



# SOUTHWEST PROJECT

Weeks to Go

**-10**

The Southwest Project Newsletter 10 Weeks to go.

We are off & running with our summer conditioning. We have opened all our training options to new & returning athletes, so there will be plenty of opportunities to begin your journey this summer. To stay up to date follow us on Twitter & Instagram (@BVSWDistance) where I will send out cool information about the season. I am keeping the BVSX XC Website updated, check it out! [www.bvswxc.com](http://www.bvswxc.com)

## **Things Moving Forward**

BVSX XC Family BBQ was AMAZING! Thank You

The BBQ was an absolute success! I am always so nervous about doing new things especially when they involve so many variables & uncertainties, but the BBQ at Heritage Park last Sunday was an absolute blast! I had a lot of fun & I hope everyone else did. I enjoyed meeting & catching up with so many of you & your families.

Thank you to all the families that brought sides, desserts or drinks we had more than enough for everyone & we couldn't have done it without everyone's support. BIG Thank you to the Paschke's for organizing it & Dan, our Pit Master, for cooking up all the burgers & hot dogs. I do look forward to doing it again next summer.

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**

We will use this mainly for quick updates especially about weather cancelations or changes to the schedule.

Sign up for Summer Conditioning - \$20 or help with Pancake Breakfasts

If you are new, returning, or simply want to try our summer program out, all are welcome.

-New to XC athletes – Please fill out the form below if you haven't already

<https://forms.gle/2x7cmNR2J17Vjn7E9>

-Returning XC athletes – Contact me if you have any questions, or if you have an updated email

We are asking for **\$20** paid to our Venmo account (**@Southwestproject**) or you can turn in a check made out to the **BVSX Cross Country team to the school directly**. If you host or help with a pancake breakfast, your donation request is waived & if you'd like to donate more it would be greatly appreciated. That money goes to pay for a Southwest project T-shirt for the athletes & the food for pancake breakfasts.

Pancake Breakfast FRIDAY (June 9<sup>h</sup>)

We will have our first pancake breakfast on June 9<sup>th</sup> at the home of the Paschke's. We will meet at their home & run from that location. When we are done, food will be available.

**11610 157<sup>th</sup> Terrace, OVP, 66221**

Future Pancake Breakfasts this Summer

We are in need some volunteers to host or help with our Pancake Breakfast Runs this summer. We are looking for hosts or helpers. Click the link below and fill out the form to offer to host or help.

<https://forms.gle/1uMwFKJSsU8uFGCS6>

*"Are you On the Journey to the Summit of Great"*

### 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 Remind, Email, & posts on social media (Twitter & Instagram - @BVSWDistance) to let you know if we have to cancel or move practice.

### No Evening Sessions (TAPP) this week

We will begin our evening strength development sessions next week. More information about times & locations will be sent out by the end of the week.

### Updated BVSX XC Website – [www.bvswxc.com](http://www.bvswxc.com)

We have updated the BVSX Cross Country website with a brand-new domain name... [www.bvswxc.com](http://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.

### Signing up & using Strava (Online Training Notebook)

Strava is an online running website that will track & log all runs/workouts for runners, cyclists & swimmers. It is a fun way to track our training for the XC season. If you haven't signed up for it yet, please do so we can maximize the most out of our training this summer! See the webpage below for help setting up & posting.

<https://www.bvswxc.com/news-updates-2>

### Lenexa Freedom Run (July 4<sup>th</sup>)

If you are interested in testing your fitness, come early July, the Lenexa Freedom run is the perfect introduction into racing the 5k distance. Link below if you want to sign up. **This is open to ALL members of our running family (Returning, New, Middle School & Parents).**

<https://runsignup.com/Race/KS/Lenexa/LenexaFreedomRun>

## **Daily Schedule for Week -10**

<b>Day</b>	<b>Date</b>	<b>Location</b>	<b>Time – Who</b>	<b>Workout Details</b>
Monday	June-5	BVSX Track	6:30am – ALL	-LL, Recovery, H/T, BU's, Stretch
Tuesday	June-6	Verhaeghe Park	6:30am – ALL	-1/2WU, Broken Steady, H/T, BU's, Roll
Wednesday	June-7			-Recovery jog, SAM
Thursday	June-8	Black Bob Park	6:30am – ALL	-1/2WU, Steady, H/T, BU's, Leg Elevate
Friday	June-9	Paschke's Home*	6:30am – ALL	-LL, Recovery, H/T, BU's, Stretch
Saturday	June-10	Deanna Rose	6:30am - ALL	-1/2WU, Steady, H/T, BU's, Leg Elevate

TAPP Begins NEXT week. It will meet at the weight room in BVSX

\*The Paschke's will be hosting our Pancake Run this week **11610 w 157<sup>th</sup> Terrace, OP, KS 66221**

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