



SOUTHWEST PROJECT



Week #

7

The Southwest Project Newsletter Week 7

We hope everyone had a fun & exciting homecoming week. After the excitement of Rim Rock & our home JV meet we will have a week where some top runners will sit out to focus on training, while others will have the chance to continue their racing season. Stay up to date follow us on Twitter & Instagram (@BVSWDistance) we will send out information about the season.

BVSW XC Website updated, check it out! www.bvswxc.com

NEW INFORMATION

Canis Lupus Cup Recap

We had a great home meet experience at the Canis Lupus Cup on Wednesday. Our top runner in the girl's race was Samantha Dinger (21st). Unfortunately, we did not have enough girls to score as a team, but I was very proud of the girls that competed! The Boys ended up taking 2nd in their race. Gabe Lewis was our top boy finisher (12th). Thank you to everyone who helped put on the meet, including the parents & athletes who helped work flag gates, so the runners always knew the correct turns.

Results: <https://ks.milesplit.com/meets/564423-blue-valley-sw-canis-lupus-cup-2023/results>

Rim Rock Recap

One thing is for sure, this meet did NOT go exactly as planned. Despite getting there early, we found ourselves in a mile long line to get parked. Then, just as we were getting ready to walk the course lightning the meet 30 minutes... and just as that 30 minutes ended, lightning struck again & we were forced back into the vans. Before we could start warming up again lightning stopped the meet for a 3rd time. With the emotional roller coaster that the delays caused, the athletes regrouped one last time for the races as they finally got started a few hours later than planned. We moved the Girls runners to the gold division to compete where Alex Laurie (50th) was our top finisher nearly braking 20 mins. Due to injuries & schedule conflicts we were not able to score as a team, but the girls did great despite the situation I appreciated the athletes going out & doing their best! The Boys team also had a great day, our top boy & medalists Canyon Buehler (17th) lead the team to a 7th place finish, 3rd of Kansas teams & top 5A school on the day. With all 5A's top schools in the field, the team to beat for State will be BVSW, but we all know that it will take more hard work & making more improvements.

Results: <https://ks.milesplit.com/meets/565113-rim-rock-classic-2023/results>

KC Classic Preview – Saturday (9/30)

The KC Classic is run on the home course of Raymore-Peculiar, near their South middle school. It is a great course with a lot of the best teams from across both sides of the State Line. We will be sitting out a few of our top varsity runners. All Meet information can be found on our website.

Link: <https://www.bvswxc.com/copy-of-meet-info-2022>

Pasta Party – Friday (9/29)

Thank you in advance to the Paschke family for hosting this week's pasta party. Athletes will meet in the commons at 3:00PM for a short meeting & we will head over to their home. There, we will run our workout & when we finish pasta/food will be ready. Address: **11610 W 157 Terrace, OP**

Remind is Not Working – New app to come!

Recently the Remind app stopped working to send out group text messages. You can still contact me personally, but I cannot send out any bulk messages about changes. I am working on switching us to Stack Team App, but more info will come shortly.

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

THINGS THAT STILL APPLY

Booster Club Help & Dues

PLEASE, we need help this season with so many fun parts of cross country that don't always get talked about. We have a lot of ways that parents & families can get involved in cross country this year. Please look at the links below & sign up to help in some capacity. **BVSW XC Booster Club Website:** <https://www.bvswxc.com/news-updates>

Pay Booster Dues: <https://gofan.co/event/1088557?schoolId=KS69495>

Pasta Parties: <https://www.signupgenius.com/go/70a0b44acaf29a31-bvsw?useFullSite=true#/>

Snack Bin: <https://www.signupgenius.com/go/10c0e4ba4a82aa5f5c25-bvsw?useFullSite=true#/>

Southwest Project YouTube Channel

YES, the Southwest project DOES have a YouTube channel. We are starting something new this year by posting a few videos about the season here. **Link:** https://www.youtube.com/channel/UC6Srsca0d_-YRfgoE2Lm__Q

Basehor Recap Video: <https://www.youtube.com/watch?v=jQlztNV33bE&t=283s>

Meet Schedule 2023

Check out the website for all the Meet Information: <https://www.bvswxc.com/copy-of-meet-info-2022>

DAILY SCHEDULE FOR WEEK 7

Day	Date	Location	Time – Who	Workout Details
Monday	Sept-25	BVSW ¹	3:00PM – ALL ¹	-LL, Recovery Run , BU, H/T, Strch
Tuesday	Sept-26	BVSW-Track BVSW ²	5:50AM – E,B,G 3:00PM – E,B,W ²	-SPWU, Speed Workout , CD, LegE -rec run (double), 30/30
Wednesday	Sept-27	BVSW	3:00PM – ALL	- LL, Recovery Run , BU, H/T, Strch
Thursday	Sept-28	BVSW ² BVSW	7:00AM – E,B ² 3:00PM – ALL	-rec run (double), 30/30 - 1/2WU, Steady Run , BU,H/T,Roll
Friday	Sept-29	BVSW or Rim Rock ³ Paschke's Home ⁴	7:00AM – ALL ³ 4:30PM – ALL ⁴	-LL, Pre-Meet , BU, H/T, Roll, Strch Pasta Party⁴
Saturday	Sept-30	Ray-Pec Middle School (South)	6:00AM - ALL	KC XC Classic Girls C – 8:00am Boys C – 8:45am Girls V – 9:30am Boys V – 10:00am Girls J – 10:30am Boys J – 11:15am
Sunday	Oct-1	On Your Own	-	Off or rec run

¹ – Sunday/Monday – Either attend Sunday practice or Monday (the next day) & take the other day off

² – Tuesday/Thursday Doubles the week

³ – We will have a morning practice; Select Varsity runners will go to Rim Rock in school vans for a workout

⁴ – All Athletes are invited to the Pasta Party after the double: Address **11610 W 157 Terrace, OP, KS**

E – Elite B – Black G – Green W - White

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