



# SOUTHWEST PROJECT



Weeks to Go

-10

The Southwest Project Newsletter 10 Weeks to go.

We are very excited to start our summer conditioning program tomorrow (**Monday June 8<sup>th</sup>**). This will begin our 17<sup>th</sup> year of BVSU Cross Country & I believe this will be a special year. We have a long journey in front of us & we look forward to getting to know all the new athletes to our running family, so join us #OnTheJourney! To stay up to date & follow us on Instagram (@BVSUDistance & @bvsu\_xc\_boosters) where I will send out cool information about the season.

For more information about the BVSU XC team checkout the Website! [www.bvsuxc.com](http://www.bvsuxc.com)

## NEW INFORMATION

### Welcome New & Returning Athletes

We are so excited to kick off another season of cross country this fall. The first week of conditioning is a lot of fun as we get to meet the newest members of our "Running Family." From those of you that I have talked with, or those that have signed up we are looking to have a lot of great kids joining the program. The season will be a long Journey, but there will be many lessons along the way. While I hope we are successful on the course, I know that we will learn many life lessons along the way #OnTheJourney!

### Sign up for Summer Conditioning

If you are new, returning, or simply want to try our summer program out, all are welcome.

-XC athletes – Please fill out the form below if you haven't already

-Link: <https://forms.gle/JpLmf4C9C5jwY6T8A>

7<sup>th</sup> & 8<sup>th</sup> Grade athletes are welcome to join us for any of the summer conditioning programs. No need to sign up, feel free to attend as much or as little as you would like.

Here is who has signed up so far:

[https://docs.google.com/spreadsheets/d/114CFRyLo8ozrqhKSQcTnbhokATNhgFpmrJXGEv\\_WI-Q/edit?usp=sharing](https://docs.google.com/spreadsheets/d/114CFRyLo8ozrqhKSQcTnbhokATNhgFpmrJXGEv_WI-Q/edit?usp=sharing)

### Pancake Breakfast next FRIDAY (June 12<sup>h</sup>)

We will have our first pancake breakfast on Friday June 12<sup>th</sup>, but we are **looking for a host!** We will meet at the host's home & run from that location. When we are done, food will be available. We are in need some volunteers to host or help with our Pancake Breakfast Runs this summer.

**We still need a host & helpers for Friday!** Click the link below and fill out the form to offer to host or help.

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

### Weather & Cancellation Procedure

Unfortunately, weather is always a possible issue throughout the summer. We want to run even if it is raining but NOT if there is lightning in the area. We will send out messages through GroupMe, Email, & posts on social media (Instagram - @BVSUDistance) to let you know if we must cancel or move practice.

*"Are you On the Journey to the Summit of Great"*

Updated BVSX XC Website – [www.bvswxc.com](http://www.bvswxc.com)

We have updated the BVSX Cross Country website... [www.bvswxc.com](http://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.

#### TAPP starts this week

TAPP will begin on June 8<sup>th</sup> at the BVSX Weight Room. Please enter through the front entrance by the commons of the school. It is a lifting/strength-based workout program that is intended to help with developing functional strength & plays a big role in injury prevention. After this first week, we will start including Double Runs for our Elite athletes.

#### 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.

#### 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>

#### Lenexa Freedom Run (July 4<sup>th</sup>)

If you are interested in testing your fitness, come early July, 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 (Returning, New, Middle School & Parents).**

### **Daily Schedule for Week -10**

<b>Day</b>	<b>Date</b>	<b>Location</b>	<b>Time – Who</b>	<b>Workout Details</b>
Monday	June-8	Verhaeghe Park Weight Room	6:30am – ALL 6:00pm <sup>1</sup> -7pm - ALL	-LL, <b>Recovery</b> , 4xBU's, HT, Roll, Strch -TAPP (Lift)
Tuesday	June-9	Black Bob Park Weight Room	6:30am – ALL 6:00pm <sup>1</sup> -7pm - ALL	-1/2WU, <b>Steady</b> , BU, HT, Band, Roll, LegE -TAPP (Lift)
Wednesday	June-10			-LL, <b>Recovery</b> or OFF, 4xBUs, HT, Leg Elv
Thursday	June-11	BVSX Track Weight Room	6:30am – ALL 6:00pm – ALL <sup>2</sup>	-1/2WU, <b>Steady</b> , 4xBUs, HT, Band, Roll -TAPP (Lift)
Friday*	June-12	TBA*	6:30am – ALL	-LL, <b>Recovery</b> , 4xBU's, HT, Band, Strch
Saturday	June-13	Deanna Rose	6:30am - ALL	-1/2WU, <b>Long Run</b> , 6xBU, HT, Leg Elv

TAPP Begins this week. It will meet at the weight room in BVSX, see newsletter above for more details

<sup>1</sup> No Double runs for this first week. Please meet at 6:00pm for lifting

\*We are still looking for a **Host & Helpers** for pancake breakfast run

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