



# SOUTHWEST PROJECT

XC Week

7

## The Southwest Project Newsletter Week 7

After our home meet & the trip to Minnesota this week should take us back to normal. The middle of the season is upon us & soon we will be gearing up for the post season with our most important races within view. The best way to keep in touch is to sign up for Remind ([Text @bvswxc20](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 us on [Twitter](https://twitter.com/BVSWDistance) & [Instagram \(@BVSWDistance\)](https://www.instagram.com/BVSWDistance) where I will send out cool information about the season.

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

## **Things Moving Forward**

### Canis Lupus Cup & Minnesota (Recap)

The JV squad was able to get the week started off with a bang on Wednesday. We hosted in an 8 team JV meet with some of the top schools from the area. Our girls had 2 medalists, Addison Ellis (6<sup>th</sup>) & Alex Laurie who won the whole race! As a team the Girls placed 2<sup>nd</sup> behind only Olathe West (ranked 1<sup>st</sup> in 6A). The boys had a solid day with Drake Dombrosky (10<sup>th</sup>) leading the way as our top runner. The boys finished 4<sup>th</sup> as a team behind some very good 6A teams. The Canis Lupus Cup takes the scores of both the Girls & Boys races & combines them together for each team with the lowest combined score being the official winner. With Boys & Girls scores combined the BSW Timberwolves placed 3<sup>rd</sup> overall. I was so proud of this group not just for their performance on the course but in how they handled themselves with warmups & managing themselves <https://ks.milesplit.com/meets/445363-blue-valley-southwest-canis-lupus-cup-2021/results/765766#.YVFEam3MJQL>

The Minnesota Squad had a heck of a weekend! After a 7-hr drive the boys got us started with a 9<sup>th</sup> place overall finish (only 13pts out of 6<sup>th</sup>) against the best teams in the Midwest. Micah Paschke (39<sup>th</sup>) had a late push to lead the boys’ team to their top 10 finish. The girl’s gold race followed with Izzy Ross (72<sup>nd</sup>) leading the girls team to a 38<sup>th</sup> place finish. With over 100 schools competing at this meet from across 8 States the Timberwolves represented themselves well! Overall, it was a great experience. I hope we can continue to go to meets like this that take the athletes experience & make it a priority. <https://mn.milesplit.com/meets/440048-roy-griak-invitational-2021/results#.YVHsaG3MJQI>

### KC XC Classic (Saturday)

This is always a tough week for our athletes. Many of them are coming off the biggest meet of the season or have 4 consecutive weeks of racing under their belts. We will rest a handful of kids this week based on what the coaches & athletes think/feel. This gives many athletes a chance to “race up” in either Varsity or JV races.

The meet is behind the Campus of Raymore-Peculiar (Middle School) beginning at 8:45am for the Boys C-team race & going until 11:15am for the Boys JV. The course is flat with a lot of turns and a lot of changing scenery with trees, creeks, ponds & fields to run through. It’s a good meet, with quality teams from Kansas & Missouri.

### Spirit-wear Orders still TBA (Sorry)

I have been in contact with our school store & spirit-wear vendors. Right now, they are dealing with major supply chain issues. A good amount of the orders are in, but we are still waiting on a few more things. I hope we can get what they have to you soon & I will let you know when we get the rest.

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

### Pasta Party at the Paschke's Friday

The Paschke's are hosting our Pasta Party this week at their home. We will arrive at their house around 3:30-3:45pm after school. We will run from there in our typical Pre-meet

### No Practice Sunday October 3<sup>rd</sup> & October 10<sup>th</sup>

With the Thursday meets the next 2 week (10/7 & 10/14) Please make plans to make it to the Monday practices.

### Booster Club HELP!! Booster Club Dues

The Booster Club will be sending out more details about signing up for both Snacks & Pasta Parties. We also have a few positions, so if you are looking to get involved, we can use your help! Click the link to sign up for something! <https://ajballew.wixsite.com/bvswxc/news-updates> Please help the Southwest Project by paying your booster fees if you haven't done so already. See the link.

<https://docs.google.com/document/d/1qDCnxEnVIKcFRVOvxd75zzDwzs4mKLbsOFTzcYTlo1Q/edit?usp=sharing>

### Daily Practice Schedule

Here is a link to our daily practice schedule for the fall [https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5\\_f4458260268c42e9a1af374ee39253a2.pdf](https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_f4458260268c42e9a1af374ee39253a2.pdf)

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

#### Nike Cross Country Regional – Heartland (November 13-14<sup>th</sup>)

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 below

<https://ajballew.wixsite.com/bvswxc/nxn-heartland-xc>

#### BVSW Cross Country Banquet (November 18<sup>th</sup>)

We will have a dinner catered, hand out awards, give speeches & have a great time. The entire Running Family is invited. More information will come out about the specifics as we continue through the planning process.

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

<b>Day</b>	<b>Date</b>	<b>Location</b>	<b>Time – Who</b>	<b>Workout Details</b>
Monday	Sept-27	Heritage Park Shelter #8	3:15pm – ALL <sup>&amp;</sup>	-WU, Steady/Rec, 5xBU's
Tuesday	Sept-28	BVSW Track (am) BVSW Courtyard	5:50am – Elite 3:15pm – ALL <sup>**</sup>	-SPWU, Sprint Workout, CD -WU, Recovery, SAM
Wednesday	Sept-29	BVSW XC Course	3:15pm - ALL	-WU, 1k's @5k, CD or -WU, Steady, Core-X
Thursday	Sept-30	BVSW (am) Black Bob Park (pm)	6:40am – Elite <sup>**</sup> 3:15pm – ALL	-WU, Recovery -WU, Steady/Rec/Fartlek, CD
Friday	Oct-1	BVSW Courtyard	3:15pm - ALL	-WU, Pre-Meet, CD, Stretch, Roll or WU, 1k's @5k, CD
Saturday	Oct-2	<b>Ray-Pec Middle School</b>	<b>6:00am – Arrive at BVSW</b>	<b>KC XC Classic</b> Boys C-team – 8:45am Girls Varsity – 9:30am Boys Varsity – 10:00am Girls JV – 10:30am Boys JV – 11:15am
Sunday	Oct-3	No Practice		Rest

<sup>\*\*</sup>Optional Double Runs for Elite Athletes (25-30min recovery pace with short strength circuit after)

<sup>&</sup> Athletes who run on Sunday will take the next Monday completely off, REST!

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