



SOUTHWEST PROJECT



Week #

5

The Southwest Project Newsletter Week 5

We had some great racing this weekend at the Olathe Twilight. We get a little break from competition for a while as we go into our home JV meet & the Rim Rock Invitational next week. We will be hosting the BIGGEST middle school meet in the area this Wednesday. We need all athletes on deck to help run the event. Stay up to date follow us on [Twitter](#) & [Instagram](#) (@BVSWDistance) we will send out information about the season.

I am keeping the BVSX XC Website updated, check it out! www.bvswxc.com

NEW INFORMATION

Olathe Twilight Recap

The Olathe Twilight (in my opinion) has turned itself into the best meet with the highest level of competition of any meet in the State of Kansas. The Timberwolves did NOT disappoint under the lights of the big stage. The C-team boys kicked off the meet for us taking 16th as a team. The group of boys were led by James Strobel (24th) who was the top boy for us in the race. The Girls JV went next. With only 4 runners, we didn't place as a team, but the top girl for Southwest in the race was Kiley Shamet (67th). As the sun finally set, the Boys JV got going. In what was probably the most competitive JV race in our school's history, or top runners & medalist, Alex Roberts (7th) led the boys' team to a 3rd place finish losing only to the out of State school of Rock Bridge & NXN qualifying school Olathe West. The Girls Varsity kept the momentum going. The first T-wolf across the line was Izzy Ross (24th). The girls finished 17th, which was good enough to be the TOP Blue Valley School. In the Final race of the year, the Boys Varsity continued its tradition of success at the Olathe Twilight. The Boys ended up finishing 5th overall & the second-best team in Kansas, all classes. The squad was led by Canyon Buehler (16th) who helped the boys team take down a lot of great 5A & 6A Competition. After two solid weeks of racing, we will be getting ready for our next competition in two weeks. Results: <https://ks.milesplit.com/meets/563420-olathe-twilight-2023/results>

No High School Meet this week

With back-to-back weeks of great racing by BVSX, we will be taking a week off from competition. This will NOT be considered an off/easy week as we will be focusing on high level training that is needed at a very important time in the season to prepare us for the end of the year.

Southwest Middle School XC Championships Wed (9/13)

There are many great high school meets across this country that are hosted by college programs, Rim Rock & KU, Griak & Minnesota, Gans Creek & MU. This is our opportunity as a high school to host a TOP TIER meet. Our goal is to put on a meet that provides all of the fun & excitement that a high school meet has. We need all athletes help to pull this meet off. Athletes will have a quick & easy recovery run followed then by meeting at the course for their assigned duties. Meet website: <https://www.bvswxc.com/copy-of-southwest-middle-school-cha>

Pasta Party Thank You's

A BIG thank you goes out to the Reynold's for hosting the pasta party this week! We greatly appreciate their willingness to open their home. We also thank the parents that came to help & drop stuff off as well!

Booster Club Dues - ASAP

The XC team tries to do a few fun things for the athletes throughout the year which include buying Team T-shirts, Awards, pancake breakfasts & putting on an end of season banquet. We ask that each family help us out by contributing **\$55 (per athlete)** to pay for these things. If you can donate more, we also have a **\$100 option** to help us out even more! You can either use the link below or by check, to BVSX Cross Country.

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

"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>

Booster Club Positions in Need: Senior Services Coordinator & Homecoming Parade Coordinator

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

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

Sign up for Remind 101

Sign up for Remind is to **text the message “@bvswxc23” to the number 81010**

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 of the Meet Information: <https://www.bvswxc.com/copy-of-meet-info-2022>

DAILY SCHEDULE FOR WEEK 5

Day	Date	Location	Time – Who	Workout Details
Monday	Sept-11	BVSW ¹	3:00PM – ALL ¹	-LL, Recovery Run , BU, H/T, Roll
Tuesday	Sept-12	BVSW-Track BVSW ²	5:50AM – E,B,G 3:00PM – E,B,W ²	-FullWU, CV+Reps , CD, Leg E -rec run (double), 30/30
Wednesday	Sept-13	BVSW BVSW XC Course	3:00PM – ALL 4:00PM – ALL³	- LL, Recovery Run , BU, H/T, Strch SW Middle School Champ³
Thursday	Sept-14	BVSW ² Black Bob Park	7:00AM – E,B ² 3:00PM – ALL	-rec run (double), 30/30 -1/2WU, Steady Run , BU, H/T,Roll
Friday	Sept-15	BVSW/TBA	3:00PM – ALL ³	-FullWU, 5k-Race Pace , CD, Leg E
Saturday	Sept-16	Verhaeghe Park	7:00AM - ALL	-LL, Recovery Run , BU, H/T, Roll
Sunday	Sept-17	Deanna Rose	5:30PM – ALL ¹	-1/2WU, Long Run , BU, H/T, Leg E

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

² – Tuesday/Thursday Doubles the week

³ – Middle School Championship Race. Races start at 4:00pm. All runners will help run the meet.

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

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