



SOUTHWEST PROJECT



Weeks to Go

-2

The Southwest Project Newsletter 2 Weeks to go.

Sorry for getting this out a day late but this will be our last week of summer before school starts on the 13th. Please make sure you get your paperwork in by August 19th, so we can have a normal first few days of practice. Check out the schedule for how this week will be a little different than most. To stay up to date & follow us on [X \(Twitter\)](#) & [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

Teachers return to school for the 2nd half of this week. We still plan on having normal practices on Thursday & Friday, but we will have to leave before the end of practice. The “captains” (leaders) will run the practice after we get started. We wanted to give parents/rides a heads up on that information.

The Last Day of TAPP will be Tuesday August 6th. Coaches will be at the EKL Coaches meeting Thursday Night & it will not continue through the first week of school before the season officially starts.

Pancake Breakfast Friday – At the Walker’s

We will have our pancake breakfast Friday August 9th! The Walker family has graciously offered to host & we will meet at their home & run from that location. When we are done, food will be available.

Address: **11400 w 176th Terrace, OP**

Due to School starting for teachers, coaches will have to leave before the end of the pancake breakfast.

Spiritware Update

I heard back from the BSN rep. We will be opening our Online School Store Soon. When it is available, I will send the link to everyone through another email. No items are mandatory, but it will give people options for BVSX Cross Country specific gear.

THINGS THAT STILL APPLY

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/>

BVSX Homecoming/ODAC Conflict – (September 14th)

I wanted to make people aware that the Olathe Twilight meet is scheduled the same day as our Homecoming Dance. I know that this puts some athletes into a tough choice. We are looking into possible plans that could include racing, skipping, or substituting that race for individuals or even teams/groups.

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

Family Team Breakfast (August 31st)

Please **save the date** for our Team breakfast scheduled for the August 31st at 9:30am at the BVSW concession stands near the track & soccer field. This event is open to ALL BVSW athletes, families & friends. We will send out more information as the season gets closer.

BVSW 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.bvswxc.com/school-records>

Garmin Clipboard & Strava

Please join the BVSW 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**

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. BVSW 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

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 - **@BVSWDistance**) to let you know if we must cancel or move practice.

Daily Schedule for Week -2

Day	Date	Location	Time – Who	Workout Details
Monday	Aug-5	BVSW Track	6:30am – ALL 5:30-7pm - ALL	-FullWU, CV+Reps , Band, Roll, Leg Elev -TAPP (Dbl-rec)
Tuesday	Aug-6	Black Bob Park	6:30am – ALL 5:30-7pm - ALL	-LL, Recovery Run , 4xBU, HT, Band, Roll -TAPP (Dbl-rec)
Wednesday	Aug-7			-1/2WU, Steady , 6xBU, HT, Strch, Leg Elv
Thursday	Aug-8	Verhaeghe Park ¹	6:30am – ALL ¹ OYO - ALL	-FullWU, Mills , HT, Band, Roll, Leg Elv -550 (Dbl-rec)
Friday	Aug-9	Home of the Walkers ^{1*}	6:30am – ALL ¹	-LL, Recovery Run , 4xBU, HT, Strch -(Dbl-rec)*
Saturday	Aug-10	Heritage Park	6:30am - ALL	-LL, Easy Run , 4xBU, HT, Band, Roll, Leg Elv

TAPP – NO TAPP on Thursday this week due to EKL Coaches Meeting.

¹Coaches will be leaving early from practice on these days

*Walker Address: **11400 w 176th Terrace, OP**

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