



SOUTHWEST PROJECT



Week #

2

The Southwest Project Newsletter Week 2

What a great first week of XC practice. The weather cooperated with us quite well, but that will be very short lived. In a long season, having a few days that disrupt training is nearly a guarantee at some point. We will continue to get most of our training & work without putting athletes' safety in danger. Stay up to date follow us on Twitter & Instagram (@BVSWDistance) we will send out information about the season.

I am keeping the BVSX XC Website updated, check it out! www.bvswxc.com

NEW INFORMATION

Heat & Practice Changes

The Blue Valley School District has a temperature/heat index policy in what they allow for outdoor practices during the season. With expected temperatures over 100°F & high humidity it appears we will NOT be able to run outside after school until "maybe" Friday. We understand that changes to anyone's schedule can be difficult when students & families have a lot of activities scheduled. We hope that you will be able to have a little flexibility, but we understand if certain changes will not work for you/athlete's schedule.

Monday (8/21) – BVSX @3pm (Either or with Sunday) – Indoor Practice TBD

Tuesday (8/22) – BVSX @5:50am – Quality Workout on the Track

Wednesday (8/23) – BVSX @3pm – Indoor Speed Work

Thursday (8/24) – BVSX @6:30am – Easy Run from school

RSVP - Family Team Breakfast (August 26th)

We are having our Pancake Family Breakfast hosted at the BVSX Concession stand at **9:00am**. **The entire family** is invited. This year we are doing potluck style with underclassman (9th-10th) bringing drinks & upperclassman (11th-12th) bringing fruit. **PLEASE RSVP BY THURSDAY** using the link as we will purchase pancakes & sausage.

Link: <http://evite.me/dPESkDRAWd>

Booster Club Signup & other links

PLEASE, we need help this season with so many fun parts of cross country that don't always get talked about. We have a lot of ways that parents & families can get involved in cross country this year. Please look at the links below & sign up to help in some capacity. **BVSX XC Booster Club Website:** <https://www.bvswxc.com/news-updates>

Booster Club Positions: <https://www.signupgenius.com/go/20f0d49aac2fa1fd0-bvsw3?useFullSite=true#/>

Pay Booster Dues: <https://gofan.co/event/1088557?schoolId=KS69495>

Pasta Parties: <https://www.signupgenius.com/go/70a0b44acaf29a31-bvsw?useFullSite=true#/>

Snack Bin: <https://www.signupgenius.com/go/10c0e4ba4a82aa5f5c25-bvsw?useFullSite=true#/>

THINGS THAT STILL APPLY

Notes from the Parent Meeting (Aug 13th)

If you missed the parent meeting on Sunday, below is a link to the home page which has the notes from presentation. If you have any questions, please feel free to contact me. <https://www.bvswxc.com/>

Uniform & Warmup Updates for 2023

We will check out white uniform tops, warmup top & bottoms along with an XC Bag. This season we will be asking **ALL ATHLETES** to provide their own **BLACK SHORTS** competition shorts. Below is a link that has some good options if you are looking. We need the uniform shorts before our first meet on August 31st.

<https://docs.google.com/document/d/1fwmR9MCiO7n8GCDLMmyyYHBcTDUKLBLa1rHRsw0yhog/edit?usp=sharing>

"Are you on the Journey to the Summit of Great?"

Sign up for NEW Remind 101

Please click the link below to sign up for text message updates for the 2023 XC season.

<https://www.remind.com/join/bvswxc23>

Another way to sign up for Remind is to **text the message “@bvswxc23” to the number 81010**

Practice Schedule 2023 XC Season

Here is link to the practice schedule as of right now. More details about the schedule will come out shortly, but if you want to get a few dates/times on the calendar it can be found on the home page of the website.

https://www.bvswxc.com/files/ugd/ab0cb5_e7915678d51d46ad91b75d2d78194163.pdf

2023 Meet Schedule on Website

The website has been updated with our planned meet schedule for the 2023 season. Please look at it through the link below. <https://www.bvswxc.com/copy-of-meet-info-2022>

Daily Schedule for Week 2

| Day | Date | Location | Time – Who | Workout Details |
|------------|-------------|---|--|--|
| Monday | Aug-21 | BVSW ^{1 3} | 3:00PM – ALL ¹ | -Modified Indoor Workout |
| Tuesday | Aug-22 | BVSW | 5:50AM – ALL ² | -FullWU, 5kRace Pace , CD |
| Wednesday | Aug-23 | BVSW ³ | 3:00PM – ALL | -Indoor Speed Work |
| Thursday | Aug-24 | BVSW | 6:30AM – ALL ² | -1/2WU, Steady , BU's, H/T |
| Friday | Aug-25 | BVSW | 3:00PM – ALL | Uniform Checkout -LL, Recovery Run , BU's, HT, Strch |
| Saturday | Aug-26 | Verheaghe Park BVSW Concessions | 6:30AM – ALL 9:00AM – ALL & Family | -FullWU, Full Mills , CD, Roll, Leg E -Family Pancake Breakfast |
| Sunday | Aug-27 | Deanna Rose | 6:00PM – ALL ¹ | -LL, Recovery Run , BU's, HT, Strch |

¹ – Sunday/Monday – Either attend Sunday practice or Monday (the next day) & take the other day off

² – There will be no organized Doubles This week

³ – We will practice indoors that day

E – Elite B – Black G – Green W - White

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