



SOUTHWEST PROJECT



Week #

1

The Southwest Project Newsletter Week 1

The first day of practice is finally upon us. Please make sure you have all your athletic paperwork turned into "Bound" or contact the athletic office. I look forward to seeing everyone & getting our season officially started! We will meet in the commons at 3:00pm. To stay up to date & follow us on Instagram (@BVSWDistance & @bvs_wc_boosters) where we will send out cool information about the season. For more information about the BVSX XC team checkout the Website! www.bvs_wxc.com

NEW INFORMATION

Notes from the Parent Meeting (Aug 17th)

If you missed the parent meeting on Sunday, below is a link to the notes from the presentation. If you have any questions, please feel free to contact me. Ajballew@bluevalleyk12.org
https://www.bvs_wxc.com/_files/ugd/ab0cb5_1ee2cc3854fc4a8eb996070ecb5d45ab.pdf

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. They are using Bound. 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>

Training Group Details

We break our training into 4 groups (Elite, Black, Green & White). Each group will be given different amounts of volume, recovery, or type of workouts to best fit the range of athletes we have on the team.

Elite – High level & experienced runners. Athletes that are looking to make an All-State team. This is the highest volume & intensity of any group. To achieve our goals of making the program the best team in country it will require a full varsity team of runners in this group.

Black – Second highest group. Intended for athletes who want to compete at a varsity level & are approaching the Elite level. They tend to be younger but experienced athletes or runners who just need a lower training volume. This is also a good level for girls wanting to train at an All-State level too.

Green – Third level. This group is for gifted athletes who are new to running but have good aerobic fitness. Experienced athletes recovering from injury who need a lowered training load also benefit at this level.

White – Brand new runners. This group is for athletes who are brand new on their cross country journey. Training volume will frequently be measured in minutes rather than miles. Pace & distance are not as important consistency.

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.

PLEASE RSVP: Email carriepaschke@yahoo.com or text it to (563) 508-1498. Hope you can join us

Sign up to Help: <https://www.signupgenius.com/go/20F0D49AAAC2FA1FD0-57806544-family#/>

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

Senior Photos (Wednesday Aug 27th)

We will have our Senior photo shoot on Wednesday August 27th in the weight room shortly after school. We will check out uniforms earlier in the week.

Uniform & Warmup Updates for 2025

We are getting new uniforms this season (Gray & Black tops with Green shorts). Those new items along with warmup top & bottoms and an XC Bag will be checked out to every athlete. This season we will also be asking **ALL ATHLETES** to provide their own **BLACK SHORTS** competition shorts. Below is a link that has some good options if you are looking. <https://docs.google.com/document/d/1Aq5R-MCXx1TWDQLc4cyb3xVI7HV2z0dB3T6g-RtRIVY/edit?usp=sharing>

New Group Messaging - Remind

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 be switching to **Remind**. It works in a similar format & all you must do is click the link below or send the message “@f92cd2e” to the number **81010**
Link to signup: https://www.remind.com/join/f92cd2e?utm_medium=ios

THINGS THAT STILL APPLY

Garmin Clipboard & Strava

Recently a GroupMe & Email was sent out to join the BVSX 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 BVSX 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 1

Day	Date	Location	Time – Who	Workout Details
Monday	Aug-18	BVSX	3:00pm – ALL	-LL, Recovery Run , 4xBU, HT, Band, Strch
Tuesday	Aug-19	BVSX ¹ BVSX ²	5:30am – Elt/Blk/Gr ¹ 3:00pm – Wt,Elt/Bl ²	-FullWU, CV+ Reps , CD, Roll, Leg Elv -Double (PM) & Lifting
Wednesday	Aug-20	BVSX	3:00pm – ALL	-LL, Recovery Run , 4xBU, HT, Band, Roll
Thursday	Aug-21	On Your Own ³ BVSX	6:40am – Elt/Blk ³ 3:00pm – ALL	-Double (AM) -SPWU, Speed Work , Bound, CD, Leg Elv
Friday	Aug-22	BVSX	3:00pm – ALL	-FullWU, Tempo Run , CD, Roll, Leg Elv
Saturday	Aug-23	Deanna Rose On Your Own ³	7:00am – ALL TBD – Elite ³	-LL, Recovery Run , 4xBU, HT, Band, Roll -Double (PM)
Sunday	Aug-24	Quivira Park*	6:00pm – ALL*	-1/2WU, Long Run , 6xBU, HT, Leg Elv

¹ Morning Workout at 5:30am meet at Concession stand for Elite, Black & Green athletes

² Afternoon Run for White group athletes, Elite & Black can do their afternoon double. Lifting to follow in weight room

³ Double for Elite (& Black on Thursday) Groups, On Your Own

* Athletes attending Sunday practice will take off Monday (day after)