



SOUTHWEST PROJECT



Week #

6

The Southwest Project Newsletter Week 6

This is a big week for BVSU in terms of racing. We have both our home JV meet (Canis Lupus Cup) & the Rim Rock Invitational. These are two of my favorite meets of the season and will be a big challenge for both JV & Varsity Groups. Please come out & support us this week! The best way to keep in touch is to sign up for Remind ([Text @bvsuwc22](https://www.remind.com/text/@bvsuwc22) to the number 81010). “When” changes to our schedule happen, it will be sent through remind & email. You can also follow us on [Twitter](#) & [Instagram](#) (@BVSUDistance) where I will send out cool information throughout the season. I have updated the BVSU XC Website check it out! <https://ajballew.wixsite.com/bvsuwc>

Things Moving Forward

Canis Lupus Cup

On Wednesday we will be hosting a 9 team JV race against some of the area’s best schools. First race begins at 5pm and will be a home meet for us! Runners will meet at the course at 3:15pm to set up the camp & walk the course. The Varsity team will have a workout, so meet in the commons at 3:00pm for normal practice. After the Varsity practice, we will need their help with course monitoring & in the finish chute. We will have an awards ceremony to hand out medals & a trophy to the top team. Here is a link to the meet page.

<https://ajballew.wixsite.com/bvsuwc/copy-of-southwest-middle-school-cha-1>

Rim Rock Invitational

The Rim Rock Invitational is back! And it will also be the host site for the 5A/6A State Championship later in the fall like it has been for nearly 30 years prior to the pandemic. I am personally excited to return to the course. It is a perfect balance of challenging & fast that has 3 very distinct sections and beautiful scenery at every turn. It is my favorite XC course of all time. The Rim Rock meet hosts over 100 schools across 3 divisions & we will be competing in the Gold division with the best of the best the state has regardless of class. There are a handful of out of state schools that will fill out this already great field. My philosophy is to search out the best teams & the runners to challenge ourselves.

I would recommend carpooling if you are coming to the meet. They will charge for parking & getting into the parking lot can also be a difficult, so if you want to come out & support the team try to arrive early so you don’t get stuck on that one lane dirt road. Check out the Meet Page <https://kuathletics.com/2021-home-meet-central/>

Middle School XC Championship at Southwest

The middle school meet went off so perfectly on Wednesday last week. I was so happy with everyone & their dedication to helping with the event. As I said at practice on Thursday, we have been putting on this event for about 6 years & many of the kids whose names you can find on the “course record” board in the middle school races are the same names you see winning big meets like Olathe Twilight & Rim Rock. I will not attribute this meet to the success we are seeing here in the Kansas City area, but Cross Country as a sport is going into a “Golden Age” right now & it is meets like ours that help the roots of this success grow deeper. Results: <https://ks.milesplit.com/meets/498642-blue-valley-southwest-middle-school-championship-2022/results#.Yyd03-zMK3U>

Pasta Party Tuesday (9/20)

We will be hosting our next pasta party at the home of the Reeves on Tuesday after school. Like our last party, we will meet in the commons at 3:00pm for a quick meeting, then head to the location of the pasta party. We will run from there & have our typical Pre-Meet for all JV runners competing in our Canis Lupus Cup meet the next day. Varsity will finish out their 3mi double. **11337 W 160th St, Overland Park, KS 66221** Please Help by Signing up

<https://www.signupgenius.com/go/20f0a4da5ad29a5fc1-bvsuwc11>

Full Practice Schedule Fall 2022

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

https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_68cf7200e1254da5a9e4f80f41c0bdea.pdf

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

Booster Club Messages

Please make sure you check your email from Mrs. Carrie Paschke (Booster Club President) who can use some help getting some of the great stuff that the booster club is involved in. If you aren't getting those emails, please let me know & I will make sure you see it. 2 big things right now are pasta parties & homecoming activities.

KSHSAA Classifications & Regionals FYI

I thought I would give you some information about how the State classification & regional selection process works. Every year on September 20th (or 21st or 22nd if on a weekend) enrollment & attendance numbers of all 9-12th grade students are sent to the State. This number plays a major role in funding to the school/district. It also determines classification (i.e., 6A, 5A, etc.) with the top 36 schools in 6A, next 36 in 5A, etc. These classifications are generally released within the week & are posted on www.KSHSAA.org. These classifications are the same for all sports (except football which uses an every 2-year system with 9-11th graders).

The KSHSAA administrator for XC will work to secure regional locations starting in the Spring by reaching out to schools who are willing to volunteer to host. Some years there are many, other years there are few, but regional locations can't be finalized until classifications are posted. The total number of schools in each classification are then equally divided among the 4 Regional sites based on their geographic location/proximity to the 4 Regional hosts. At Regionals, the top 3 teams & top 5 individuals NOT on a qualifying team will make it to the State Championship the next week.

Things to put on your Calendar

NXR Heartland Regional XC Meet (November 12th - 13th)

The date for the NXR Heartland meet is posted for Sunday November 13th 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 or <https://ajballew.wixsite.com/bvswxc/nxn-heartland-xc>

NXN Watch Party (December 3rd)

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 BVSW. We will send out information about snacks & drinks.

Daily Schedule for Week 6

Day	Date	Location	Time – Who	Workout Details
Monday	Sept 19	BVSW	3:00 PM - ALL ¹	-Steady Run or Rest Day
Tuesday	Sept 20	BVSW – Track Reeves Home	5:50 AM – Varsity ² 3:00 PM – ALL	-Sprint/Speed Work -Pre-Meet or recovery run (Dbl)
Wednesday	Sept 21	BVSW BVSW XC Course	3:00 PM – ALL 3:15 PM – JV 5:00 PM – Varsity Help	-Tempo/Threshold or RACE Canis Lupus Cup 5:00pm – Girls 5:40pm - Boys
Thursday	Sept 22	TBD Heritage Park #8	TBD AM – Varsity ² 3:00 PM – ALL	-recovery run (Dbl) -Recovery
Friday	Sept 23	Rim Rock ³ BVSW	3:00 PM – Varsity ³ 3:00 PM – JV/C-team	-Pre-Meet Run -Steady Run
Saturday	Sept 24	Rim Rock Farm	6:00 AM – Varsity	Rim Rock Invitational Girls Gold – 9:25am Boys Gold – 10:05am
Sunday	Sept 25	Quivira Park	5:30 PM – ALL ¹	-Recovery

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

² – Tuesday & Thursday – Morning Practices will ONLY be for Varsity athletes competing at Rim Rock

³ – Friday – Varsity runners will go preview the Rim Rock XC Course on Friday (we will take vans)

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