



SOUTHWEST PROJECT

XC Week

8

The Southwest Project Weekly Newsletter

The BVSX XC team capped off a rejuvenating recovery week with some great performances this weekend at the KC XC Classic. We begin our final stretch of the season as this will be our last full week with the JV & C-team kids. While I appreciate & understand the wave start format, I'm looking forward to getting back to normal after this week. We are going to have a great time competing at the St. James Relays on Thursday! The best way to keep in touch is to sign up for Remind ([Text @bvsx2](https://www.remind.com) to the [number 81010](https://www.remind.com)). "When" changes to our schedule happen, it will be sent through remind & email. You can also follow on [Twitter & Instagram \(@BVSWDistance\)](https://twitter.com/BVSWDistance) where I will send out cool information about the season.

I have updated the [BVSX XC website](https://www.bvsx.com) check it out!

Things for this week

KC XC Classic!

This was our first-time racing at this meet in a few years & it was quite the experience. The kids handled the wave starts like they've been doing it for seasons & I couldn't be prouder! The beautiful weather & great competition helped us run some fast times with a majority of them setting their personal/seasonal best. With nearly 40 schools in attendance we were able to get a bit of that BIG meet feel while still following hearth department guidelines. The meet director did not inform me how many athletes they will be medaling but I will give you a quick rundown of the meet.

On the Boys side, every Varsity athlete ran a seasonal best & despite being down a runner still managed to place 14th, ahead of 18 other schools. They competed hard & will continue to improve. The Boys JV did awesome finishing 9th overall with 2 Freshman, Crew Buehler & Tommy Caul, leading the way. In the C-team Race, Mitch Quijano was able to get revenge against his rival Henry Bradford as they led the way for BVSX. The Girls Varsity had the highest place of the meet of us, finishing 8th overall & the 3rd best Kansas school! Gigi Loffredo & Eden Schwarz were to top 2 runners placing 11th & 30th respectively. The Girls JV were 3 runners down from full strength but competed their best! We had many PR's in that race and placed 18th overall. For Results check out our [Meet Information](#) & click on "KC Classic"

Booster Club

I have really liked the Grab & Go Pasta Dinners! We have had such great support from our families to put these together with amazing food! If you would like to help get involved, click the link below. We are still looking for one more "host" next week.

Link for: [Grab & Go Pasta dinners](#)

We are also in need of your support through our Venmo account. Any amount you can give is helpful but if each family/athlete would donate \$25 it will help the program by giving us more options to celebrate our team.

Venmo Username: [bvsx20](#)

BIG THANK YOU'S!!

More thank you's are in order! Thank you to the Paschke's again for hosting the pasta party at Heritage Park Friday. Thank you to the Holland's, Zimmerman's & the Ellis's helping out too! We couldn't have done it without all of your help! THANK YOU to the Ellis's & Marshall's for dropping off snacks this week! It is a great treat for the kids when they get back from their run & they have something tasty to eat & drink.



St. James Relays this Thursday

This is the point in the season where we gear up for one final week all together before we take on EKL Regional & State in consecutive weeks. This meet is a fun & different take on Cross Country. The runners will be broken into teams of 2, 3 or 4 & run a relay format style race of 1600m or 3200m against each other & other schools. Kids will leave class at 1:30pm if they are in person, otherwise everyone needs to meet at the South Entrance of the school before 1:45pm to load up the Bus. Find more information about the meet using the [website](#) (Click on St. James Relays)

- 3:30 - 4 x 1 Mile relay - Girls
- 4:15 - 4 x 1 Mile relay - Boys
- 5:00 - 2 x 2 & 3 x 1 Mile relay - Boys and Girls
- 5:45 - 4 x 1 Mile relay - Parent / Coach

The exact relay teams will be determined early in the week and the schedule is listed above. If parents are interested in putting their money where their mouth is, there is a parent/coach's relay. Click the link below if you want to put a team together.

<https://docs.google.com/spreadsheets/d/1AXFqsj2ER-UXAMTJUSryTMQIGKi-p2aX1-Oa4AZ4Ulk/edit#gid=0>

The Meet is located at the [Pastoral Center in Kansas City Kansas](#)

SPIRITWARE

Spiritware has been ordered & we will get it to everyone as quickly as possible!

Daily Schedule for Week 8

Day	Date	Location	Time	Workout Details
Monday	5-Oct	Heritage Park Shelter #8*	3:30pm	Easy/Long Run
Tuesday	6-Oct	BVSW	5:50am ¹	WU, 10-12 x 200 @Sprint (200 jog rec), CD
Wednesday	7-Oct	Heritage Park Shelter #8*	3:30pm	Recovery/Pre-Meet
Thursday	8-Oct	Pastoral Center, Kansas City, KS ³	1:30pm-6:45pm	<u>St. James Relays³</u> 3:30 - 4 x 1 Mile relay - Girls 4:15 - 4 x 1 Mile relay - Boys 5:00 - 2x2 & 3x1 Mile relay - Boys and Girls 5:45 - 4 x 1 Mile relay - Parent/Coaches
Friday	9-Oct	BVSW	3:30pm	Easy/Recovery Run
Saturday	10-Oct	Pierson Park⁴	7:30am	WU, 3-5 x 1k @5k Pace (2:30 rec), CD
Sunday	11-Oct			OFF – (Quality day on <u>Monday</u>)

*Check out the website for details if you need the exact locations of practices. https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_e2531404660849af8c530b117158cee9.pdf

¹Early Morning Practice! Please arrive at 5:50am sharp, to go through a SHORT team meeting before we start

³See Meet information sheet on the BVSW website for more details about the meet!

⁴Pierson Park is the location of our [Regional](#), it is very Hilly & different then many of the courses we have run

