



SOUTHWEST PROJECT



Week #

3

The Southwest Project Newsletter Week 3

HOT! Whether I'm talking about the amazing pancakes/food at the team breakfast, the fast times the athletes ran on "the Mills" or if I'm talking about the upcoming weather, we have it all! Pasta Parties, XC meets & modified schedules are all on the docket for the week too. Please check out the schedule below & contact me with any questions. 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

Family Breakfast & the Mills Time Trial Recap

The Pancake breakfast with the whole team & family was a great experience. I want to give a big shout out to the Collins Family for help set up everything, another big Thank You to all the parents & families that brought food, sides & drinks. But a special Shout out to the Misterek's who brought the Blackstone Grill & cooked up all the great food! Thank You So Much!

At Mills Time Trial, the kids ran hard & gave their best on a challenge effort that is "the Mills." We had 27 of our 40 athletes it at least the green time standard, which is a record for this time trial. We are looking good after our first full effort of the season. The racing season will kick into high gear starting this week.

Results: https://www.bvswxc.com/files/ugd/ab0cb5_6c4d94e93c004a59a37891291130dfae.pdf

Basehor-Linwood Invite Preview

The first meet of the season is finally upon us. This meet is unique because it will be our only weekday meet that is hosted in the morning. All athletes will need to meet in the South Parking lot by 6:30am to load the bus to go to the course. We want all athletes to ride the bus there & back on meet days. It creates a great bonding experience by celebrating accomplishments or being there to support those who don't have their best day.

We will go through how camp is setup, walk the course & warmup together as a team. Race times can be found on the schedule at the bottom of the page. This will be a great learning experience for our newbies, good competition for our kids in the middle of the pack & a solid rust-buster for our top runners.

After the races, we will stop by the "Legends" shopping area near the Speedway to grab lunch. **Athletes WILL NEED to bring money/card for lunch that day.** They will be excused from 2nd, 4th & Advisory classes, but we will be back in time for 6th hour. Locker rooms will be open to change/clean after the meet.

Meet Information Page: <https://www.bvswxc.com/meet-info-2026#anchor1>

BVSX Entries: https://www.bvswxc.com/files/ugd/ab0cb5_bc68a2fd65524825b3794a942a059373.pdf

Pasta Party Wednesday (9/2) at the Collins's

With heat being a factor we will modify our normal routine for pasta parties. We will have to practice at BVSX at the normal time. After we are done with practice, we will pack up & head over to the Collins's home for food, fun & comradery. **Address: 16500 Goddard 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"

Uniforms & Gear

Any runner who didn't get their uniforms, bag & warmups need to see coach Ballew in 705 to schedule a time to get it. Some runners will need to swap sizes with others so **Please Bring ALL your gear** to the meet on Thursday & we can make the needed swaps at the camp.

THINGS THAT STILL APPLY

Meet Helpers this XC Season

We are hosting FOUR meets this season. We can use some help with meets this year. Below are the dates.

September 16th – Southwest Middle School Championship (4:00pm)

September 23rd – BVSU Canis Lupus Cup JV (4:00pm)

October 8th – Heartland Relay Carnival ALL (3:30pm)

October 15th – Eastern Kansas League ALL (3:00pm)

Use the link to sign up to help at meets: <https://forms.gle/p9shpCJGBYbABviy9>

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>

Spiritwear Store Active

All items on the link will be optional, so feel free to order as much (or little) as you would like. (I am getting the closing date pushed back, sorry about that). Store Closes **September 8th**.

Link to Store: <https://bsnteamssports.com/shop/jaSHbqKgpu>

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 3

Day	Date	Location	Time – Who	Workout Details
Monday	Aug-31	BVSW	3:00pm – ALL	-LL, Easy Run , 4xBU, HT, Leg Elv
Tuesday	Sept-1	BVSW Track ¹ (BVSW) ¹	5:30am – Et,Bk,Gn ¹ 3:00pm – Wht ¹ Elt	-FullWU, CV+ Reps , CD, Roll, Leg Elv -TAPP (PM)
Wednesday	Sept-2	BVSW ³ Collins Home	3:00pm – ALL 5:00pm - ALL	-LL, Pre-Meet , 4xBU, HT,Roll,Leg E,Strch Pasta Party (head over after practice)
Thursday	Sept-3	BVSW South Lot BVSW ²	6:30am – ALL 3:00pm – TBD ²	Basehor-Linwood Inv. -Girls: 9:00am -Boys: 9:40am -TAPP (AM Dbl Thresh) ²
Friday	Sept-4	BVSW	3:00pm – ALL	-LL, Recovery Run , 4xBU, HT, Band, Roll
Saturday	Sept-5	BVSW	7:00am – ALL	-SPWU, Speed Day , Ext-CD, Leg Elv
Sunday	Sept-6	I-Lan Park*	6:00pm – ALL*	-LL, Long Run , 6xBU, HT, Leg Elv

¹ AM: Quality Practice for Elite, Black & Green Groups. PM: Double for Elite Group & Easy run for White Group

² PM: Afternoon Double will be for select Elite Athletes. Coach will communicate with those athletes before Thursday

³ PM: We will run at BVSW due to heat & go to the Collins home for pasta & games following practice around 5:00pm

Address: **16500 Goddard St OP 66221**

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

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