



SOUTHWEST PROJECT



Weeks to Go

-5

The Southwest Project Newsletter 5 Weeks to go.

We are right in the middle of Camp Week for BVSX XC, so we will NOT be meeting Monday & Tuesday for workouts as a group. We will all get back together & on schedule on Thursday. Things are going great on the trip & I hope those I am not able to see are staying on top of their running (& getting to sleep in a little too). To stay up to date & follow us on X (Twitter) & Instagram (@BVSXDistance) 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.bvsx.com

NEW INFORMATION

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/>

Weekly Practice Schedule Notes

Monday – No Official Meeting for practice

Tuesday – No Official Meeting for practice

No TAPP (PM sessions) either.

Check the bottom of the Workout Details sheet for more specifics on the Monday & Tuesday Workouts

Link: https://www.bvsx.com/files/ugd/ab0cb5_764398837fa8471eb78f6b7e5af3056d.pdf

Rocky Mountain Road Trip

The Rocky Mountain Road Trip is in full swing right now. If you want to stay up-to-date follow **@BVSXDistance** on Instagram for pictures & info. Wish the group luck as we take on “The Grinder” Monday morning!

BVSX Record Book UPDATED

To be clear, the record board is not updated in the commons at school (yet). But I have updated the website to check the Top 10 times & others by checking out the website.

Link: <https://www.bvsx.com/school-records>

THINGS THAT STILL APPLY

Family Team Breakfast (August 31st)

Please **save the date** for our Team breakfast scheduled for the August 31st at 9:30am 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.

Garmin Clipboard & Strava

Please join the BVSX 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**

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

Strava is an online website (like Garmin Connect) where runs can be uploaded to but is/can be used more as a “running social media” site (there are many privacy settings too). You DO NOT need a Garmin watch specifically to be a part of it. BVSX Cross Country also has a Strava page/group that all athletes, parents & coaches can join: <https://www.bvswxc.com/news-updates-2>

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

2024 Meet Schedule Posted

I have a rough draft our meet schedule for the 2024 Fall season (All dates/meets are subject to change). All Meet info will be posted there. Meet Info 2024 page: <https://www.bvswxc.com/copy-of-meet-info-2023>

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

Updated BVSX XC Website – www.bvswxc.com

We have updated the BVSX Cross Country website... 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.

Daily Schedule for Week -5

Day	Date	Location	Time – Who	Workout Details
Monday	July-15	On Your Own*	OYO – ALL* OYO - ALL	-SpeedWU, Speed Work ¹ , ExCD, Leg Elev -(Dbl-rec)
Tuesday	July-16	On Your Own*	OYO – ALL* OYO - ALL	-FullWU, Fartlek ² , HT, Roll, Leg Elev, -(Dbl-rec)
Wednesday	July-17			-LL, Recovery Run , 4xBU, HT, Strch
Thursday	July-18	Verhaeghe Park	6:30am – ALL 5:30-7pm - ALL	-1/2WU, Steady Run , 4xBU, HT, Roll -TAPP (Dbl-rec)
Friday	July-19	I-Lan Park	6:30am – ALL	-1/2WU, Long Run , 6xBU, HT, Leg Elev
Saturday	July-20	Heritage Park #8	6:30am - ALL	-LL, Recovery Run , 4xBU, HT, Strch

NO TAPP until Thursday!

*Coaches will NOT be available for practice on Monday & Tuesday. Run On Your Own

¹Check the training details sheet for workout specifics

²Check the training details sheet for workout specifics

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