



SOUTHWEST PROJECT



Week #

9

The Southwest Project Newsletter Week 9

This starts the last week of our “regular” season. It is hard to believe the journey we started so long ago will soon be coming to an end. Make sure that all athletes do everything they can to stay healthy & happy. We need EVERYONE competing at their best as we finish the season with a bang! The best way to keep in touch is to sign up for Remind ([Text @bvs wxc22](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/bvs wxc22) & [Instagram](https://www.instagram.com/bvs wxc22) (@BVS WDistance) where I will send out information throughout the season. I have updated the BVSX XC Website check it out! <https://ajballew.wixsite.com/bvs wxc>

Things Moving Forward

Eastern Kansas League Preview (Thursday-10/13)

This meet will cap off our sub-varsity regular season. This will be our last official race for the JV & C-team runners for the 2022 XC season. The EKL has been a very competitive league for a long time. There are multiple podium teams & medalists to come out of this league every year. The exact make-up of the league has changed a bit since BVSX joined in 2010, but at the core is still intact with 5 Blue Valley schools along with 3 private catholic schools (STA, St.J & Miega). What makes the league so tough is that there are no “bad” teams, so all must bring your best every race or you will fall in the team race very quickly. We have the best of both worlds, we will have the benefit of having home field advantage on our course, but since we are not hosting, the coaches/athletes/parents will be out on the course cheering & supporting.

After the meet I will talk with the runners who we are inviting to be on the Regional team (including alternates) to attend all practices throughout the rest of the season. All athletes planning on going to the NXR Heartland meet in South Dakota will continue to train with the team but may not be invited to certain events when transportation is limited.

Heartland Relay Carnival Recap

This relay meet is one of my most favorite events of the season & it did not disappoint. It is a unique fun exciting environment that gives great speed work for the kids as going into the final meets of the season. In the Girls 4x1mi Relay the team of Maryam El-Demerdash, MacKenzie Wasinger, Izzy Ross & Alex Laurie were our top (& only) team placing 8th. We did have 4 very evenly matched 4x1mi boy’s teams that all finished within 40s of each other. The top team in this close match up was Crew Buehler, Lucca Franzoni, Noah Russell & Drake Dombrosky taking 4th. Our boys’ 2x2mi team of Jackson Harmon & Marco Carrillo also placed 21st. To end out the day for the BVSX athletes, three girls 3x1mi Relay teams competed their best but the squad of Lila Schwarz, Skyler Fisher & Stella Malinowski placed 3rd against some great teams. I was so proud of how everyone competed but the most important lesson I hope they learned was that they can handle running fast even if the race distance increases.

Results: <https://www.heartlandtiming.com/results/2022/2022%20Relay%20Carnival%20Results.pdf>

Pasta Party Wednesday (10/12)

Thank you to the Clark’s for hosting our pasta party last week! We greatly appreciate your hospitality. This week we will be meeting at the BVSX Concession stands after our practice this Wednesday. We will do our typical pre-meet run on our course & food will be ready upon our return.

Team Pictures Wednesday (3:00pm BVSX)

We will have our team & individual pictures Wednesday at 3:00pm in the BVSX courtyard. Please wear your white tops & black team shorts for the pictures. I will have handouts at practice or you can pre-order them <https://pec-sports.hhimagehost.com/V2/Home/LoginConsumer?EK=214118>

NXR Heartland Sign Up – FINAL CALL

Please fill out the 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>

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

Homecoming Festivities

Mrs. Paschke sent out information about a few things regarding our homecoming festivities. First is the Trunk or Treat on October 12th at 5:30pm. You can sign up to donate candy and/or you can help hand it out. Second is the Homecoming Parade on October 13th, IF (as an athlete) you want to be in the parade, you must download, print, sign & turn in the permission form to the office. <https://docs.google.com/document/u/0/d/1Pu0N5sBFkT-AeOMlqidYAZsJUZJun80eZx2EBJiW-8E/mobilebasic>

Final Spiritware arrived

If you/athlete was gone on Friday, we got the final orders for our spiritware, including our black team T-shirts. You can pick them up at practice Monday. We will all wear the Black shirt for the EKL meet on Thursday.

Things to put on your Calendar

NXR Heartland Regional XC Meet (November 12th - 13th)

The date for the NXR Heartland meet is posted for Sunday November 13th 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 or <https://ajballew.wixsite.com/bvswxc/nxn-heartland-xc>

Team Banquet (TBD-Week before Thanksgiving)

We are in the scheduling/planning phase of putting together our XC Banquet. Be on the lookout for more information from our booster club. It is a great event & is our opportunity to recognize all the work the athletes put in this season.

NXN Watch Party (December 3rd)

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 9

Day	Date	Location	Time – Who	Workout Details
Monday	Oct 10	BVSU	3:00 PM - ALL ¹	-Race Pace Workout
Tuesday	Oct 11	On Your Own Heritage Shelter 8	5:50 AM – Elite/Black ² 3:00 PM – ALL	-recovery run (Dbl) -Recovery Run
Wednesday	Oct 12	BVSU ³	3:00 PM – ALL ³	-Pre-meet Run -Pasta Party ³
Thursday	Oct 13	BVSU Cross Country Course	1:00 PM – Leave Class For C-team 2:00 PM – Leave Class Everyone else	<u>Eastern Kansas League</u> 2:30pm – Girls C-team 3:15pm – Boys C-team 4:00pm – Girls JV 4:30pm – Boys JV 5:00pm – Girls Varsity 5:30pm – Boys Varsity
Friday	Oct 14	On Your Own	-Regional/NXR Teams	-recovery Run
Saturday	Oct 15	Lexington Lake Park ⁴	7:30am – Regional Team	-Recovery Run
Sunday	Oct 16	Deanna Rose	5:30 PM – Reg/NXR	-Steady Run

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

² – Tuesday– Morning Practices are easy doubles for Elite/Black Group Runners

³ – Pasta Party at BVSU. After practice we will meet near the concession stands for food

⁴ – The Regional team will head out to Lexington Lake Park for a preview of the Regional Course

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