



SOUTHWEST PROJECT



Weeks to Go

-8

The Southwest Project Newsletter 8 Weeks to go.

Two weeks in & we have had a great time getting to know all the new athletes, the younger kids & of course the amazing returning runners. This group of athletes, boys & girls, are shaping up to be a fun & special group. We have one more normal week together until we will have to take a break for the KSHSAA Moratorium during the week of 4th of July. Let's have a good week of training to engrain the routine of hard work needed to reach our goals of this XC season. To stay up to date & follow us on Instagram (@BVSWDistance & @bvs_sw_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

We are better at getting better

The main reason for our success this decade has been the growth & improvement our athletes have shown between & within each season. While we have good runners come into our program, it is the development & improvement that turns them into the champions we see now.

I don't believe in "mono-causal" explanations for most things, but one of the biggest contributors has been what these athletes do in their training specifically over the summer. Three things have helped us along this journey. It is what we call our **3 Tentpoles** that will get us to where we want to be! **#OnTheJourney**

1. Buy-in & Belief – Belief that the plan put in front of us will get us to our goals
2. Sacrifice & Hard Work – Doing everything in our power to put in the work need to get us to our goals
3. Family & Fun! – We will do this together as a team because one for all & all for one

Pancake Breakfast at the Brogan's Friday

Our 2nd pancake Breakfast will be hosted at the home of the Brogan's. We will meet at their home at 6:30am on Friday, do our run & come back and eat. Their Address is **11772 W 176th Ter Overland Park, KS.**

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

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

Moratorium Week: Next Week (June 28th – July 4th)

The KSHSAA has a week surrounding the 4th of July where coaches & athletes are not allowed to meet during that week. Athletes will need to organize their own meetups to run or do it on their own. **DO NOT** take the week off as this is an important time to stay on top of your training.

Lenexa Freedom Run (July 4th)

If you are interested in testing your fitness the Lenexa Freedom run is the perfect introduction into racing the 5k distance. Link below if you want to sign up. **This is open to ALL members of our running family.**

Link to Register: <https://runsignup.com/Race/KS/Lenexa/LenexaFreedomRun>

TAPP & Evening Doubles this Week

TAPP will Continue this week. **Monday & Thursday** we will continue our evening 3-mile Doubles for our **Elite Training** Group Monday & Thursday. For athletes doing the doubles, please meet in the front parking lot at 5:30pm to start the run. We will then lift starting at 6:00pm for all other athletes & be done by 7:00pm.

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

Rocky Mountain Road Trip 2026 (July 17-22)

Returning Athletes/Families will be receiving another email about the Rocky Mountain Road Trip planned for **July 17th – 22nd**. If you are interested, please fill out the google form below. PLEASE fill out the form if you are interested so I can send out the final details including costs, chaperones & trip itinerary. If we have additional space available, we will open it up to new athletes.

Final Call. Link for signups: <https://forms.gle/SYGZiKzHRapJ8ngN8>

THINGS THAT STILL APPLY

Updated BVSX XC Website – www.bvswxc.com

We have updated the BVSX Cross Country website... www.bvswxc.com will be your one stop shop for all things cross country this season. Check out the website for all information about summer & fall practices, meets & team bonding.

Signing up & using Strava (Online Training Notebook)

Strava is an online running website that will track & log all runs/workouts for runners, cyclists & swimmers. It is a fun way to track our training for the XC season. If you haven't signed up for it yet, please do so we can maximize the most out of our training this summer! See the webpage below for help setting up & posting.

<https://www.bvswxc.com/news-updates-2>

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>

We are working on getting athletes added to the Cross Country specific group, so it will not be complete yet.

Daily Schedule for Week -8

Day	Date	Location	Time – Who	Workout Details
Monday	June-22	Verhaeghe Park Weight Room ¹	6:30am – ALL 5:30pm ¹ -7pm - ALL	-1/2WU, Steady Run , 4BU, HT, -TAPP (PM Dbl)
Tuesday	June-23	Black Bob Park Weight Room	6:30am – ALL 6:00pm-7pm - ALL	- FullWU, Tempo Reps , CD, Band, Roll -TAPP (Lift)
Wednesday	June-24			-LL, Recovery , 4BU, HT, Band, Roll, Strch
Thursday	June-25	BVSX Track Weight Room ¹	6:30am – ALL 5:30pm ¹ -7pm - ALL	-SPWU, Speed Work , + Stdy , CD, Leg Elv -TAPP (PM Dbl)
Friday*	June-26	Brogan House*	6:30am – ALL*	-LL, Recovery , 4xBU, HT,Band, Roll, Strch
Saturday	June-27	I-Lan Park	6:30am – ALL**	-1/2WU, Long Run , 6xBU, HT, Leg E

¹ Double runs Monday & Thursday. Arrive at 5:30pm to run otherwise everyone else meet at 6:00pm for lifting

*Pancake Breakfast Run at Brogan's (near BVSX) **11772 W 176th Ter Overland Park, KS.**

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