



# SOUTHWEST PROJECT



Week #

4

## The Southwest Project Newsletter Week 4

We had a great debut to our racing season this week! Both squads ran their hearts out and showed a lot of promise for the rest of the season. We have more on deck as we go into our first local meet with the whole team together. The best way to keep in touch is to sign up for Remind ([Text @bvswxc22](https://text.me/bvswxc22) to the [number 81010](https://text.me/bvswxc22)). “When” changes to our schedule happen, it will be sent through remind & email. You can also follow us on [Twitter](https://twitter.com/BVSWDistance) & [Instagram](https://www.instagram.com/BVSWDistance) (@BVSWDistance) where I will send out cool information throughout the season.

I have updated the BVSX XC Website check it out! <https://ajballew.wixsite.com/bvswxc>

## Things Moving Forward

### Timberwolves make waves up in Minnesota

Our first race of the season got underway in the late morning in Northfield Minnesota against the State’s best teams along with multiple squads ranked in the Heartland Regional. The quality of the course, level of heat & humidity combined with the bright sun directly above slowed the times, but despite that we still had a few personal bests. On the girl’s side, Senior Lila Schwarz (52<sup>nd</sup>) was the first timber wolf to cross the line with a spectacular last mile to move up on the field. The Girls varsity finished 17<sup>th</sup> out of 40+ teams. Shortly after, the boys had their turn. The strategy of start off controlled worked well as the front pack of Southwest runners made up over a dozen finishing places from the mile to the finish. Junior Tommy Caul (18<sup>th</sup>) narrowly missed out on medaling (Top 15) in a field that had nearly a dozen kids with PR’s in the 15 minute range. With the help of only a 24 second 1-4 gap & Junior Cooper Reeves (74<sup>th</sup>) keeping the 1-5 gap to only 1:15 mins, they were able to secure 5<sup>th</sup> place finish & within striking distance of the top 2. It was an encouraging start to the season, but we have a lot more success planned for this week! <https://mn.milesplit.com/meets/494033-st-olaf-high-school-showcase-2022/results#.YxVckezMK3X>

### Basehor-Linwood Success!

Coach Shaw & the group that went up to Basehor-Linwood had an “interesting” start to their first meet of the season. In the girls race our top runner & medalist was Freshman Kiley Shamet (23<sup>rd</sup>) in her very first 5k race in high school. Shortly after 3 more freshman & Senior Tigist Quinn (85<sup>th</sup>) put together a score of 164 points, good for 6<sup>th</sup> place in a varsity competition! The boys then took to the course and, just like the girl’s race was, was led by a freshman. This time it was Cameron Paschke (22<sup>nd</sup>) who made the best of his first 5k in a time of 19:23. The top 5 scorers for Southwest were all freshman & sophomores accumulating 210 points which earned them a 7<sup>th</sup> place finish out of 17 complete schools at the meet. I was very happy with the whole group & I look forward to getting to see all these athletes compete in person at the Olathe Twilight this Saturday. [https://www.kcrunningcompany.com/results/?page\\_id=&id=5954&show=results](https://www.kcrunningcompany.com/results/?page_id=&id=5954&show=results)

### Football Game Concession Thank You’s

Big Shout Out to all the helpers who worked the football game concession stands on Friday. We couldn’t have done it without the Parents who supervised & ran the show, the Fathers Club for cooking out &, of course, the athletes who gave up their time to watch the game.

### Pasta Party Friday (9/9)

I want to first thank the Schwarz’s for hosting last week on an awkward Tuesday due to the out-of-town travel & Thursday meet. The food & experience was exceptional & the athletes greatly appreciated it! We will have our second Pasta Party at the home of the Paschke’s on Friday after school. We will have our team meeting in the commons & then head to Paschke’s home & run from there. We will have a van available to drive athletes to their home & can be picked up from there. Their address is **11610 W 157 Terrace, Overland Park, KS 66221**

### Weekly Practice Routines

Remember that for Sunday/Monday practices athletes choose either Sunday or Monday. Tuesday morning workouts are for Elite athletes, but Developmental/New can choose either Morning or Afternoon. Also, Optional Double runs in the afternoon on Tuesday & morning on Thursday.

*“Are you on the Journey to the Summit of Great?”*

### Summer Shirts, Team Shirts & BSN/Nike order coming (soon?)

All athletes should have received a light gray “Southwest Project” T-shirt. We will be wearing these to meets until our official team shirts arrive, hopefully before the Canis Lupus & Rim Rock meets. I made sure all athletes had one ordered with the Den before it was sent out. Talk with me if you did not order online

Another link will be sent out for BSN/Nike gear. They are dealing with stock issues & we haven’t received the link to the online store they are setting up yet. But when it does come one of the cool options is to purchase an “Alternate” Black Nike jersey. This will be the Jersey we use for the NXR Heartland meet after the season & is an option for in-season races as well. It will not be a mandatory item but can be worn throughout the season (if everyone in the race has it).

### Booster Club Dues - \$65

We would love if all families could donate \$65 to the booster club (Southwest Project Track Club) to help pay for fun experiences throughout the season. You can make checks out to “**Southwest Project Track Club**” or through Venmo

### Full Practice Schedule Fall 2022

Here is a link to the full BSW Fall XC Schedule with times & locations for each practice/meet.

[https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5\\_68cf7200e1254da5a9e4f80f41c0bdea.pdf](https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_68cf7200e1254da5a9e4f80f41c0bdea.pdf)

### **Things to put on your Calendar**

#### NXR Heartland Regional XC Meet (November 12<sup>th</sup> - 13<sup>th</sup>)

The date for the NXR Heartland meet is posted for Sunday November 13<sup>th</sup> after the XC Season officially ends. The NXR meet is an incredible experience where athletes & teams from 7 states converge on Sioux Falls, SD for a chance to qualify to the **Nike Cross National Meet** in Portland, OR in December. Details can be found using the links below. Its open to Varsity, JV, C-team & New runners!

[https://nxrhl.runnerspace.com/eprofile.php?event\\_id=300&title\\_id=213&do=title&pg=1&folder\\_id=268&page\\_id=479](https://nxrhl.runnerspace.com/eprofile.php?event_id=300&title_id=213&do=title&pg=1&folder_id=268&page_id=479) or

<https://ajballew.wixsite.com/bvswxc/nxn-heartland-xc>

#### NXN Watch Party (December 3<sup>rd</sup>)

In the “off chance” we DON’T make it to the Nike Cross Country National Meet (lol). We will have a watch party for the event at BSW. We will send out information about snacks & drinks.

### **Daily Schedule for Week 4**

<b>Day</b>	<b>Date</b>	<b>Location</b>	<b>Time – Who</b>	<b>Workout Details</b>
Monday	Sept 5	TBD	TBD <sup>1</sup>	-Recovery Run or Rest Day
Tuesday	Sept 6	BVSW – Track BVSW	5:50 AM – Elite/ALL <sup>2</sup> 3:30 PM – ALL	-Sprint/Speed Work -recovery run (Dbl)
Wednesday	Sept 7	Heritage Park Marina	3:00 PM – ALL	-Tempo Run
Thursday	Sept 8	BVSW? - TBD Verhaeghe Park	TBD AM - Elite 3:00 PM – ALL	-recovery run (Dbl) -Recovery Run
Friday	Sept 9	Paschke’s Home <sup>4</sup>	3:00 PM – ALL	-Pre-meet Recovery Run
Saturday	Sept 10	<b>Olathe District Activity Complex</b>	<b>3:30 PM – ALL</b>	<b>Olathe Twilight (PM)</b> Girls C - 6:00      Boys C - 6:45 Girls JV – 7:25      Boys JV – 8:00 Girls V – 8:30      Boys V – 9:00
Sunday	Sept 11	I-Lan Park	5:30 PM – ALL <sup>1</sup>	-Recovery Run

<sup>1</sup> – Sunday/Monday – Either attend Sunday practice or the next day on Monday & take the other day off

<sup>2</sup> – Tuesday Morning – “Elite” runners need to attend Tue (AM), Developmental have an option of AM or PM

<sup>4</sup> – Paschke’s Home: **11610 W 157 Terrace, Overland Park, KS 66221**

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