



SOUTHWEST PROJECT



Week #

6

The Southwest Project Newsletter Week 6

After our bye-week from racing we have nicer weather on its way. With the Rim Rock invitational & our home meet, we have some good racing on the schedule. We will need some help from parents & athletes of our Rim Rock group with our meet on Wednesday. If you can help, please email me! 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

Canis Lupus Cup (Wed 9/23)

We will be hosting our home JV meet this week on Wednesday September 23rd. This has become a fun tradition to use our course to get our JV/C-team kids an opportunity to race & compete for medals & Trophies. We will add the scores of BOTH the girls & boy's teams to crown a single school as our Champions of the race. Meet information can be found on our meet info page: <https://www.bvswxc.com/meet-info-2026#anchor4>

We are timing the even ourselves & NEED some helpers for this meet, so please email me directly if you can spare your time. I would prefer parents of Rim Rock runners so the parents of the kids racing can watch their own kids run. Rim Rock athletes will be assigned job duties for the meet also.

Parents can also use the link here to help at meets: <https://forms.gle/p9shpCJGBYbABvly9>

Rim Rock Classic (Sat 9/26)

Rim Rock Farm has (pretty much) been the host site for the 5A/6A State Championship going back over 40 years. This week is our only real opportunity to see/race the course before the State Championship. The course is known for both its beauty & its ferocious hills. Rim Rock is like a 2nd home to me, and while the hills are very challenging, the spacing of them allow athletes who know the course to manage them better than the unprepared. This Saturday, our goal is to go out and learn the course, especially for our newer runners. If they can learn to race the course properly that will give us a HUGE advantage when we race it for real at the State Championship in October.

Meet Information Page: <https://www.bvswxc.com/meet-info-2026#anchor5>

Practice(s) Tuesday (9/22)

Tuesday will have a mix of different workouts going on. Below (hopefully) will clarify the plan for each group.

Rim Rock – Elite: AM Workout, PM Double (or Double Threshold) then Pasta Party

Rim Rock – Others: AM Workout, PM Walk then Pasta Party

Canis Lupus – ALL: AM NO workout, PM Pre-meet day then Pasta Party

Workouts on Thursday & Friday might change depending on which race you are competing in this week.

Pasta Party at the Schallon's Tuesday (9/22)

Tuesday's pasta party will be a bit different than most. We will have a group running a workout in the morning & a group doing a pre-meet run in the afternoon. We will still meet in the lobby after school for a team meeting with the whole group & then head to the Schallon's home for our afternoon workout.

Address: 16136 Oakmont St OP 66221

We need some helpers for this & future Pasta Parties. See Booster Club email for more details.

Link to Signup: <https://www.signupgenius.com/go/60B054AA9A828A31-64864583-cross#/>

"Are You on the Journey to the Summit of Great"

Chile Pepper Festival (Oct 2-3rd)

We will have an “out of town” XC travel meet on Friday-Saturday October 2nd-3rd. The top 8 athletes on the boy’s side at the Rim Rock Classic will be who we take on the meet. We will take the 7 girls who are running at Rim Rock plus an additional runner from the Canis Lupus meet. If we have any injuries or conflicts with the schedule, we will replace them the next fastest runners on either boys or girls’ side.

We will leave school early on Friday October 2nd. We will Stay the night in the Fayetteville area & race the next morning. Meals will be provided on the way down & while we are there, but they will need some extra cash for the ride back. An official itinerary will be sent out next week.

THINGS THAT STILL APPLY

More than Miles – Amazon Wish List

We are still in need of some help with a few team-bonding materials that have been put together in an Amazon Wish list posted below. If you the parent of a girl on the team, we can use your help with these items.

Link: https://www.amazon.com/hz/wishlist/ls/19WUALFZ1SEEO?ref_=wl_share

Parent Square: Team Messaging App

Below is a link to download & sign up 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.

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

Practice Schedule Calendar

Below is our entire practice calendar for the 2026 XC season. This document can also be found on the website.

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

Daily Schedule for Week 6

Day	Date	Location	Time – Who	Workout Details
Monday	Sept-21	BVSW*	3:00pm – ALL*	-LL, Easy Run , 4xBU, HT, Leg Elv
Tuesday	Sept-22	BVSW Track ¹ (Schallon’s Home) ³	5:30am – Rim Rock ¹ 3:00pm – BVSW, Elt	-FullWU, Tempo Run , CD, Roll, Leg Elv -TAPP (PM, Dbl Thrsh)
Wednesday	Sept-23	BVSW BVSW XC Course	3:00pm – Rim Rock 2:30pm – BVSW JV	-LL, Recovery , 4xBU, HT, Leg E, Strch Canis Lupus Cup Girls – 4:00pm Boys – 4:40pm
Thursday	Sept-24	(BVSW) ² BVSW	6:30am – ALL 3:00pm – ALL	-TAPP (AM) ² -FullWU, CV+ Repts , CD, Roll, Band, Leg E
Friday	Sept-25	BVSW	3:00pm – ALL	-LL, Recovery , 4xBU, HT, Roll, Leg E, Strch
Saturday	Sept-26	Rim Rock Farm	6:00am – Rim Rock	Rim Rock Classic Boys JV – 8:35am Girls Gold – 9:10am Boys Gold – 9:45am
Sunday	Sept-27	Deanna Rose*	5:30pm – ALL*	-1/2WU, Easy Run , 6xBU, HT, Leg Elv

¹ AM: Quality Practice for Rim Rock Athletes. PM: Double for Rim Rock Elite Group & Pre-Meet run for BVSW JV runners

² AM: Morning Double for Elite Athletes. Meet in new Athletic Entrance

³ PM: Meet in Lobby but then head to Pasta Party at Schallon’s Home: **16136 Oakmont St OP 66221**

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