



SOUTHWEST PROJECT

XC Month
Nov

The Southwest Project Newsletter November (Post Season)

Thank you to everyone that made this season special. Thank you to the athletes, the assistant coaches, the parents, the administration & fans. This season was a lot of fun & maybe one of our most successful to date. I look forward to what is to come but we still have a few things left (NXR & Banquet). The best way to keep in touch is to sign up for Remind (Text @bvswxc20 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 (@BVSWDistance) where I will send out cool information about the season.

I am keeping the BVSX XC Website updated, check it out! <https://ajballew.wixsite.com/bvswxc>

Things Moving Forward

State – Recap (Saturday-10/30)

The KSHSAA 5A/6A State Championship was held down at 4mi Creek Resort near Wichita this Saturday. The Timberwolves made their presence known in both the boys & girl’s races. On what was a beautiful day for running, freshman Izzy Ross got the meet started for us on a great note taking 8th place individually. Early in the race she found herself leading a chase pack of about 10-15 girls and putting in a big kick in the last mile to secure her position in the top 20 becoming All-State. Izzy was the 2nd fastest freshman in the meet (5A & 6A combined) & had highest finish by a BVSX Freshman in school history. A lot of great things are to come!

The boy’s race was a bit later in the morning but as the weather heated up, so did the competition. We knew going in that for the boys to win State we had to pack all 7 runners in as close as possible near the front to make up points that the St. Thomas Aquinas boys would have with their very good 1,2 & 3 runners. Our strategy was to go out and do our jobs by running the best race each athlete could individually and letting what happens with the other teams fall as it did. At the mile mark we had a tremendous pack near the front with all 7 runners coming through between 4:59-5:12. At the 2-mile things were starting to spread out but we could see some gaps forming in the other teams with our athletes ready to pounce! At the finish I watched Aquinas put 3 runners in the top 5 but shortly after that, BVSX’s top runner on the day, Micah Paschke finished 7th. Within 15 seconds I could see a pack of Timberwolves in the new Black over Green uniforms coming up the hill. Drew Dombrosky (16th), Tommy Caul (18th), Gabe McGee (24th) & Crew Buehler (27th) rounded out our top 5 scoring positions. This was when I noticed that Aquinas’s #5 runner hadn’t come through, and we could make up some of the points lost in the first 3 spots. Just then, Canyon Buehler (36th) & Brenden Duncan (47th) come into the finish with Aquinas’s final scorer. Now the question was whether we made up enough points at the #4 & #5 position to win.

When the dust settled & the individual & team scores/places were posted the Timberwolves came up 14 points short coming in 2nd to Aquinas 55 to 69. The boys did everything they could to make that happen, running as fast on this challenging course then they did at any meet during the season. I was so proud of this group & how they acted all season. Not only did they take 2nd overall, but it was also the lowest number of points that any BVSX team has ever scored at State, in what easily could have been the most competitive 5A boys’ field to date.

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

NXR Heartland - Preview (Sunday-11/14)

In two weeks, most of the BVSX XC team will extend their season to the NXR-Heartland Meet in Sioux Falls, SD on November 14th. The signup date has passed & entries have been put submitted to the meet. Check out the trip itinerary for details about the trip & what will be needed. Remember this is a meet in South Dakota in Novembers, so it is likely to be cold & windy so make sure you pack appropriately! Check out the Trip itinerary for all the details.

In general, the meet brings the best teams from across Kansas, Nebraska, North & South Dakota, Minnesota, Iowa & Wisconsin. Normally the top 2 teams in the Championship division would qualify for Nationals. This year the National meet was canceled, but the Regionals are still being run. We want to continue this tradition with our kids & have a good experience running on a fast course against the best competition we can find. This will be our chance to see how we stack up against some of the best programs in the Nation.

If you haven't paid the \$140, please make sure you Venmo the Club team the money (@Southwestproject) or pay by check (made out to "Southwest Project").

Practice For athletes going to NXR - Heartland

If you are going to the Nike Heartland Regional in Sioux Falls on November 13-14th, you are expected to practice with the team. Your workouts can be modified but should still be at a high level as we prepare you for what will be your best race of the season in November.

Pasta Party Thank You's & Last one

First, a big THANK YOU to the Brogan's for hosting the pasta party the Thursday before State. It was a lot of fun & the kids enjoyed it! Our last Pasta Party will occur on Friday on November 12th, we are still looking for volunteers to help as we send the team off to NXR-Heartland the next day. Sign up with the link below.

<https://www.signupgenius.com/go/20F0A4DA5AD29A5FC1-bvswxc6>

Spirit-wear – Boys Jersey Tops

We are still in the process of getting the correct color on the Boys Alternate Jerseys. The Vendor is now working directly with Nike to make sure the color is correct, but this will take time. Once they come in, they can swap out their yellow ones for the correct Green. Not sure if they will come before NXR.

Uniform Check-in & Awards

We will have a team meeting with ALL BVSX XC RUNNERS on November 8th in Room 705 to check in uniforms and vote for our "Leader of the Pack" award. Please make sure you clean your uniform, warmups & bag before turning them in.

BVSX Cross Country Banquet (November 18th)

Please RSVP for our Cross-Country banquet to be hosted at **20041 Briar St., Stillwell, KS 66085** on November 18th. Information has been emailed out by the booster club about the details of the event. If you have questions contact either Mrs. Carrie Paschke, Mrs. Cami Zimmerman or me for more details.

Link to RSVP

<https://forms.gle/GaFDbsNPALLtmeJS7>

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

Plans for November

The first two weeks of November we will continue to train for NXR-Heartland. After the meet, we will take a week (or 2) completely off but between myself & Coach Buehler we will send out information about winter training for the Spring Track season (for athletes not in a winter sport). Even if you don't plan on doing track, you are invited to join us to get in shape.

Our successes this year didn't begin in August when the season started, it didn't begin in June when summer conditioning start, it didn't begin last Winter, but was a sum of all the consistent work every runner has been doing for their career. Don't let a season go to waste, there will be plenty of opportunities to get better. If you aren't actively working to get better, then you will backslide & more time will be needed to make up that fitness.

Daily Schedule for Next 2 weeks

Day	Date	Location	Time – Who	Workout Details
Monday	Nov-1	OFF	OFF	OFF
Tuesday	Nov-2	BVSW (am) BVSW Courtyard	6:40am – Elite** 3:15pm – NXR Team	-WU, 25mins @Recovery -WU, Steady (Mills), CD, BU's
Wednesday	Nov-3	BVSW Courtyard	3:15pm – NXR Team	-WU, 1k's @5k, CD
Thursday	Nov-4	BVSW (am) BVSW Courtyard	6:40am – Elite** 3:15pm – NXR Team	-WU, 15mins @recovery -WU, Steady, BU's, SAM
Friday	Nov-5	BVSW Courtyard	3:15pm – NXR Team	-WU, Recovery Run, BU's, Stretch, Roll
Saturday	Nov-6	BVSW Track	TBD	-WU, 1mi Time Trial, Extended CD
Sunday	Nov-7	On Your Own	TBD – NXR Team	-WU, 30mins @Recovery, BU's
Monday	Nov-8	Room 705	3:05pm – EVERYONE	Team Meeting/Voting & Uniform Check-in
Tuesday	Nov-9	BVSW (am) BVSW Courtyard	6:40am – Elite** 3:15pm – NXR Team	-WU, 15mins @Recovery -WU, 400's @1mi, CD
Wednesday	Nov-10	BVSW Courtyard	3:15pm – NXR Team	-SPWU, 30m Flys, Extended CD
Thursday	Nov-11	BVSW (am) BVSW Courtyard	6:40am – Elite** 3:15pm – NXR Team	-WU, 15mins @Recovery -WU, Steady/Recovery, BU's
Friday	Nov-12	BVSW Courtyard (Pasta Party – TBD)*	3:15pm – NXR Team	-WU, Recovery, BU's, Stretch, Roll Out
Saturday	Nov-13	Leave for Sioux Falls	Meet at BVSW - 7:15am	-WU, Pre-meet, BU's, Roll Out, Stretch
Sunday	Nov-14	Yankton Park Sioux Falls, SD	Return to BVSW - 10:30pm	<u>NXR-Heartland Meet</u> Boys Open #1 – 9:35am Girls Open #3 – 1:15pm Boys Championship – 2:35pm

*Friday Nov 12 Pasta Party is open to the ENTIRE team

**Optional Double Runs for Elite Athletes (15-25mins recovery pace with short strength circuit after)

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