long way to share those racing experiences with their teammates and goes a long way to building a supporting culture especially for those who didn't race well. We should be back to BSW by 7:30pm but parents can take their kids as long as they contact a coach before leaving. There is only one race for the boys and girls each.

⁴This time is slightly different from what was on the original schedule.

⁵If an athlete attends practice on Sunday (September 8th) they are NOT to come to practice the following Monday (September 9th). That will be the case for all Sunday/Monday practices.

