



SOUTHWEST PROJECT



Weeks to Go

-1

The Southwest Project Newsletter 1 Weeks to go.

We have a lot to share with you as we start the season in 1 week! Check out all the details below to make sure you know what is going on this week & next. With school starting this week, athletes will get a chance to develop some routines as we go into the season. 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

For more information about the BVSX XC team checkout the Website! www.bvswxc.com

NEW INFORMATION

Schedule Notes for This Week

Monday we WILL meet at our normal time as a group at the concession stands for a speed day. Freshman DO NOT come as you have orientation that morning. Coaches may have to head out early (probably on your cool down) after we get done running.

The plan for the rest of the week is for athletes to meet in the commons after school to go for a run lead by team leaders & upper classman. These are still “summer conditioning” practices & will be on your own. Saturday we will meet at Quivira Park for our last Long Run of the summer together.

Pancake Breakfast Friday – At the Walker’s

Big Thank You to the Walker’s for hosting our pancake run Friday. It was a great experience for the kids & we greatly appreciate opening your home to the team. Thank you to Mrs. Paschke & Mr. Brewington for helping with the breakfast! We couldn’t do it without you.

Spiritwear Up & Running (Closes August 22nd)

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 22nd**.

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

Parent Meeting – August 18th (6pm)

We will have a parent meeting on **Sunday August 18th at 6:00pm** in the **fixed forum** at Blue Valley Southwest. Enter through the main school entrance (by the main office) & take a right, & it will be to the right of the PAC (auditorium). We will discuss the needs & expectations of the 2024 cross country season.

Physical & Athletic Paperwork

With the start of the official season beginning in 6 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 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)

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

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>

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

Family Team Breakfast (August 31st)

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 with the number of guests from your family so we can make sure we have enough food and seating.

Additionally, we **need 4 people** to show up early to cook some pancakes. If you can help, will you please email me at carriepaschke@yahoo.com

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

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-12	BVSU Track	6:30am – ALL 5:30-7pm – ALL*	-SPWU, Speed Workout , Leg Elev -TAPP (Dbl-rec)
Tuesday	Aug-13	On Your Own ¹	3:00pm – ALL ¹	-FullWU, Tempo/Fartlek , HT, Bnd, Roll, Leg
Wednesday	Aug-14	On Your Own ¹	3:00pm – ALL ¹	-LL, Recovery Run , 4xBUs, HT, Stretch
Thursday	Aug-15	On Your Own ¹	6:30am–Black/Elite* 3pm – ALL ¹	-550 or 30/30 (Dbl-rec) -1/2WU, Steady Run , 6xBU, HT, Band, Roll
Friday	Aug-16	On Your Own ¹	3:00pm – ALL ¹	-LL, Recovery Run , 4xBUs, HT, Band, Roll
Saturday	Aug-17	Quivira Park ²	6:30am – ALL ²	-1/2WU, Long Run , 4xBUs, HT, Leg Elev

*TAPP – Monday will be our last session. Thursday will be on you own

¹Leader & Upper-classman lead conditioning/practices after school

²Moving Saturday Location to Quivira Park

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