



SOUTHWEST PROJECT



Weeks to Go

-5

The Southwest Project Newsletter 5 Weeks to go.

After the weather messed up the end of last week, we hopefully will get back on a normal schedule soon... but this will not be the week. We will have normal practices to start, but I will be out of town for the Rocky Mountain Road Trip starting Saturday & be out until Thursday next week. Keep your training going & good things will come, you have my Guarantee! 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

#On the Journey

I feel this is a good time to remind everyone of the team mantra “On the Journey.” It created a shift in mindset that put our program on a different track. Everything we were doing leading up to that point was very formulaic & repetitive of what we had done for the previous decade. All those things worked “well” & lead us to some “good” results. BUT if we wanted to ascend to the next level we had to get out of our comfortable “groove” & go “ON THE JOURNEY”.

This meant doing more than what we had done before, it meant doing more than what we thought we COULD, & it also meant, sometimes, doing things that NO ONE was doing so that we could achieve things that were beyond the expectation of what has come before. I believe we have just scratched the surface of what the athletes of this program can achieve, but it will take endless pursuit of greatness. This is where the JOURNEY is! We must keep pushing through difficulties & uncertainty to reach our destination that may be around the corner, or it may still be way off in the distance.

The Journey is hard, its long & it will test your resolve, but it will teach you more about yourself than anything AI, the internet, studying or taking the easy path will show you. Keep your Resolve!

Rocky Mountain Road Trip 2026 (July 17-22)

We will be on the Rocky Mountain Road Trip starting at 10AM on Friday July 17th. We will return late on Wednesday July 22nd. Because of being out of town, we will NOT meet for practices during that time. Athletes that are still in town need to run on their own during those days &/or organize practices on their own.

Trip Itinerary:

<https://docs.google.com/spreadsheets/d/1TBUR7T1HYyGOvLQ1CYXi7l0YKaL65HAUGbA9B7bsZy4/edit?gid=0#gid=0>

Get your Physical Paperwork IN!

With only 5 weeks left until the start of practice, please make sure you have your Athletic Physical completed with the proper paperwork submitted to Bound. If you don't have it turned in by the first practice, YOU WILL NOT BE ALLOWED to practice on that first day. If you don't have enough practices before the first meet you will not be able to compete. Please make sure everything is taken care of on time. Contact the athletic office if you have more questions.

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

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

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

No Pancake Breakfast

Sorry to everyone about the Friday (& Thursday) pancake breakfast being canceled last week. Unfortunately, we will NOT be able to get it rescheduled. We will move on & get ready for our next one on Friday July 24th.

THINGS THAT STILL APPLY

Parent Meeting Scheduled (Sunday August 16th)

We will have our annual parent meeting on **Sunday August 16th 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.

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. It is our opportunity to come together at the start of the season to celebrate a great summer of building fitness & get us excited about the racing season to come.

Meet Schedule Posted

Our meet schedule is posted on the BVSW XC website. As meet information is sent to me, everything you need to know about the meet/races will be posted on the page below. Click on the meet at the top of the page for more information. Link to Meet Schedule: <https://www.bvswxc.com/meet-info-2026>

Full Summer Training Details

Please check out the link below to the whole summer training plan (at this moment). For those of you that like to see what we will be doing on any given day moving forward this is everything leading up to the start of the season. When you are gone from morning practices do your best to try & complete the workout on your own. Link: https://www.bvswxc.com/_files/ugd/ab0cb5_234458d0be9e4526be04d7d930dddf2ee.pdf

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>

Daily Schedule for Week -5

Day	Date	Location	Time – Who	Workout Details
Monday	July-13	Verhaeghe Park Weight Room ¹	6:30am – ALL 5:30pm ¹ -7pm - ALL	-FullWU, Tempo Reps , CD, Roll, Leg Elv -TAPP (PM Dbl)
Tuesday	July-14	Black Bob Park Weight Room ¹	6:30am – ALL 5:30pm ¹ -7pm - ALL	-LL, Recovery Run , 4BU, HT, Band, Strch -TAPP (PM Dbl)
Wednesday	July-15			-1/2WU, Steady Run , 4BU, HT, Leg Elv
Thursday	July-16	BVSW Track Weight Room ¹	6:30am – ALL 5:30pm ¹ -7pm - ALL	-FullWU, CV+Reps , CD, Roll, Leg Elv -TAPP (PM Dbl)
Friday	July-17	Heritage Park #8	6:30am – ALL	-LL, Recovery , 4xBU, HT,Band, Roll, Strch
Saturday	July-18*	On Your Own*	TBD – ALL*	-LL, Easy Long Run , 6xBU, HT, Leg E Elite 10mi, Black 8mi, Green 6mi

¹ Double run Monday, Tuesday & Thursday for Elite Athletes. Everyone else meet at 6:00pm in weight room to lift

*We will be out of town on the Rocky Mountain Road Trip. Run On Your Own for those in town

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