



**2026
Blue Valley
Southwest
Track and Field**

2026 Coaching Staff

Gregg Buehler - Head Boys Coach

Aaron Ballew - Head Girls Coach and Distance

Rich Troxel - Pole Vault

Elizabeth Dunn - High Jump and Sprints

Frank Perbeck - Throws

Dalton Shump - Sprints and Horizontal Jumps

Justin Barlett - Throws

Jessica Jurkovac – Hurdles and Sprints

2026 Important Dates

- March 2nd - First Day of Practice. We'll meet 3:05 p.m. in the Commons.
 - Make sure paperwork is complete and turned in. If you have already participated in a sport for BVSW during the 2025-2026 school year, then you are good.
- February 12th - Deadline for Spirit Wear Orders
 - There will probably be two more orders.
- March 9th - Team Pictures and Senior Photo
- March 26th – J.V. Tri-Meet (Volunteers needed.)
- April 23rd – J.V. Circuit Meet (Volunteers needed.)
- May 15th – Varsity EKL Meet (Volunteers needed.)
- May 11th - End-of-Season Banquet



Website Information

- Website: <https://gbuehler.wixsite.com/bvswtf> The best way to get there is to type "bvswtf" into Google and it should be the first site available.
- Team Policies, Meet Info., Results, Schedule, and Various Links are on the website. I encourage you to go on it and become more familiar with it.



Practice Information

- Begins Monday March 2nd at 3:05 p.m.
 - Meet in the Commons ready to go!
- Practice end times vary depending on the event your athlete competes in but will generally never go past 5:30 p.m. (likely closer to 5:00 p.m.).
- Dress appropriately. This includes having the proper footwear and clothing. It still stays cold until late April or early May.
- I encourage you to bring your own water bottle. Outside water sources may not be turned on until early April.
- If you are going to be late or absent, you need to let your events coach know beforehand unless it's an emergency.
- Practices are mandatory.



Meet Information

- Most meets begin around 3:00 p.m.
- JV meets usually end between 6:00 p.m and 7:00 p.m.
- Varsity meets run longer and usually end between 8:00 p.m and 10:00 p.m.
- Most meets will have a “rolling” schedule in that the first event will have a set start time, but after that, events will begin when the previous one has ended. A few will have set times throughout.
- All athletes need to ride the bus to and from each meet unless otherwise noted. All Varsity athletes must stay until the end of the meet. This is a new policy, so be aware of it.
- Information for each meet will be posted on the website and/or e-mailed out.
- You are representing your family, the school, and the program at these meets, so impress on everyone at each meet that you come from a great family, incredible school, and wonderful program. Very easy to do.



2026 Schedule

- All grades can compete on all levels. i.e. A Freshman can compete in a Varsity meet and a Senior can compete in a J.V. meet.

- The only meet where there is an exception to this is the SMNW meet on 5/5. That meet is for Freshmen only.

- K-State Relays, KC Relays, BV West Elite, SM North Relays, and the State Championship require qualifying marks.

BVSW TIMBERWOLVES TRACK & FIELD 2026 MEET SCHEDULE (TENTATIVE)

VARSITY

WK. DATE	DAY	EVENT	HOST SITE
1) 3/27	FR.	SM EAST QUAD	SM EAST HIGH SCHOOL
2) 4/4	SA.	SM SOUTH RELAYS	SM SOUTH HIGH SCHOOL
3) 4/10-11	FR.-SA.	K-STATE RELAYS	KANSAS STATE UNIVERSITY
4) 4/17-18	FR.-SA.	KC RELAYS/BV WEST ELITE	BLUE SPRINGS SOUTH/ BV WEST HIGH SCHOOLS
5) 4/24	FR.	LEITEL LEGACY INVITATIONAL	FREE STATE HIGH SCHOOL
6) 5/1	FR.	BLAZER INVITATIONAL	GARDNER-EDGERTON HIGH SCHOOL
7) 5/8	FR.	SM NORTH RELAYS	SM NORTH HIGH SCHOOL
8) 5/15	FR.	EKL CHAMPIONSHIPS	BLUE VALLEY HIGH SCHOOL (BVSW HOSTS.)
9) 5/22	FR.	5A REGIONAL CHAMPIONSHIPS	???
10) 5/29-30	FR.-SA.	5A STATE CHAMPIONSHIPS	WICHITA ST. UNIVERSITY

JUNIOR VARSITY

WK. DATE	DAY	EVENT	HOST SITE
1) 3/26	TH.	SPRING HILL/BASEHOR-LINWOOD TRI	BV SOUTHWEST HIGH SCHOOL
3) 4/9	TH.	JV CIRCUIT	OLATHE SOUTH HIGH SCHOOL
4) 4/16	TH.	MILL VALLEY INVITATIONAL	MILL VALLEY HIGH SCHOOL
5) 4/23	TH.	JV CIRCUIT	BV SOUTHWEST HIGH SCHOOL
6) 4/29	WE.	JV CIRCUIT	BV WEST HIGH SCHOOL
7) 5/7	TH.	JV CIRCUIT	DESOTO HIGH SCHOOL
8) 5/12	TU.	JV EKL CHAMPIONSHIPS	BV WEST HIGH SCHOOL

FRESHMEN

WK. DATE	DAY	EVENT	HOST SITE
7) 5/5	TU.	SM NORTHWEST FRESHMEN INV.	SM NORTH HIGH SCHOOL (SMNW HOSTS.)

Spiritwear/Uniforms

- There will be a team t-shirt that we will provide for you. This must be worn at all meets.
- Each athlete will receive a singlet top and jacket. The singlet top and jacket are to be turned in at the end of the season.
- You **MUST** wear the singlet top during competition.
- Shorts need to be purchased individually. Preferably Nike, but any solid black short will do. The manufacturer's logo cannot be larger than 2 ¼ inches. However, the waistband can have any logo and any size.
- Yes, I highly recommend event-specific footwear.
- See e-mail for our spiritwear links.

We Give This To You And You Keep It



We Give This To You And You Give It Back To Us



You Buy This And Keep It



Fundraising/Donations/Snack Bin/Team Events/Meets:

- The BVSU Track & Field program does not cost any money to be a part of outside of personal equipment/clothing you may need to purchase. This includes competition shorts and footwear both for practices and competitions.
- We will do a fundraiser through Schoolfundr (See next page.) and I will send that information out later this week. This is the primary resource we will use to raise funds for our program. It is very easy to donate and only a small amount of time is needed from your son/daughter in order to raise the funds. Two years ago we did this and raised just under \$10,000. We do this instead of Booster Club dues. If you want to plan a fundraising campaign to go along with Schoolfundr you are more than welcome to do so and I will be more than happy to relay any information regarding fundraising to the rest of the team via e-mail or social media posting in some instances. However, I cannot include any third-party payment information (i.e. Venmo, PayPal, Apple Pay, etc.) in any communication I send out nor can myself nor any other BV employee collect funds through these sources. This is a Blue Valley District policy. If you do want to create your own fundraising campaign, please check with me first before you proceed with it.
- The athletes can always use packaged snacks (Please no fruit.) for our snack bin as well as cases of water. We have 18 meets throughout the season with, approximately, 30 to 60 athletes attending each. While I strongly encourage you to provide your son/daughter with an adequate amount of food and drink for each meet, we also like to provide as much of this as we can. If you do provide any of these items, please deliver them to the front office of BVSU before the end of the school day. Most of our meets are on Tuesdays, Thursdays, and Fridays.
- Last week I met with a few parents about both our end-of-season banquet and the possibility of having an in-season Team Dinner. I'm sure they will welcome any help for both of these if you are interested. I am open to any other team-oriented event that you would like to plan, host, or organize. Be aware of the dates in which we have meets so that there are no BVSU Track & Field conflicts for any of the athletes.
- We have three meets that we host (3/26; 4/23; 5/15) and we are always looking for people to help out at various events. It's not a hard thing to do and you even get to watch your son/daughter compete up close. I will send out information for all of those dates, so if you're interested in helping out, let me know at that time.

Schoolfundr Fundraising Campaign

- **February 4th:** Information will be sent out on how to set up Schoolfundr. Super-easy to do!
- **February 19th:** Load Up Day! Have all your e-mails saved.
- **February 23rd:** Deadline day for Schoolfundr set up to be complete.
- **February 25th:** Launch Date for Schoolfundr.

BVSW Track Parent Letter

Hello Parents,

I'm excited to introduce this year's online fundraiser with [schoolfundr.org](https://www.schoolfundr.org). Schoolfundr is a safe and effective online fundraising platform that allows us to keep 100% of the money we raise minus the payment processing fee! With this platform we do not have to pay any huge fees like with other online fundraising options! ***Schoolfundr.org is safe/secure, and does not monetize or sell our data to any third parties.*** All emails entered are used for this campaign only. Donors are able to leave an optional tip to [schoolfundr.org](https://www.schoolfundr.org) if they choose to.

Please help your student gather 20 or more email addresses of adults who may be willing to support your student or our program. They can support either by donating or by sharing our campaign with other people.

Thank you for your support in this important fundraiser!

Participant Instructions

- 1) Work with your Parent/Guardians to compile a list of 20+ email addresses of potential supporters of our program.
- 2) Save that list of emails on your electronic device by Load Up Day. We will be able to bulk upload all your emails from the Notes section of your phone or laptop.

DO NOT INCLUDE Student's Friends, Teachers, Fake, or Random Emails

PARTICIPANT GOAL: 20+ email addresses

Examples:	Addresses:	Examples:	Addresses:
Parent/Guardian	*Type & save in phone	Old Coaches	*Type & save in phone
Parent/Guardian	*Type & save in phone	Great Uncles	*Type & save in phone
Grandmas	*Type & save in phone	Great Aunts	*Type & save in phone
Grandpas	*Type & save in phone	Neighbors	*Type & save in phone
Aunts	*Type & save in phone	Church Members	*Type & save in phone
Uncles	*Type & save in phone	Club Team Parents	*Type & save in phone
Cousins	*Type & save in phone	Family Friends	*Type & save in phone
Parent's Co-workers	*Type & save in phone	Parent's Best Friends	*Type & save in phone

*****Save your emails in a note on your phone in a list...no commas!*****

 schoolfundr

 BOXXOUT

BVSW Track

Step 1:

Create your page:

- Scan the QR Code or go to <https://app.schoolfundr.org/participant/bvswt26/join>
- Follow the instructions to get your page created



Step 2:

Prepare your contacts:

- Upload to your profile the name and email of 20+ people who will support you
- Gather the phone numbers of 10+ people that will support you
- Check below for ideas of who to ask for support

Step 3:

On launch day:

- Finish uploading 20 email contacts if you have not already
- Share your fundraiser link via text to at least 10 contacts (no group texts)
- Share your page to at least one social media platform
- Ask your family and friends to also share your page!

Suggestions of who to reach out to:

Relatives
Parents or guardians
Grandma
Grandpa
Cousins
Uncles
Aunts
Adult siblings

Businesses
Family doctor
Dentist
Orthodontist
Deli
Coffee Shop
Diner
Local business that you know

Social Groups
Church leader
Scout or troop leader
Former coach
Neighbors
Parent's co-workers
Family friends
Alumni of your school

The “Other” Stuff (Stuff that seems to come up often enough to address it early.)

- Can I play another BVSU sport and still do track & field for BVSU? Yes, but please make sure to communicate this with BVSU T&F coaches as well as your other sports’ coach.
- Please make sure you are scheduling other commitments in your life accordingly. While it is 100% your business what you do outside of BVSU T&F, if you have consistent conflicts with practices and/or meets, then maybe track & field isn’t for you at this time.
- Research your diet and learn about what you’re eating/drinking. This is a huge lifelong investment for you to learn about. Not just for athletics. You can’t out-train a bad diet. You’d be very surprised at how easy and inexpensive performance-enhancing nutrition is to prepare on your own. Let me know if you want more information on this.
- With the above said, live your life consistent with what your goals are. If your goal is to be a State Champion, what does that look like in other areas of your life? Practice is about 2 hours a day and will always make you better, but what’s going on the other 22 hours in your day? If it’s not consistent with the goal, then it may be 11 times more impactful than what you’re doing to reach it. Think about your diet, your rest, your stress level, your social life, etc.
- Be careful with social media. Not only can this affect you, but it can also affect your teammates. This is not just Instagram or Snapchat or X or TikTok. Anything that can be “sent” can be seen by a larger audience that you intended and can be translated different than you intended.
- Athletes and Parents! Allow yourself to be coached and let your son/daughter be coached. The BVSU coaches are not just very knowledgeable in track & field, but they are tireless workers and great people. They wouldn’t be here if they weren’t. And the most successful athletes are also the most coachable athletes.
- Parents! Awkwardly celebrate your kids’ efforts. No matter what the results become, your child is here to reach some type of goal. And they will work hard to do reach that goal. Praise that loudly and be their biggest cheerleader.
- Athletes! Enjoy this experience. Make it special for you. You are in control of making this a great experience for you so make sure that happens. Show up, work hard, smile, be a friend, and it’ll be that great experience.

QUESTIONS???

If you do have any questions after tonight, please don't hesitate to contact Coach Buehler (gbuehler@bluevalleyk12.org) or Coach Ballew (ajballew@bluevalleyk12.org).



Cash Collections

- Do **NOT** use third party services such as PayPal, Venmo, etc. for the collection of cash.
- Do **NOT** use a personal banking or banking services account for activity/club purposes.



Fundraisers

- Blue Valley employees using Venmo, PayPal, CashApp, or any other fin-tech application for collecting money from parents for any reason is **strictly prohibited**.
- If you are currently using one of these applications that bypasses the handling of money by the building bookkeeper, please disclose immediately to your building principal and bookkeeper so that we can help safely course-correct to more transparent financial processes with adequate oversight.

