



SOUTHWEST PROJECT



Weeks to Go

-3

The Southwest Project Newsletter 3 Weeks to go.

The weather the last few weeks has NOT been our friend. Between storms canceling pancake breakfasts to humidity & flooding making our workouts more like swims. Training will increase this week so be ready to work a little harder than you have up to this point & push through the pain. To stay up to date & follow us on Instagram (@BVSWDistance & @bvs_sw_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

Spike Week at Fleet Feet (7/28 – 8/3)

Fleet Feet will put on a “Spike Week” at their store (119th & Quivira) from **July 28th to August 3rd**. Any time during that week athletes & parents can go into the store to receive a discount on most items. It is a great chance to replace old training shoes &/or get racing spikes. Just a heads up, they will start getting more spikes in the next few weeks & some people will go their early to buy theirs, so supplies may be down by then.

Not all Pain is the Same

Pain is an evolutionary adaptation that is intended to tell us to STOP doing something! When you put your hand on a hot stove the immediate response is to move your hand to prevent further damage to the body. The difficult part about training is as fatigue kicks in our brain makes it feel painful. That is the signal to our body telling us to slow down or stop. When we are training, we must push our bodies beyond that point to show the muscles (and the brain) that it can handle the load & even to initiate the body to build itself back stronger so that it can handle that amount of work if (& when) that type of activity happens again.

Not all pain that our body feels will be helpful in making us better runners. There are a lot of “old school” football coaches who would argue with me about that sentence & say that “Pain is just weakness leaving the body.” The pain associated with the heat we are dealing with WILL help us adapt to the heat, so avoiding it altogether is not the best idea, but pushing our bodies through the highest levels of that pain will simply leave us more fatigued & in need of so much rest we miss upcoming workouts. We can only get so much out of pushing through certain types of pain.

Understanding & experiencing the difference between the pain associated with fatigue & soreness is NOT the same as the pain associated with injuries due to tears or breaks in the structure of our bodies. Soreness is a natural consequence of training & it is a sign your body is doing what it needs to adapt to the stimulus we give it. We DON'T push through the pain of injuries, but we DO push through the pain of training.

Pancakes Another Day

Sorry to everyone for canceling the pancake breakfast last Friday due to storms in the area. If there are any parents that would be willing to help do an “impromptu” pancake breakfast on Tuesday at BVSX we can use the concession stand to cook some flap-jacks. If not, we will bring some of the fruit that is still good to practice sometime earlier this week.

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

THINGS THAT STILL APPLY

Parent Meeting Scheduled (Sunday August 17th)

We will have our annual parent meeting on **Sunday August 17th at 6:00pm** in the **BVSW Fixed Forum**. This is a meeting for parents of both returning & new kids. We will give details about needs & plans for the season.

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>

Family Breakfast (Saturday August 30th)

We have scheduled our annual Cross Country Family Breakfast for **Saturday August 30th 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. More info will come, but please put this on your calendar.

Garmin Clipboard & Strava

Recently a GroupMe & Email was sent out to join the BVSW 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 BVSW Cross Country also has a Strava page/group that all athletes, parents & coaches can join: <https://www.bvswxc.com/news-updates-2>

Sign up for GroupMe

Make sure you are a member of our GroupMe messaging group for last minute updates & changes for the Summer & Fall XC seasons. It is for both Parents & Athletes. New athletes & parents can join with link below

Link: https://groupme.com/join_group/100852708/OdwPn0bo

Daily Schedule for Week -3

Day	Date	Location	Time – Who	Workout Details
Monday	July-28	Black Bob Park Parking Lot* Weight Room ¹	6:30am – ALL 5:30pm – Elite, Blk* 6:00-7pm – ALL ¹	-1/2WU, Steady , 4xBU's, HT, Band, Roll -Double (PM)* -TAPP ¹ (Push, Push, Core, Low Body-S)
Tuesday	July-29	BVSW Track Parking Lot* Weight Room ¹	6:30am – ALL 5:30pm – Elite* 6:00-7pm – ALL ¹	-FullWU, CV+Reps , Roll, Leg Elv -Double (PM)* -TAPP ¹ (Pull, Pull, Core, Low Body-P)
Wednesday	July-30	On Your Own	On Your Own	-LL, Recovery , 4xBU's, HT, Strech
Thursday	July-31	Verhaeghe Park Parking Lot* Weight Room ¹	6:30am – ALL 5:30pm – Elite, Blk* 6:00-7pm – ALL ¹	- 1/2WU, Steady , 4xBU's, HT, Band, Roll -Double (PM)* -TAPP ¹ (Full Body WO)
Friday	Aug-1	Heritage Park #8 ² On Your Own ³	6:30am – ALL TBA – Elite ³	-LL, Recovery , 4xBU's, HT, Band, Roll, Stch - Double (PM)
Saturday	Aug-2	I-Lan Park	6:30am - ALL	-1/2WU, Long Run , 6xBU, HT, Leg E

* Only Athletes participating in afternoon doubles meet at 5:30pm, everyone else can arrive at 6:00pm for TAPP

¹ TAPP is our strength & lifting sessions and is open to all athletes in the program

³ Elite athletes do an evening double on their own

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