



SOUTHWEST PROJECT



Weeks to Go

-1

The Southwest Project Newsletter 1 Week to go.

I am very excited to get the school year started. All students will be in class on Wednesday (Freshman Tuesday for orientation). This will make our last week of “summer” conditioning a bit difficult & some changes will be in place. Check out the schedule at the bottom of the newsletter for time & locations. Please make sure you have your physical & athletic paperwork turned into the athletic office by Monday August 18th. To stay up to date & follow us on Instagram ([@BVSWDistance](#) & [@bvs_wc_boosters](#)) where I will send out cool information about the season.

For more information about the BVSX XC team checkout the Website! www.bvsx.com

NEW INFORMATION

The Start of School (Wednesday August 13th)

With the start of school interfering with our training routine, we will be transitioning to afternoon workouts as school officially starts. Monday & Tuesday we will meet at the BVSX Track at 6:30am swapping the scheduled workouts & the afternoon doubles/TAPP on those days will move to 3:00-4:00pm. Wednesday, Thursday & Friday we will meet at the weight room & do our run from there at 3:00pm. There will be no doubles on those days. Saturday will be a normal long run at Quivira park at 6:30am.

Thank You to the Roberts for Pancakes

Big Thank You to the Roberts for hosting our final pancake breakfast run last Friday. I also want to thank all of our families that offered to host pancake breakfasts this summer! Your hospitality & generosity was incredible & we couldn't do these fun things for the athletes without such big-hearted families!

Parent Meeting Scheduled (Sunday August 17th)

We will have our annual parent meeting on **Sunday August 17th at 6:00pm** in the **BVSX Fixed Forum**. This is a meeting for parents of both returning & new kids. We will give details about needs & plans for the season. If you cannot make the meeting, the notes will be posted on the homepage of the website www.bvsx.com

Senior Photos (Wednesday Aug 27th)

We will have our Senior photo shoot on Wednesday August 27th in the weight room shortly after school. We will check out uniforms earlier in the week.

Family Breakfast (Saturday August 30th)

We have scheduled our annual Cross Country Family Breakfast for **Saturday August 30th at 9:30am** at the **concession stands** by the soccer field. We will be looking for parent volunteers to help us cook pancakes & provide other breakfast side dishes for the event.

PLEASE RSVP: Email carriepaschke@yahoo.com or text it to (563) 508-1498. Hope you can join us

Sign up to Help: <https://www.signupgenius.com/go/20F0D49AAAC2FA1FD0-57806544-family#/>

New Group Messaging App coming

We were contacted this week that GroupMe will no longer be supported by the Blue Valley School District & that we will have to move to an approved messaging application. We will continue to use GroupMe until the start of the year, but more information will come out about what we will be switching to.

“Are you On the Journey to the Summit of Great”

Get Your Physical & Paperwork (Monday August 18th)

Please make sure you are getting your athletic physicals taken care before the start of the school year. If you need any help with this, please contact the athletic office (contact info on athletic page

<https://www.bluevalleyk12.org/Page/35764>)

KSHSAA Physical paperwork: <https://www.kshsaa.org/Public/PDF/Form-PPE.pdf>

Link: <https://manager.gobound.com/registration/ks/school/bluevalleysouthwesths/family>

THINGS THAT STILL APPLY

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, read below if you want one).

Download the app on your phone, sign-in/up & put in the invite code. **The Invite Code: TV4390**

Strava is an online website BVSX Cross Country also has a Strava page/group that all athletes, parents & coaches can join: <https://www.bvswxc.com/news-updates-2>

Daily Schedule for Week -1

Day	Date	Location	Time – Who	Workout Details
Monday	Aug-11	BVSX Track Parking Lot* Weight Room*	6:30am – ALL 3:00pm – Elite, Blk* 3:00-4:00pm – ALL*	-FullWU, CV+Reps , CD, Roll, Leg Elv -Double (PM)* -TAPP (Push, Push, Core, Low Body-S)*
Tuesday	Aug-12	BVSX Track Parking Lot* Weight Room*	6:30am – ALL 3:00pm – Elite* 3:00-4:00pm – ALL*	- LL, Recovery , 4xBU's, HT, Strech -Double (PM)* -TAPP (Pull, Pull, Core, Low Body-P)*
Wednesday	Aug-13	Weight Room	3:00pm - ALL	-1/2WU, Steady Run , 4xBU, HT, Roll
Thursday	Aug-14	Weight Room	3:00pm – ALL ⁴	-1/2WU, Broken Steady , 4xBU, HT, Roll (550 or 30/30) ⁴
Friday	Aug-15	Weight Room	3:00pm – ALL	-LL, Recovery , 4xBU's, HT, Band,Roll,Stch
Saturday	Aug-16	Quivira Park	6:30am - ALL	-1/2WU, Long Run , 6xBU, HT, Leg E

* ALL Athletes participating in afternoon doubles OR TAPP meet at 3:00pm

⁴ NO Double/TAPP Thursday. See schedule for more details

“Are you On the Journey to the Summit of Great”