



SOUTHWEST PROJECT



Weeks to Go

-4

The Southwest Project Newsletter 4 Weeks to go.

We have a hot one in store for us at the start of this week. It will take some additional recovery, but we can keep our training progressing. Make sure to hydrate & sleep more than normal this week. 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.bvsx.com

NEW INFORMATION

Heat, Hydration, Humidity, Sleep & Recovery

Sometimes the heat is called the “poor man’s altitude,” because it makes training more challenging & requires adaptation. As heat buildup in the body, it slows down the chemical reactions in the body needed for athletic performance. Your nervous system begins to shut down to prevent permanent damage to your body & brain. The heat obviously causes the body to begin sweating more as the body’s main cooling method. Your body will need to replace both water & electrolytes lost through sweat. Water is a great “pre-run” hydration tool & Gatorade/Powerade are great for post-run recovery. The high humidity prevents sweat from evaporating on your skin. Without the evaporation the body will not be able to cool itself effectively putting the body through more stress then when it is cooler &/or dryer.

This means that an athlete training in heat & humidity will have a greater training load then normal. For the athlete to not “overtrain” they will need to decrease quantity (not desired), slow pace (sometimes needed) or increase recovery time (preferred method). I want athletes keeping their mileage as close to what’s scheduled with the pace on most days staying the same but taking a few more stops in the shade for water is as needed is the best method to train in the heat/humidity.

Regardless of any changes to training the athletes will be under a greater stress in the coming week under this heat. The BEST (and only real) way for the body to restore the damage to the body is to sleep. Athletes MUST get more sleep this week to make up for the increase in stress on the body. Please take care of yourself but know that we can keep improving as long as we take our recovery seriously!

Rocky Mountain Road Trip & Schedule this week

We will be returning from the Rocky Mountain Road Trip on Wednesday, so Monday & Tuesday will be on your own for everyone else on the team. We will get back to our normal schedule for training on Thursday.

Get your Physical Paperwork IN!

Please make sure you have your athletic paperwork submitted to Bound before the start of the XC season. Contact the athletic office BVSX if you have questions.

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

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

Pancake Breakfast This Friday at the Misterek’s (7/24)

Very excited to have our 3rd pancake breakfast at the home of the Misterek’s this week! We will meet at their house at normal 6:30am time & go for our run from there house. When we get done, we will have food ready. Address: **12410 W 182nd Ct, Overland Park, KS**

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

We still need some helpers! Click the link below and fill out the form to offer to host or help.

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

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). 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_234458d0be9e4526be04d7d930ddf2ee.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 -4

Day	Date	Location	Time – Who	Workout Details
Monday	July-20	On Your Own* On Your Own*	TBD – ALL* TBD – ALL*	-LL, Easy Run , 4BU, HT, Leg Elv -(PM Dbl- Elite), 30-30 Lift White-4mi, Grn-5mi, Blk-6mi, Elite-7mi
Tuesday	July-21	On Your Own* On Your Own*	TBD – ALL* TBD – ALL*	-1/2WU, Steady Run , 4BU, HT, Leg Elv -(PM Dbl), 550 Lift White-4mi, Grn-5mi, Blk-6mi, Elite-7mi
Wednesday	July-22			-LL, Recovery , 4xBU, HT,Band, Roll, Strch
Thursday	July-23	BVSW Track Weight Room ¹	6:30am – ALL 5:30pm ¹ -7pm - ALL	-FullWU, Tempo Reps , CD, Roll, Bnd, LgE -TAPP (PM Dbl)
Friday	July-24	Misterek's Home ²	6:30am – ALL ²	-LL, Recovery , 4xBU, HT,Band, Roll, Strch
Saturday	July-25	Deanna Rose	6:30am – ALL	-1/2WU, Long Run , 6xBU, HT, Leg E

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

² Pancake Breakfast at the Misterek's Home Address: **12410 W 182nd Ct, Overland Park, KS**

*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"