



SOUTHWEST PROJECT



Weeks to Go

-10

The Southwest Project Newsletter 10 Weeks to go.

One week in the books & we are off to a great start! We had a huge number of new faces to the program & I can't wait to get to know all of them even better over the next few weeks of summer. One of the oldest sayings in cross country is that "Championships are won in the summer, not the fall" so let's stay on top of our training! 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

TAPP Starts this Week

TAPP will begin on June 10th at the BVSX weight room (Mon, Tue & Thu at 6:00PM). TAPP is a strength-based workout program that is run by Coach Buehler from 6:00-7:00 PM on Monday, Tuesday & Thursday throughout the summer.

The program is open to All BVSX athletes especially Cross Country athletes to develop some much-needed strength which plays a major factor with injury prevention. Come for the lifting, stay for the post-workout pickup basketball games!

Pancake Breakfast FRIDAY (June 14^h)

We will have our first pancake breakfast Friday June 14th! The Collins family has graciously offered to host & we will meet at their home & run from that location. When we are done, food will be available. I was told by the host to **Bring Your Swim Suits** if you want. **Address: 16500 Goddard St. O.P. KS.**

We could use one more helper for the pancake breakfast on Friday. 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/G1LPaxshbg6rPVfKA>

Rocky Mountain Road Trip

Information was sent out about our 2024 Summer Rocky Mountain Road Trip. July 12th – 17th. If you did not receive the email, see the link below that has most of the information, or contact me directly.

Link – Information & Signup: <https://forms.gle/FfJ5AKo6bKKpyz6s8>

2024 Meet Schedule Posted

I have a rough draft our meet schedule for the 2024 Fall season (All dates/meets are subject to change). We still have an open week in our schedule I want to fit for October 10-12th time frame. More info about that will be to come. Meet Info 2024 page: <https://www.bvswxc.com/copy-of-meet-info-2023>

Garmin Clipboard & Strava

Recently a GroupMe & Email was sent out to 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**

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

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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>

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

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.

Updated BVSW XC Website – www.bvswxc.com

We have updated the BVSW 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.

Lenexa Freedom Run (July 4th)

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

Day	Date	Location	Time – Who	Workout Details
Monday	June-10	BVSW Track	6:30am – ALL 5:30-7pm - ALL	-FullWU, Fartlek , HT, Band, Roll, Leg Elv -TAPP (Dbl-rec)
Tuesday	June-11	Black Bob Park	6:30am – ALL 5:30-7pm - ALL	-LL, Recovery , 4xBU's, HT, Stretch -TAPP (Dbl-rec)
Wednesday	June-12			-1/2WU, Steady , 6xBU's, HT, Leg Elv
Thursday	June-13	Verhaeghe Park	6:30am – ALL 5:30-7pm - ALL	-FullWU, Full Mills , HT, Band, Roll, Leg El -TAPP (Dbl-rec)
Friday*	June-14	Collins's Home*	6:30am – ALL	-LL, Recovery , 4xBU's, HT, Stretch
Saturday	June-15	Heritage Park (Shelter #8)	6:30am - ALL	-1/2WU, HIIT, Easy , HT, Band, Roll

TAPP Begins this week. It will meet at the weight room in BVSW

TAPP – Athletes running a rec-run double meet at 5:30pm (then lift at 6pm)

*Friday Locations will Rotate, This week: **16500 Goddard St. O.P. KS**

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