



# SOUTHWEST PROJECT



Week #

7

## The Southwest Project Newsletter Week 7

What a great week, we had home meets & Previewing the State course out at Rim Rock. Our team is gearing up well for the end of the season. I really look forward to finishing off the season on a high. The best way to keep in touch is to sign up for Remind (Text @bvswxc22 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 throughout the season.

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

## Things Moving Forward

### Rim Rock & Canis Lupus Recap

Both meets this week went really well & I couldn't be prouder of how the Southwest Cross Country team represented themselves in both environments. On Wednesday our team kicked off the week on our home course. Most of the group racing was doing the 5k race on our course for the first time. In the girl's division, strong pack running helped secure a 3<sup>rd</sup> place with Kiley Shamet finishing just ahead of Skyler Fisher, Addison Utting & Ava Horst. In the boy's race, Gabe Lewis was the first timber wolf across the finish in a great time of 18:53. Southwest also finished 3<sup>rd</sup> behind two 6A powerhouse schools and showed that even at the JV level, we are ready to compete with anyone!

Results: <https://ks.milesplit.com/meets/498080-bvsw-canis-lupus-cup-2022/results#.YzEN4ezMLq0>

Our Rim Rock group got a chance to preview the State XC Course & race the best teams the state has to offer. Both squads raced in the Gold Division which is reserved for the best 20-30 teams at the meet with of over a hundred complete teams in total. The girls kicked off the day by controlling their effort through the first mile well. The 2<sup>nd</sup> & 3<sup>rd</sup> mile of the course is very hilly & the athletes need their energy to handle the elevation change. They did great to keep their paces controlled through miles two & three. The top runner was again Izzy Ross followed shortly by Lila Schwarz finishing in the top 55 in a loaded race. The girls placed 20<sup>th</sup>, in what is has been our hardest race of the season. The Boys Gold race went off shortly thereafter & the sun was starting to peak over the horizon a bit more. The conditions overall were great & our boys got off to a great start with a very controlled 1<sup>st</sup> mile. Nobody handled the middle & end of the race like BVSX did. We finished with 3 athletes medaling, which is a difficult thing to do with the quality of competition. Tommy Caul finished 7<sup>th</sup> (3<sup>rd</sup> of Kansas 5A runners), Micah Paschke 18<sup>th</sup> & Crew Buehler 24<sup>th</sup>. Canyon Buehler & Cooper Reeves helped secured a 5<sup>th</sup> place finish as a team finish (2<sup>nd</sup> in 5A). This was a very encouraging performance & gives us some confidence as we make our way into the back half of our season. We have a lot of work/progress to do but I look forward to what we will get done by the end of October & November.

Results: <https://ks.milesplit.com/meets/498238-rim-rock-classic-2022/results#.YzEN8-zMLq0>

### KC XC Classic Saturday Preview

This weekend we will be out at Ray-Pec for the Kansas City Cross Country Classic. It is a big meet with most of the schools from both sides of the metro together. The course is flat with lots of turns and changes in scenery. It isn't the most spectator friendly, but it is an honest course that the athletes should have fun with. Some of our top athletes will be sitting out this meet to solidify our last training block before the post-season gauntlet of races to end the fall.

Meet Information: <https://ajballew.wixsite.com/bvswxc/copy-of-meet-info-2021>

### Full Practice Schedule Fall 2022

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

[https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5\\_68cf7200e1254da5a9e4f80f41c0bdea.pdf](https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_68cf7200e1254da5a9e4f80f41c0bdea.pdf)

### No School Friday (Practice Plans)

Because of Parent Teacher conferences, there will be NO SCHOOL on Friday September 30<sup>th</sup>. We will then have practice in the morning. Some of our top athletes that are not racing this week will have a workout either on Campus or we will get in vans & drive off site. All other runners will have our typical Pre-Meet workout/run.

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

### NXR Heartland Sign Up

Parents/Athletes If you would, please click the link below if you are interested in attending the NXR Heartland Regional. It is a google form to get information & also give us an estimate on numbers we are expecting for our trip up to Sioux Falls after the season. Cost of the trip will be around \$150 range (depends on final numbers) & we will take care of transportation, lodging, meals & entry fee. Sign Up: <https://forms.gle/GV2qFHcjEuhnozXR8>

### Pasta Party Friday (9/30)

We will have our pasta party at the home of the Malinowski's. We are going to do things a little different this week. We will have practice on campus in the morning then we will head to the pasta party in the afternoon.

**11413 W 153rd St, Overland Park, KS**

### 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.

### **Things to put on your Calendar**

#### NXR Heartland Regional XC Meet (November 12<sup>th</sup> - 13<sup>th</sup>)

The date for the NXR Heartland meet is posted for Sunday November 13<sup>th</sup> 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](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 3<sup>rd</sup>)

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

### **Daily Schedule for Week 7**

<b>Day</b>	<b>Date</b>	<b>Location</b>	<b>Time – Who</b>	<b>Workout Details</b>
Monday	Sept 19	BVSU	3:00 PM - ALL <sup>1</sup>	-Recovery or Rest Day
Tuesday	Sept 20	BVSU – Track BVSU	5:50 AM – Elite/Black <sup>2</sup> 3:00 PM – ALL	-Tempo & Short Intervals -recovery run (Dbl)
Wednesday	Sept 21	BVSU	3:00 PM – ALL	-Recovery Run or Steady Run
Thursday	Sept 22	On Your Own Black Bob Park	O.Y.O. AM – Elite <sup>2</sup> 3:00 PM – ALL	-recovery run (Dbl) -Steady Activity
Friday	Sept 23	TBD or BVSU  Malinowski's	7:00 AM – ALL <sup>3</sup>  4:30 PM – ALL <sup>4</sup>	-Goal Pace Workout or Pre-Meet -Pasta Party
Saturday	Sept 24	<b>Ray-Pec Middle School</b>	<b>6:00 AM – ALL</b>	<b>KC XC Classic</b> <b>8:45am - Boys C-team</b> <b>9:30am – Girls Varsity</b> <b>10:30am – Girls JV</b> <b>11:15am – Boys JV</b>
Sunday	Sept 25	I-Lan Park	5:30 PM – ALL <sup>1</sup>	-Long Run

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

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

<sup>3</sup> – Friday – We may be going off campus with our group taking the racing week off, all others will be at BVSU

<sup>4</sup> – Friday Pasta party will still be in the afternoon at the Malinowski's **11413 W 153rd St, Overland Park, KS**

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