



SOUTHWEST PROJECT



Week #

2

The Southwest Project Newsletter Week 2

The 2nd week of the season is my unofficial end to the summer. The first two weeks of training is a continuation of our summer program as we close out August strong. Our Family Pancake Breakfast is the culmination to foundational part of the season & a celebration for the start of the racing year. Come celebrate with us at 9:30am. 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 BVSX XC team checkout the Website! www.bvswxc.com

NEW INFORMATION

Family Breakfast & the Mills Time Trial (Saturday August 29th)

Our annual Cross Country Family Breakfast is set for **Saturday August 29th 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 email me or Meghan Collins (m_abbott3@yahoo.com) if you are interested in helping.

Practice will meet at 7:00am with a team meeting & full warmup. Athletes will begin **the Mills around 7:40am**, if you are interested in catching the action at the finish, parents & families are welcome. Meet at the roundabout on 175th & Quivira around 7:40am to see them finish. The athletes will then cooldown & can go home to get cleaned up for the pancake breakfast.

Uniform Checkout Friday August 28th (3:00pm)

Seniors should have already received their uniforms. Returning XC runners will receive their gear on Wednesday 8/26 at the team meeting at BVSX. Returning athletes will need to go through their gear to make sure everything still fits. If anything is the wrong size, you will be able to swap it out on Friday 8/28.

All “new” athletes will be able to check out uniforms/gear on Friday after the team meeting at 3:00pm.

Senior – Media Day Tuesday 8/25 11:00am

Seniors will participate in the annual Media Day picture shoot for the Broadcast class. Athletes need to come dressed in their Black Tops & Green issued split shorts to the broadcast room at 10:55am.

Meet Helpers this XC Season

We are hosting FOUR meets this season. We can use some help with meets this year. Below are the dates.

September 16th – Southwest Middle School Championship (4:00pm)

September 23rd – BVSX Canis Lupus Cup JV (4:00pm)

October 8th – Heartland Relay Carnival ALL (3:30pm)

October 15th – Eastern Kansas League ALL (3:00pm)

Use the link to sign up to help at meets: <https://forms.gle/p9shpCJGBYbABviy9>

Booster Club Messages

Each week our Booster Club President (Meghan Collins) will send out an extra email each week about things the booster club is doing/in charge of in the near future. More details about how to be involved in the program can be found in those emails. Please make sure you check our those emails each week.

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

THINGS THAT STILL APPLY

Parent Square: Team Messaging App

Below is a link to download & signup for Parent Square. It will be our messaging system for the upcoming season. You will need this for ALL district communications for all sports/activities. **ATHLETES WILL NEED TO SIGN IN TO THE STUDENT SQUARE LINK** with their district email.

Link: <https://www.bluevalleyk12.org/families/parentsquare>

Spiritwear Store Active

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). Store Closes **September 8th**.

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

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 BVSXWC.com website.

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

Daily Schedule for Week 2

Day	Date	Location	Time – Who	Workout Details
Monday	Aug-24	BVSW	3:00pm – ALL	-LL, Easy Run , 4xBU, HT, Leg Elv
Tuesday	Aug-25	BVSW Track ¹ (BVSW) ¹	5:30am – Et,Bk,Gn ¹ 3:00pm – Wht ¹ Elt	-FullWU, Long Tempo , CD, Roll, Leg Elv -TAPP (PM Dbl-Thrsh)
Wednesday	Aug-26	Heritage Park #8	3:00pm – ALL	-LL, Recovery , 4xBU, HT, Band, Strch
Thursday	Aug-27	(BVSW) ² Black Bob Park	6:30am – Elite ² 3:00pm – ALL	-TAPP (AM Dbl) -1/2WU, Steady Run , 4xBU,HT,Band,Roll
Friday	Aug-28	BVSW	3:00pm – ALL	(Uniform Check Out) -LL, Recovery , 4xBU, HT, Band, Roll, Strch
Saturday	Aug-29	Verhaeghe Park Concession Stand	7:00am – ALL 9:30am - ALL	-FullWU, The Mills , CD, Roll, Leg Elv Family Pancake Breakfast
Sunday	Aug-30	Deanna Rose*	6:00pm – ALL*	-LL, Easy Long Run , 6xBU, HT, Leg Elv

¹ AM: Quality Practice for Elite, Black & Green Groups. PM: Double for Elite Group & Easy run for White Group

² AM: Morning double for Elite Group. Meet in front lot & run form there. Lifting session in fitness center after

* Sunday OR Monday session. Athletes can run Sunday evening OR meet for normal practice the following Monday

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