



SOUTHWEST PROJECT



Week #

5

The Southwest Project Newsletter Week #5

Between Homecoming dance and the Twilight race, Saturday was a special week for the T-wolves! This week was intended to be a bit of an off week, but with the homecoming dance interrupting our meet last week we will have a makeup meet Saturday. 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

Olathe Twilight Meet Recap

Despite having only half the squad, we came away with twice the success! Our Boys C-team got the meet kicked off for us with freshman **Zeke Van Gilder** (32nd) leading the way for the C-team. We didn't have enough for a team score but all 4 boys set PRs. The next race on the course was the JV Girls. **Adeline Niermeier** (1st) ran a tactically perfect race waiting until the 2nd half of the race to make her move on the field WINNING the race in a big PR.

Adeline was our first champion in any Olathe Twilight race in Southwest History. Despite the issue with the "not-so" false start in the JV Boys race, **Zach Brewington** (50th) finished the race as our top boy. The rest of the JV boys had to run the race with the Varsity, making it a very packed starting line. I was really proud of the JV boys for handling the setback well. **Austin Niermeier** (275th) was the top BVSX boy in the JV boy in the group. We had lots of PR's and all finished well, once they hit the Track.

The Varsity Boys race was a slugfest against Iowa, Arkansas, Missouri & Kansas's best teams. We had a race strategy that was based on letting the race go out fast but holding back for the 2nd half & catching those that went out over their skies. The strategy went well for our top group who was able to move up in the field as a pack to the front of the race. **Canyon Buehler** (10th), **Elijah Chavez** (11th) & **Alex Roberts** (13th) all finished in the medals & within 3 seconds of each other. With **Cameron Paschke** (23rd) our top 4 runners put the race out of reach for some of the best teams in this part of the country. The boys ended up WINNING the championship race as a team by 10 points over perennial Iowa powerhouse, Dowling Catholic, 37 points over NXN qualifying, Bentonville HS & 60 points over the next best Kansas team. The results of this race shows the boys' team is in contention for NXN qualification at the Regional meet in Sioux Falls, SD in mid-November.

DeSoto Inv. Saturday (Homecoming Makeup)

We hope everyone had a great experience at the Homecoming Dance, but we don't want our athletes to miss out on an opportunity to compete. All athletes who did not compete at the Olathe Twilight will be competing in DeSoto this week. There will be some good 4A/5A competition that we will be able to see. The Varsity, JV & C-team will all compete in the same race, with separate Boys & Girls races. Details will be posted on the website.

Link:

Pasta Party Thank You – Niermeier Family

Big shout out to the Roberts for hosting our first Pasta Party last week! We greatly appreciate your hospitality. There will be NO pasta party this week (sorry).

Southwest Middle School Championship – Wednesday

We will be hosting the "famous" Southwest Middle School Championship at the BVSX XC course on Wednesday September 18th. Athletes will be needed to help run off the event, including course monitoring, help at the finish line

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& running results. We could use some parent help, If you can give us a hand, please email me

(ajballew@bluvalleyk12.org)

Canis Lupus Cup – Sept 25th

We will be hosting the BVSJ JV meet on September 25th on Wednesday. Our Varsity runners will help us run the meet, but we could use some help from our parents. If you can help, please contact me

(ajballew@bluevalleyk12.org).

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 BVSJ program (that wants to go). We may need some help with the trip, so if you are interested, please contact me (ajballew@bluevalleyk12.org)

Schoolfundr – BVSJ XC Fundraiser

LAST CALL, if you haven't supported the BVSJ XC program yet. Please use the link below, closes Friday.

Donate Directly: <https://app.schoolfundr.org/fund/bvsjxc>

THINGS THAT STILL APPLY

Practice Schedule 2024

Link: https://www.bvsjxc.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 5

Day	Date	Location	Time – Who	Workout Details
Monday	Sept-16	BVSJ ³	3:05pm – ALL ³	-LL, Recovery Run , 4xBUs, HT, Band, Stch
Tuesday	Sept-17	BVSJ BVSJ ¹	5:30am – Elt/Blk/Gr 3:05pm – ALL ¹	-FullIWU, CV+ Reps , CD, Roll, Leg Elv -rec Run (Dbl)
Wednesday	Sept-18	BVSJ XC Course	3:05pm – ALL	-LL, Recovery Run , BU, HT, Band, Strch
Thursday	Sept-19	BVSJ ² Blk Bob Park	TBA – Elt/Blk 3:05pm - ALL	-rec Run (Dbl) -1/2WU, Steady Run , BUs, HT, Roll
Friday	Sept-20	BVSJ	3:05pm – ALL	-LL, Rec/TBD , BUs, HT, Band, Roll, Stch, LegE
Saturday	Sept-21	Lexington Lake Park	5:30am - ALL	DeSoto Inv. Girls 8:00am Boys 8:45am
Sunday	Sept-22	Deanna Rose ³	6:00pm – ALL ³	-LL, Rec/Stdy , 4xBU, HT, Band, Leg E

¹White training groups will meet after school. Black & Elite can do an afternoon double

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

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

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