



SOUTHWEST PROJECT



Week #

2

The Southwest Project Newsletter Week 2

With the just awful weather to start the season, it seems mother nature is giving us an apology week with conditionings looking very favorable. Weather in Kansas is always unpredictable, so do your best to be flexible with any last-minute changes. To stay up to date & follow us on Instagram (@BVSWDistance & @bvs_w_xc_boosters) where we will send out cool information about the season.

For more information about the BVSX XC team checkout the Website! www.bvswxc.com

NEW INFORMATION

Uniform Check out & Senior Photos (Wednesday Aug 27th)

Seniors will check out uniforms on **Tuesday** August 26th after school before we do our afternoon practice. They will then have their Senior photo shoot on **Wednesday** August 27th in the weight room before the end of school that day. Senior parents you will be contacted about details in the booster club email for more info.

All athletes will check out uniforms on **Friday** August 29th after school. If you will be gone for your respective uniform checkout day, we will do our best to get you what you need ASAP.

We will continue to be asking **ALL ATHLETES** to provide their own **BLACK SHORTS** for competition. Below is a link that has some good options/ideas if you are looking. <https://docs.google.com/document/d/1Aq5R-MCXx1TWDQLc4cyb3xV17HV2z0dB3T6g-RtRIVY/edit?usp=sharing>

“The Mills” on Saturday (Aug 30th) & Our First Meet (Sept 4th)

In the past, the Saturday “Mills” workout has been a time trial to determine Varsity, JV & C-team for our first meet. There is no reason for a that this year because ALL athletes will be running together* (boys & girls separate) at Basehor-Linwood. We still want a full effort regarding the needed training for the day. The other big factor in this effort will be to determine if athletes are ready for competition. Athletes that CANNOT complete “The Mills” without walking will have to show their readiness in another fashion.

The Basehor-Linwood meet will continue to have the races held in the morning like they did last year. We will leave early next Thursday (September 4th), morning more details next week. I apologize to the parents if the schedule gets in the way of you seeing the race with work. This will NOT be the norm for the rest of the season. We will stop for lunch on the way back on that day, so athletes will need to bring money (or pack a lunch).

Family Pancake Breakfast – August 30th 9:30am Concession stands

We will have our annual BVSX XC family pancake breakfast at 9:30am at the BVSX outdoor concession stands to celebrate the end of a great summer conditioning program along with welcoming the racing season. **Please RSVP** by emailing Carrie Paschke (Booster Club President - carriepaschke@yahoo.com) if you are attending. ALL members of the family are invited to join us & enjoy the food.

Off Campus Practices

We will have our first off campus practice this Thursday (Aug 28th). The plan for off-campus practices is that we will still meet in the commons for a quick meeting & make any adjustments if weather is going to play a factor. We will then allow athletes who drive to go to the location. We do allow runners to ride with another athlete, but ONLY if it has been approved by BOTH PARENTS of the rider & driver. Otherwise, we will have a van to drive the athletes needing rides to the location. Runners can then be picked up at the location at the end of practice (around 5:00-5:15pm). Any runners not picked up on time will be driven back to BVSX in the van.

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

Health & Injuries

No training plan that can be designed will do any athlete any good if they are unable to make it to the start line healthy. It is our belief that NO ATHLETE should get injured as a member of our program due to the training we are doing. We have been fortunate to avoid a lot of injuries the last few seasons but we are starting to see a few already this fall. Communication about small aches & pains with the coaches before they become BIG problems is the key to keep from missing races & competition. Injuries are also no reason to miss practice unless you have an appointment with a medical professional. With their advice/diagnosis along with feedback from the athlete we will develop a plan to get you back to training at a full level, but it will take commitment from the runner!

BVSW XC Social Media

We will begin posting pictures, videos & results from our meets/races & practices periodically through the season on both **@BVSWDistance** & **@bvsw_xc_boosters** Instagram. You can also check out the BVSW XC Booster Club on Facebook for more fun posts.

New Group Messaging - Remind

We have switched to **Remind**. It works similar to GroupMe, all you must do is click the link below or send the message “**@f92cd2e**” to the number **81010**

Link to signup: https://www.remind.com/join/f92cd2e?utm_medium=ios

THINGS THAT STILL APPLY

Garmin Clipboard & Strava

Recently a GroupMe & Email was sent out to join the BVSW Cross Country **Garmin Clipboard app**. This is a way we can send workouts to your watches (if you have a Garmin GPS watch, read below if you want one).

Download the app on your phone, sign-in/up & put in the invite code. **The Invite Code: TV4390**

Strava is an online website BVSW Cross Country also has a Strava page/group that all athletes, parents & coaches can join: <https://www.bvswxc.com/news-updates-2>

Daily Schedule for Week 2

Day	Date	Location	Time – Who	Workout Details
Monday	Aug-25	BVSW*	3:00pm – ALL*	-LL, Easy Run , 4xBU, HT, Band, Strch
Tuesday	Aug-26	BVSW ¹ BVSW ²	5:30am – Elt/Blk/Gr ¹ 3:00pm – Wt,Elt/Bl ²	-FullWU, CV+ Reps , CD, Roll, Leg Elv -Double (PM) & Lifting
Wednesday	Aug-27	BVSW	3:00pm – ALL	-LL, Recovery Run , 4xBU, HT, Band, Roll
Thursday	Aug-28	BVSW ³ Black Bob Park	6:40am – Elt/Blk ³ 3:00pm – ALL	-Double (AM) -1/2WU, Steady Run , 4BU, HT, Band, Roll
Friday	Aug-29	BVSW Cages	3:00pm – ALL	Uniform Check Out -LL, Recovery Run , 4xBU, HT, Band, Strch
Saturday	Aug-30	Verhaeghe Park Concession Stand On Your Own ³	7:00am – ALL 9:30am – Family TBD – Elite ³	-FullWU, The Mills , CD, Roll, Leg Elv -BVSW XC Family Breakfast -Double (PM)
Sunday	Aug-31	Deanna Rose*	6:00pm – ALL*	-LL, Recovery Run , 4xBU, HT, Band

¹ Morning Workout at 5:30am meet at Concession stand for Elite, Black & Green athletes

² Afternoon Run for White group athletes. Elite & Black will do their afternoon double. Lifting to follow in weight room

³ Doubles for Elite (Black Group on Thursday), On Your Own Saturday

* Athletes attending Sunday practice will take off Monday (day after)

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