



SOUTHWEST PROJECT



Weeks to Go

-1

The Southwest Project Newsletter 1 Weeks to go.

I am very excited to get the school year started. All students will be in class on Thursday (Freshman Wednesday 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 17th. To stay up to date & follow us on Instagram (@BVSWDistance & @bvs_w_xc_boosters) where I will send out cool information about the season.

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

NEW INFORMATION

Schedule Adjustments for this week

We will have practice at BVSX on Monday then at Black Bob Park on Tuesday at the normal 6:30am time. We will be moving TAPP on Monday & Tuesday to 3:00pm for the double. With School starting on this week, Wednesday, Thursday, & Friday we will have athletes run on their own. Some athletes will meet right after school & run from there, but weather may play a role in the schedule. Upperclassman & athlete leaders can schedule times/locations. We will meet on Saturday at Waterfall Park (New Venue) for our Easy Long Run.

Parent Meeting Reminder (Sunday August 16th)

We will have our annual parent meeting on **Sunday August 16th 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 are unable to make the meeting, I will post the information on the website & put it in the newsletter. For those new parents who want to get out ahead of things before the season starts. Below are all the things the athletes need to have on/before the first day of practice.

Mandatory: Physical on file, Running shoes “Trainers”, Water bottle, Watch, Proper athletic clothes.

Optional Extras: GPS Watch, Towel/yoga mat, Super Shoes “for workouts”, Post Run Snacks, Foam Roller.

When we get to the racing season, there will be a few more things you will need, but we have some time.

Meet Day Needs: Black Racing Shorts, Racing Spikes*

Thank You to the Hammar’s for Pancakes

Big Thank You to the Hammar’s for hosting our final pancake breakfast run last Friday. I also want to thank all 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!

Senior Photos (Wednesday Aug 19th)

We will have our Senior photo shoot on Wednesday August 19th in the weight room shortly after school. We will check out uniforms to our Seniors earlier in the week. We will use the photos for Senior Banners which will hang in the GYM for the fall season. More information about that will come later.

Practice Schedule Calendar

Below is our entire practice calendar for the 2026 XC season. This document can also be found on the home page of the BVSX.com website.

Link to Meet Schedule: https://www.bvswxc.com/_files/ugd/ab0cb5_8e9aa634d6c64b65bc46def028021421.pdf

“Are You on the Journey to the Summit of Great”

Get your Physical Paperwork IN!

Please make sure you have your athletic paperwork submitted to Bound before the start of the XC season on **August 17th**. Contact the athletic office BVSU if you have questions.

Link to athletic office page: <https://bvsu.bluevalleyk12.org/activities-athletics/activities-athletics-overview>

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

Spiritwear Store Active

Parents/families/athletes can order at any point while the store is open & items will ship directly within 1-2 business days to your home. All items on the link will be optional, so feel free to order as much (or little) as you would like. (I am getting the closing date pushed back, sorry about that)

Link to Store: <https://bsnteamssports.com/shop/jaSHbqKgpu>

THINGS THAT STILL APPLY

Each meet in our schedule is different in many ways. Here is a link to some of our newer parents about how we go about each meet. Link: <https://docs.google.com/document/d/1gV1W7JhWB6e54-aEhF6Jajaatj5rnDuwfExgbJbGbXo/edit?usp=sharing>

Family Breakfast (Saturday August 29th)

We have scheduled our annual Cross Country Family Breakfast for **Saturday August 29th at 9:00am** 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.

Full Summer Training Details

Please check out the link below to the whole summer training plan (at this moment). When you are gone from morning practices do your best to try & complete the workout on your own.

Link: https://www.bvsuwc.com/_files/ugd/ab0cb5_234458d0be9e4526be04d7d930ddf2ee.pdf

Daily Schedule for Week -1

Day	Date	Location	Time – Who	Workout Details
Monday	Aug-10	BVSU Track Weight Room ¹	6:30am – ALL 3pm-4:30pm – ALL ¹	-SPWU, Speed Work , CDw/StdY, Leg Elv -TAPP (PM Dbl)
Tuesday	Aug-11	Black Bob Park Weight Room ¹	6:30am – ALL 3pm-4:30pm – ALL ¹	-LL, Recovery , 4xBU, HT, Band, Roll, Strch -TAPP (PM Dbl)
Wednesday	Aug-12			-1/2WU, Steady Run , 4xBU, HT, Leg Elv
Thursday	Aug-13	On Your Own ^{2, 3}	TBD – ALL ^{2, 3}	-FullWU, Short Tempo Reps , CD, Leg Elv
Friday	Aug-14	On Your Own ³	TBD – ALL ³	-LL, Recovery , 4xBU, HT, Band, Roll, Strch
Saturday	Aug-15	Water Fall Park*	6:30am – ALL*	-LL, Easy Long Run , 6xBU, HT, Leg E

¹ Double run Monday & Tuesday for Elite Athletes. Everyone else meet at 3:30pm in weight room to lift

² NO TAPP on Thursday Aug 13th

³ On Your Own: Senior/Upperclassman should schedule possible meetups

* New Venue Run: Waterfall Park, **5191 Merriam Dr, Merriam, KS 66203**