



SOUTHWEST PROJECT

XC Week

8

The Southwest Project

The Blue Valley Southwest Cross Country program had an eventful weekend! Half of our squad fought mud & cold hoping to hold off the rain while the other fought off crowds of 700+ runners and battled in the heat. We are back together again for the St. James Relays and a team bonding trip to Worlds of Fun this week. I look forward to what this week brings!

Stay up to date with Remind (Text @BVSXWC2 to 81010) or follow @BVSWDistance on Twitter or Instagram. Check out the BVSX XC website here <https://ajballew.wixsite.com/bvswxc>

Things for this week

Fun Relay Carnival This week (St. James Heartland Relays – JCCC, October 10th)

This is our most unique event we attend when it comes to racing. We will divide our squad into relay teams of 2, 3, or 4 kids and run relay legs of 1 or 2 miles. The coaches will determine the teams and distances based on what we think each athlete needs.

<https://ajballew.wixsite.com/bvswxc/meet-info-2019>

It is a blast and feel free to “flare up” your jerseys for each relay team to “stand out.” There is even a coaches/Parent Relay race. Click the link below if you’d like to register a team.

<https://docs.google.com/spreadsheets/d/1GJx6YRfJ7Ls1PRT5iAB1wdWUJ8aVovCDDMYk15QUzVM/edit?usp=sharing>

Meet RECAPS

Chile Pepper Festival was a warm meet with THOUSANDS of athletes competing from junior high, high school & college. It was chaotic to say the least but our kids persevered and ran great! Girls took 19th out of 81 schools. Our boys finished 31st out of 103 teams. There were nearly 700 kids in both races and getting a spot on the starting line was quite the ordeal! Our kids handled it with class & dignity despite the uncertainty. Dealing with the adversity will only make us stronger and more prepared for anything in the future.

https://flashresults.com/2020_Meets/xc/ChilePepper/

The JV & C-team squads took on a lot of the opposite problems at Baldwin on the same day. It was cold, wet & muddy but again, our kids handled with grace & class. We had kids holding their own in varsity races, we saw some big PR’s, & had kids winning the whole race. I’m incredibly proud of everyone for their hard work!

<http://tickertiming.com/2019/10/baldwin-xc-classic/>

Team Bonding October 12th at Worlds of Fun

We are organizing a trip for a team bonding activity to Worlds of Fun Saturday afternoon/evening. We can get a group discount price if you pay the booster club by Thursday October 10th at the St. James Relays. We will give the tickets out on Saturday morning’s practice. Meet at the entrance of Worlds of Fun at 11:00am. Coach Ballew & Brandow will be there to help supervise & be present if needed. Communication plans will be set up with the coaches before entering.



Pasta Party This Week

We are looking for a Pasta Party host for Wednesday October 9th. We had a few last-minute changes and this date has opened up. If you are interested contact me or the Booster Club & we will get you're the information you will need.

Daily Schedule for Week 8

Day	Date	Location	Time	Details
Monday	7-Oct	Heritage Park Shelter #8 ¹	3:10pm ¹	-Long Run, Strides ¹
Tuesday	8-Oct	XC Course	3:10pm	-Long Intervals@5k
Wednesday	9-Oct	Campus Pasta Party ²	3:10pm After Practice ²	-Pre-Meet -Pasta Party ²
Thursday	10-Oct	J.C.C.C. (West Campus) ³	12:45pm- 7:00pm ³	St. James Relays³ 2:30pm – 4x1mi Girls 3:15pm – 4x1mi Boys 4:00pm – 2x2, 3x1 Mix 4:45pm – 4x1mi Coach 5:30pm – Awards & Presentation
Friday	11-Oct	Campus	3:10pm	-Recovery Run, Core
Saturday	12-Oct	Quivira Park Worlds of Fun ⁴	7:30am 11:00am ⁴	-Tempo Run -Worlds of Fun ⁴
Sunday	13-Oct	No Practice	-	-

¹This Practice is for any athlete that DID NOT attend the run on Sunday October 6th

²We are still in need of a host for this pasta party. If we can't get a host we will have to scrap it for the week.

³The XC course is on the west side of the JCCC campus behind the Police Academy. Kids will leave school near the end of timbertime that day & be loaded on the bus by 1pm. After the awards we will stay and listen to a presentation from Mark Curp, the World & American Record holder in the Half-Marathon in the 1980's & 90's. He held the American record from 1985 to 2007. Runners will be broken into relay teams organized by the coaches. The teams will be posted on the website under BVSU Entries as soon as they are finalized.

⁴Thursday is when the payment for the event is due, Saturday morning, at practice we will hand out tickets & then each athlete can meet us at the entrance of the park by 11:00am. More details will come from the Booster Club.

