



SOUTHWEST PROJECT



Month
Nov

The Southwest Project Newsletter November

I want to thank everyone for an amazing & record setting season. We had a lot of fun, with lots of ups & a few downs but regardless the journey this season was something special. Boys & girls both got on the podium this week at the State Championship which is something that hasn't been done since 2015. Without a doubt, both programs just had their best season ever, even if the exact place at State didn't show it. The entire sport is growing stronger & we are on the leading front. I look forward to the winter, where the opportunity for real growth will come. To stay up to date & follow us on Instagram (@BVSWDistance) where I will send out cool information about the season.

Join the GroupMe: https://groupme.com/join_group/100852708/OdwPn0bo

For more information about the BVSX XC team checkout the Website! www.bvswxc.com

NEW INFORMATION

State Championship – Recap

On a rainy & dreary morning the Girls got the whole State Championship kicked off being the first race of the day. The girls got out quick & battled not just with teams like St. James, Kapaun, & Carroll, but also Rim Rock itself. The hills were challenging & conditions were starting to get slopy. The girls hung in all the way to the end where **Campbell Harger** (11th) & **Izzy Ross** (13th) were able to earn All-State honors finishing in the top 20. Izzy Ross closed out her high school XC career with her 4th All-State performance, an accomplish that only 2 other BVSX Timberwolves have been able to accomplish. The Timberwolf pack then followed shortly after that & was able to secure a 3rd place finish as a team. This was the girls best finish since 2020 & had the fastest Rim Rock average in BVSX history. I am so proud of this group who competed & gave everything they had. While we are graduating a fantastic group of Seniors (Izzy Ross, Stella Malinowski & Ella Bechtel) we have a lot of talent returning for next year where we will be a serious threat again!

By the time the 5A boys race started, the course was starting to get a little muddy & torn up. That didn't stop the lead runners from getting out fast! We knew that we were going to have to do something historic to be able to walk away with the championship & that is exactly what they did. The boys team had 3 runners under 16:00, which had never been done before. They were the first Kansas team to ever break 16:00 for a team average at State & put 6 runners in the top 20... but unfortunately, it wasn't quite enough for the Championship. The boys ended up taking 2nd overall with **Elijah Chavez** (4th), **Alex Roberts** (6th), **Canyon Buehler** (8th), **Cameron Paschke** (11th), **Andrew Claar** (15th) & **Wyatt McCulley** (20th) getting to join each other on the podium. Despite the initial collective disappointment in falling short of our goal, I realized just how special this group's season was. We will hold our heads high & keep our confidence going into the NXR-Heartland race with a chance for redemption!

NXR-Heartland – Preview Sunday (Sioux Falls, SD)

This week is what I always call the "Comic-Con of distance running." It is a huge gathering of high school running nerds across 7 states. This will be a very crowded event, so make sure you plan accordingly when it comes to arriving early & searching for parking spaces. The event is run very smoothly for the size, but it can still be a bit of a zoo. The Boys JV & Girls Varsity will be in the Open races that will have a mix of VERY FAST kids along with other programs JV runners. We will go out there and get one last chance for a fast PR on a flat fast course.

The Varsity boys will be in the Championship race competing for one of 2 qualifying spots to the Nike Cross National meet held in Portland Oregon on December 7th. This meet will have every State Championship & podium team across the 7 states. Last year the boys placed 11th, which was the highest finish in school history. Only 1 boys' team in State history has qualified for NXN, so BVSX will be looking to do something historically special yet again.

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

NXR Heartland Trip Details – Nov 9-10th

For all athletes attending the NXR-Heartland on Nov 9th-10th. We will be leaving early on Saturday Nov 9th & staying the night in Sioux Falls, SD before heading back on Sunday after all the races. An itinerary with payment options for the trip will be sent out separately. That will include all the details on race times, locations & other plans. Vans will be driven by the coaches & parent volunteers to keep the “team” environment. If you ever have questions about the trip, please contact me.

This is a “non-school” function. ZERO school funds will be used on this trip, nor will athletes be able to race in their school issued uniforms. Coach Ballew will be taking on the financial/logistical responsibility of the trip.

Trunk or Treat – Thank You’s

Big Thank You to everyone who helped with the Trunk or Treat last week! I was told on multiple occasions that WE should have won based on aesthetics alone!

Pasta Party Thank You’s

Big Thank You to the Ross’s for hosting our last Pasta Party of the season. I also want to thank every family that hosted one this season for what an amazing season of fun & games along with good food!

Winter Conditioning

Information about winter conditioning will be sent out after the NXR-heartland meet. Be on the lookout, this is our best opportunity to make improvements going into the Track season which will lead into summer that sets up for the 2025 XC season. Runners who don’t have a winter sport are HIGHLY encouraged to run with us over the winter.

Uniform Check-in – November 18th

We will have uniform check-in on Monday November 18th in Room 705. Athletes need to make sure they have everything in their bag. We will check numbers on all items before leaving & vote on post-season awards.

Banquet – Save the Date (Nov 20th)

We will be having our Cross Country banquet on Wednesday November 20th starting at 6:00pm. Link to RSVP <https://docs.google.com/forms/d/e/1FAIpQLScy8kKE96r2kyc147FzVM1Hgi4SXHYiO3uzCn0z1x1CoGl6wA/viewform>

Daily Schedule for Week 12

Day	Date	Location	Time – Who	Workout Details
Monday	Nov-4	On Your Own	“OYO” – NXR	-LL, Recovery Run , 4xBU’s, HT, Band, LegE
Tuesday	Nov-5	TBA ² BVSU	TBA – Elt/Blk ² 3:05pm - NXR	-rec Run (Dbl) -FullWU, Tempo+Reps , ExCD, Leg Elv
Wednesday	Nov-6	BVSU	3:05pm – NXR	-LL, Recovery Run , 4xBU’s, HT, Band, Rol
Thursday	Nov-7	TBA ² BVSU	TBA – Elt/Blk ² 3:05pm - NXR	-rec Run (Dbl) -1/2WU, Steady Run , BUs, HT, Band, Roll
Friday	Nov-8	BVSU	3:05pm – NXR	-LL, Recovery Run , 4xBU’s, HT, Band, Rol
Saturday	Nov-9	Yankton Park ⁴	6:30am – NXR ⁴	-LL, Pre-Meet , BUs, HT, Bnd, Roll, Strch, LegE
Sunday	Nov-10	Yankton Park	TBA – NXR ⁵	NXR-Heartland (Sioux Falls, SD) Boys JV – 9:55am Girls – 12:10pm Boys Champ – 1:40pm

²Black & Elite training groups will meet for optional morning double

⁴NXR-Heartland Team will leave early Saturday morning in Vans & practice at Yankton Trail Park

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