



SOUTHWEST PROJECT



Month
Mar

The Southwest Project Newsletter: March

The Start of Spring Sports begin Monday March 2nd! It has been a long but beautiful winter training season & shortly we will begin our racing season. Good luck to all members of the running family who will be playing other sports this spring. We look forward to seeing you again in the summer. To stay up to date & follow us on Instagram (@BVSWDistance & @bvsw_xc_boosters) where we will send out information about the season. For more information about the BVSW XC team checkout the Website! www.bvswxc.com

NEW INFORMATION

Track & Field Starts - Mar 2nd

The Track & Field Season (& all Spring Sports) will officially begin on Monday March 2nd. Remember that you do not have to be in peak shape at the start of the season, nor do you have to do distance training to be a part of the program in the fall. Below is a link to the BVSW Track & Field Website where most information can be found. If you haven't been receiving emails from coach Buehler about the season, contact me & I will forward your information along.

Link: <https://gbuehler.wixsite.com/bvswtf>

February Track & Field Meeting

If you could not attend the February pre-season meeting for the upcoming Track & Field season, please check out the link below for the overview of what was talked about. You can also contact me if you have questions.

Link: https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_f099d5fc0cb44adf91bdea7ec0a0e138.pdf

Track & Field Fundraiser

Below are links to the BVSW Track & Field Fundraiser "Schoolfundr". Please help the program by filling out & submitting emails using the directions provided. You can also contribute directly using the first link below.

How to contribute directly: <https://app.schoolfundr.org/fund/bvswtf26>

How to submit emails: https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_dd2f48b697534e639adedeafbacc5cb94.pdf

Parent Information & Example: https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_aab43b4633f84086beee22634c490277.pdf

Meet Schedule – 2026 Track & Field

Here is a link to the 2026 BVSW Track & Field meet schedule

Link: https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_3adb4c8e221e40e69a28a4d55d3d9005.pdf

Track & Field Spiritwear Link

Here is our 2nd Spiritwear store open **UNTIL March 11th**. Please get your orders in & help the school store. BVSW Den spiritwear: <https://www.bvswden.com/track-and-field-26>

Home Track Meets – 2026

We have three home meets on the schedule for the 2026 Track season. We will NOT be able to run off this event without the help of our amazing RUNNING FAMILY. If you can help run a field event, please fill out the link below. If you are uncertain about the events, please contact us.

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

Link to Signup: <https://www.signupgenius.com/go/10C0D4FAAAB2DAAF6-56530749-meet#/>

Distance Training Schedule - 2026

Track creates different training needs based on the event(s) the athlete is focusing on for the season. When you combine that with the separation with JV & Varsity Track meets being on different days it creates a very INDIVIDUALIZED training need for the athletes on the team. I have a google spreadsheet that I will post workouts/training for each individual athlete. Below is a very rough outline for the month. We will meet after school each day & continue our morning doubles on Tue/Thu for our elite runners. Spring Break practices are TBD for now as we are still planning our Spring Break Trip with my family. **Link to Training:** <https://docs.google.com/spreadsheets/d/1bDq9tLFAAnzGEIYlibZj8s6JR3gzhIT746lenD3C7o/edit?usp=sharing>

Week #	Date	Notes	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 1	2-Mar	Track Starts	2 BVSU	3 BVSU (Dbl) BVSU	4 BVSU	5 BVSU (Dbl) BVSU	6 - Uniform BVSU	7 Quivira Park	8
Week 2	9-Mar		9 - Pictures BVSU	10 BVSU (Dbl) BVSU	11 BVSU	12 BVSU (Dbl) BVSU	13 - PD Day BVSU	14 TBD	15
Week 3	16-Mar	"Spring Break"	16 - Spring Break TBD	17 - Spring Break TBD	18 - Spring Break TBD	19 - Spring Break TBD	20 - Spring Break TBD	21 TBD	22
Week 4	23-Mar		23 - PD Day BVSU	24 BVSU (Dbl) BVSU	25 BVSU	26 BVSU (Dbl*) Spring Hill JV	27 SM East	28 I-Lan park	29
Week 5	30-Mar	Easter	30 BVSU	31 - New T-Wolf BVSU (Dbl) BVSU	1 BVSU	2 BVSU (Dbl) BVSU	3 BVSU	4 SM South	5 - Easter

Things that still apply

Join Garmin Clipboard

Since many of the workouts we will be doing this winter will be “on your own” it is best to get on Garmin Clipboard. Workouts can be “pushed out” to each athletes watch, so all they have to do is follow the prompts & it will track distance, time & recovery for you. To join...

Invite Code: TV4390

1. Download Garmin Clipboard
2. Sign into (or create) account
3. Select “Join Organization” from the home screen or from your athlete profile
4. Enter the invitation code above (**TV4390**)

Summer- Rocky Mountain Road Trip (July 18-23rd)

We are asking you to save the date for our Rocky Mountain Road XC Trip this summer. We are inviting some of our top returners on the trip. More details will come out as we are able to finalize details about the Trip. In the meantime, we are looking for a list of returning athletes that are interested. Please fill out the Form Below. Thanks! Link: <https://forms.gle/cTpR6ozE1p8uCj1H9>

Scheduled Trip Outline/Itinerary

- Day 1 – Drive to Colorado Springs
- Day 2 – Spend the day in Colorado Springs
- Day 3 – Drive to American Fork, UT
- Day 4 – Spend the day in Utah
- Day 5 – Drive to Frisco/Dillion area
- Day 6 – Climb Greys Peak then Denver/Golden area
- Day 7 – Drive back home

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