



SOUTHWEST PROJECT



Week #

7

The Southwest Project Newsletter Week #7

After a big week of racing, we are starting our “kick” to the end of the season. We only have 3 more weeks with the whole squad together. We have a fundraiser this week along with a big meet out at Ray-Pec. Let’s focus on racing our best as the weather finally starts to cooperate. 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

Canis Lupus Cup – Recap

My favorite thing about the Canis Lupus Cup, besides getting to run it on our home course is that it combines the points of both the boys & girls teams to crown one single team as the winner. It takes both programs having a good day on the same day to walk away with the trophy. Both teams had amazing days! The podium was stacked with BVSX athletes. At the front of the Girls race was a duo of BVSX runners, **Ella Bechtel** (1st), **Erica Walker** (2nd) who set the pace & won the race. We had two more medalists, **Kenzie Holland** (4th) & **Rachel Pishney** (9th) who finished in the top 10. With 5 in the top 15, the girls won the meet as a team with only 31 points.

The Boys race was also peppered with other great performances. The Top boy for the T-wolves was **Gabe Lewis** (2nd). Close behind was **Zach Brewington** (3rd) & **Rohan Chalamalasetti** (5th). BVSX took half the podium by having **Eugene Giam** (9th) & **Austen Niermeier** (10th) closing out the top 10. The boys also won the race with 29 points. The team did an amazing job taking care of all the logistics when the coaches were out running the meet. Everyone did a great job!

Link: <https://ks.milesplit.com/meets/630840-blue-valley-sw-canis-lupus-cup-2024/results>

Rim Rock Classic - Recap

It is always a pleasure to visit the hallowed grounds of Rim Rock Farm. So many great memories on that course & we made some more this weekend. The Girls team didn’t run a full squad but the 4 that competed did amazing against the best competition the State has to offer. **Campbell Harger** (35th) set a new PR & was the 3rd best freshman in the meet. When we get the whole squad together, we will be ready to push the best teams in 5A!

The Boys went in with expectations as high as ever. The race went out quick, but the pack of Timberwolves settled in & finished the back half with incredible strength. 4 Southwest boys finished on the podium, **Elijah Chavez** (5th), **Alex Roberts** (6th), **Canyon Buehler** (15th) & **Cameron Paschke** (24th). **Wyatt McCulley** (72nd) closed out the top 5 scorers & helped the Boys secure a 2nd place finish. This was by far the highest finish by the boys’ team in Southwest history.

Link: <https://ks.milesplit.com/meets/629573-rim-rock-farm-hs-classic-2024/results>

KC XC Classic – Preview (Saturday)

This Saturday we will bring nearly our full squad so all races will be filled, but some will be “promoted” to high levels. This meet, along with Rim Rock have been staple meets in the Kansas City area for decades & be ready to see good competition & fast times.

Meet Information: <https://mo.milesplit.com/meets/637674-kc-xc-classic-2024>

Sunday Practice Change – No Sunday (Oct 6th)

Because of Thursday meets upcoming, we will not have a Sunday Option for the next 2 weekends.

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

Pasta Party This Week – Friday at the Claar’s

We will have our Pasta party for the week on Friday (Oct 4th). We will meet in the commons for a quick team meeting then head down to the Claar’s home. After we are done, we will eat & enjoy their wonderful hospitality.
Address: **14216 W. 157th Terrace, Olathe**

Fajita Pete’s – Fundraiser Wed (Oct 2nd)

We have a fundraiser at Fajita Pete’s on Wednesday October 4th. Order online & include BVSXWC in the special instructions or mention it when you call your order in. a portion of the proceeds will come back to BVSX XC.

EKL BBQ – Save the Date (Oct 17th)

After the EKL Meet we have a team/family BBQ to celebrate a great season with the ENTIRE running family at our last meet for V/JV/C team kids together. Please see the Booster Club emails for more details to help out!

RSVP: <https://www.signupgenius.com/go/20F0D49AAAC2FA1FD0-51845433-eklbbq>

NXR Heartland – Save the Date (Nov 9-10th)

We are making plans for our NXR-Heartland Meet. Once Hotel & Transportation plans are set, we will send out information about cost & details. It is an overnight trip with the whole BVSX program (that wants to go). We may need some help with the trip, so if you are interested, please contact me (ajballew@bluevalleyk12.org)

THINGS THAT STILL APPLY

Practice Schedule 2024

Link: https://www.bvswxc.com/_files/ugd/ab0cb5_bb83b8fd9f6141c8920fd9fd837a8df1.pdf

Sign up for NEW GroupMe – Weather Updates

Link to Sign-up: https://groupme.com/join_group/100852708/OdwPn0bo

Daily Schedule for Week 7

Day	Date	Location	Time – Who	Workout Details
Monday	Sept-30	BVSX ³	3:05pm – ALL ³	-LL, Recovery Run , 4xBUs, HT, Band, Stch
Tuesday	Oct-1	BVSX BVSX ¹	5:30am – Elt/Blk/Gr 3:05pm – ALL ¹	-WU, CV+Reps , ExCD, Leg Elv -rec Run (Dbl)
Wednesday	Oct-2	BVSX Fajita Petes	3:05pm – ALL	-LL, Recovery Run , 4xBUs, HT, Band, Stch Fundraiser Night
Thursday	Oct-3	BVSX ² Verhaeghe Park	TBA – Elt/Blk 3:05pm - ALL	-rec Run (Dbl) -1/2WU, Stead Run , 6xBU’s, HT, Band, Roll
Friday	Oct-4	Claar Home ⁴	3:05pm – ALL ⁴	-LL, Recovery , BUs, HT, Band, Roll, Stch, LegE
Saturday	Oct-5	Ray-Pec South MS	5:30am - ALL	KC XC Classic Girls C – 8:00am Boys C – 8:45am Girls V – 9:30am Boys V – 10:00am Girls JV – 10:30am Boys JV – 11:15am
Sunday	Oct-6			-Rest Day

¹Black & Elite athletes will do their pre-meet after school. Athletes going to Rim Rock double pm

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

³Athletes attending Sunday practice will take off Monday (day after)

⁴Claar Home Address: **14216 W. 157th Terrace, Olathe**

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