



# SOUTHWEST PROJECT



Weeks to Go

-9

The Southwest Project Newsletter 9 Weeks to go.

Great first week of the summer conditioning season is already behind us. We have a really good & young group that we will be bringing to competitions this year. I look forward to what so many of them can accomplish with continued commitment to training & staying healthy. To stay up to date & follow us on Instagram (@BVSWDistance & @bvsw\_xc\_boosters) where I will send out cool information about the season. For more information about the BVSW XC team checkout the Website! [www.bvswxc.com](http://www.bvswxc.com)

## NEW INFORMATION

### Fantastic first Week, Keep it Up!

It was so much fun to being our Cross Country Journey this week. It is always fun to meet the new potential runners for the season & see how they get to meet the amazing returning runners we have on the team. We have a lot of weeks left in this summer & even more through the season. If at any point you as an athlete get discourage about a single workout or even where you feel your fitness currently is at remember that you will have lot of time to develop & grow. Find the component of the program that makes you happy. Being with friends & caring people is a great way to get a sense of accomplishment & acceptance. **#OnTheJourney!**

### Pancake Breakfast Thank You's

Big Thank You to the Niermeier's who hosted our first Pancake Breakfast of the season! It was a great morning for a run & a great experience. **We still need hosts & helpers for Future Dates!** Click the link below and fill out the form to offer to host or help.

<https://www.signupgenius.com/go/70A0A4DABAD2CA6F49-64456166-bvsw>

### Rocky Mountain Road Trip 2026 (July 17-22)

Returning Athletes/Families will be receiving another email about the Rocky Mountain Road Trip planned for **July 17<sup>th</sup> – 22<sup>nd</sup>**. If you are interested, please fill out the google form that you will receive in a future email. If we have additional space available, we will open it up to new athletes.

### TAPP & Evening Doubles this Week

TAPP will Continue this week. **Monday & Thursday** we will reintroduce our evening 3-mile Doubles for our **Elite Training** Group Monday & Thursday. For athletes doing the doubles, please meet in the front parking lot at 5:30pm to start the run. We will then lift starting at 6:00pm for all other athletes & be done by 7:00pm.

### Weather & Cancelation Procedures

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. If weather seems a bit "iffy" in the morning please check your Email, & posts on social media (Instagram - **@BVSWDistance**) to let you know if we must cancel or move practice.

## THINGS THAT STILL APPLY

### 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).**

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

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

We have updated the BVSX Cross Country website... [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.

### Sign up for Summer Conditioning

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

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

-Link: <https://forms.gle/JpLmf4C9C5jwY6T8A>

7<sup>th</sup> & 8<sup>th</sup> Grade athletes are welcome to join us for any of the summer conditioning programs. No need to signup, feel free to attend as much or as little as you would like.

Here is who has signed up so far:

[https://docs.google.com/spreadsheets/d/114CFRyLo8ozrqhKSQcTnbhokATNhgFpmrJXGEv\\_WI-Q/edit?usp=sharing](https://docs.google.com/spreadsheets/d/114CFRyLo8ozrqhKSQcTnbhokATNhgFpmrJXGEv_WI-Q/edit?usp=sharing))

### 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>

### Sign up for ParentSquare App

Blue Valley Schools has made the decision to transition to ParentSquare as its unified, districtwide communication platform for the 2026-27 school year. Parents will need to use the email that is registered with the school & athletes will need to use the school email to register/sign-in. The link is below to sign-in.

Parents/Students Sign-in: <https://www.parentsquare.com/signin>

We are working on getting athletes added to the Cross Country specific group, so it will not be complete yet.

## **Daily Schedule for Week -9**

<b>Day</b>	<b>Date</b>	<b>Location</b>	<b>Time – Who</b>	<b>Workout Details</b>
Monday	June-15	Verhaeghe Park Weight Room <sup>1</sup>	6:30am – ALL 5:30pm <sup>1</sup> -7pm - ALL	- FullWU, <b>Tempo Run</b> , CD, Band, Roll -TAPP (PM Dbl)
Tuesday	June-16	Black Bob Park Weight Room	6:30am – ALL 6:00pm-7pm - ALL	- LL, <b>Recovery</b> , 4BU, HT, Band, Roll, Strch -TAPP (Lift)
Wednesday	June-17			-1/2WU, <b>Steady Run</b> , 4xBU, HT, Leg Elv
Thursday	June-18	BVSX Track Weight Room <sup>1</sup>	6:30am – ALL 5:30pm <sup>1</sup> -7pm - ALL	-FullWU, <b>The Mills</b> , CD, Roll, Leg Elv -TAPP (PM Dbl)
Friday*	June-19	Heritage Park	6:30am – ALL	-LL, <b>Recovery</b> , 4xBU, HT,Band, Roll, Strch
Saturday	June-20	Garming Soccer Complex**	6:30am – ALL**	-1/2WU, <b>Easy Long Run</b> , 6xBU, HT, Leg E

<sup>1</sup> Double runs Monday & Thursday. Arrive at 5:30pm to run otherwise everyone else meet at 6:00pm for lifting

\*\* Meet on the far west side of the fields near Toca FC building **10568 S Warwick St, Olathe, KS 66061**

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