



SOUTHWEST PROJECT



Weeks to Go

-2

The Southwest Project Newsletter 2 Weeks to go.

School will be start right around the corner & we are going to do our best to keep training as consistent as possible before we start officially on August 19th. This week should remain mostly normal but be ready for a few changes next week. When school starts, we will have to run our conditioning programs by the same rules we do for winter training. To stay up to date & follow us on Instagram (@BVSWDistance & @bvs_wc_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

Stress on the Mind & Body

With teacher in-service starting this week, it reminds me that we only have one more week until school starts for all of us. Many of the athletes talk to me about how much we will be increasing our mileage next week & I tell them... "we're NOT." The simple reason is this, with school starting too many things will be changing with your routine & workload to add on more training. We will try to keep things as normal as possible in terms of training but the overall stress on the athletes will be skyrocket despite not running a step farther.

One big reason is that the body responds to emotional, psychological, social & mental stresses the same as it does the physical ones we give it during training. There is no bigger adder of stress/load to a kid's life then going through 6-7 hours of school with homework & studying. It isn't just the added work the kids have, but the loss in "relaxation" time that now keeps them from being able to recover they like they did before. Another factor is that practices move to 3:00pm & the heat component increases exponentially. We have talked about how increasing the temperature & heat can make an easy run turn into something much more difficult.

When these stresses combine, an athlete can start to get the symptoms of overtraining despite being able to handle the training by itself. Increases in resting heart rate, difficulty sleeping, sore legs after rest days, irritability, decreased appetite, frequent illness, disrupted menstrual cycles & a few others are all symptoms of overtraining that sometimes happen as athletes have big changes to their routine that stresses the body & mind beyond what they are ready for. Be mindful of the symptoms & make sure that you are battling back with proper diet, sleep, hydration & relaxation when possible.

Pancake Breakfast This Friday at the Roberts (Aug 8th)

Very excited to have our final pancake breakfast of the summer at the home of the Roberts this week on Friday! We will meet at their house at normal 6:30am time & go for our run from there house.

Address: **14812 Bond St Overland Park**

No TAPP Thursday (Aug 7th) - On Your Own

We will not be able to have TAPP in the weight room that evening. Please run your double and/or complete a 550 or 30/30 on your own. Athletes are encouraged to meet up & do the double together.

New Group Messaging App coming

We were contacted this week that GroupMe will no longer be supported by the Blue Valley School District & that we will have to move to an approved messaging application. We will continue to use GroupMe until the start of the year, but more information will come out about what we will be switching to.

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

THINGS THAT STILL APPLY

Parent Meeting Scheduled (Sunday August 17th)

We will have our annual parent meeting on **Sunday August 17th at 6:00pm** in the **BVSW Fixed Forum**. This is a meeting for parents of both returning & new kids. We will give details about needs & plans for the season.

Get Your Physical & Paperwork (Monday August 18th)

Please make sure you are getting your athletic physicals taken care before the start of the school year. If you need any help with this, please contact the athletic office (contact info on athletic page

<https://www.bluevalleyk12.org/Page/35764>)

KSHSAA Physical paperwork: <https://www.kshsaa.org/Public/PDF/FORM-PPE.pdf>

Link: <https://manager.gobound.com/registration/ks/school/bluevalleysouthwesths/family>

Family Breakfast (Saturday August 30th)

We have scheduled our annual Cross Country Family Breakfast for **Saturday August 30th at 9:30am** at the **concession stands** by the soccer field. We will be looking for parent volunteers to help us cook pancakes & provide other breakfast side dishes for the event. More info will come, but please put this on your calendar.

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-4	Black Bob Park Parking Lot* Weight Room ¹	6:30am – ALL 5:30pm – Elite, Blk* 6:00-7pm – ALL ¹	-1/2WU, Steady , 4xBU's, HT, Band, Roll -Double (PM)* -TAPP ¹ (Push, Push, Core, Low Body-S)
Tuesday	Aug-5	BVSW Track Parking Lot* Weight Room ¹	6:30am – ALL 5:30pm – Elite* 6:00-7pm – ALL ¹	-SPWU, Speed , Bound, CD, Leg Elv -Double (PM)* -TAPP ¹ (Pull, Pull, Core, Low Body-P)
Wednesday	Aug-6	On Your Own	On Your Own	-LL, Recovery , 4xBU's, HT, Strech
Thursday	Aug-7	Verhaeghe Park On Your Own ⁴ On Your Own ⁴	6:30am – ALL TBA – Elite, Blk ⁴ TBA – ALL ⁴	-FullWU, The Mills , CD, Roll, Leg Elv -Double (PM) ⁴ -TAPP (550 or 30/30) ⁴
Friday	Aug-8	Robert's Home ² On Your Own ³	6:30am – ALL ² TBA – Elite ³	-LL, Recovery , 4xBU's, HT, Band, Roll, Stch -Double (PM) ³
Saturday	Aug-9	Quivira Park	6:30am - ALL	-1/2WU, Steady Run , 6xBU, HT, Leg E

* Only Athletes participating in afternoon doubles meet at 5:30pm, everyone else can arrive at 6:00pm for TAPP

¹ TAPP is our strength & lifting sessions and is open to all athletes in the program

² We will meet at the home of the Roberts Family for our Pancake Breakfast Address: **14812 Bond St Overland Park**

³ Elite athletes do an evening double on their own

⁴ NO TAPP Thursday night. See schedule for more details

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