



SOUTHWEST PROJECT

XC Week

6

The Southwest Project

Great work by the entire running family to help us run the Southwest Middle School Championship. We hosting another meet this week & we will need all hands-on deck for that! I look forward to what this week brings to the Southwest Running Family.

Stay up to date with Remind (Text [@BVSWX2](https://www.remind.com/) to 81010) or follow [@BVSWDistance](https://twitter.com/BVSWDistance) on Twitter or Instagram
Check out the BVSX XC website here <https://ajballew.wixsite.com/bvswxc>

Things for this week

TWO meets this week (Rim Rock – Varsity & Canis Lupis – JV/C)

This week we will be splitting our squad. The Varsity group (Top 7) that is listed on the meet page will be going to historic Rim Rock Farm in Lawrence for one of the best high school meets in the mid-west. The course is beautiful but challenging along with level of competition. We will be competing in the “Gold” division which is for the top schools in the meet. We encourage all runners NOT participating to come out and support the team! They will be charging for parking & come EARLY!

The JV & C-teams will be competing in a home meet at the Canis-Lupis Cup. There will only be two races (1 boys race & 1 girls race) & the JV & C-teams will run together. We do have medals at this meet & a traveling team trophy. It is a fun meet with some solid competition. Runners are NOT eligible to move up to varsity for the next meet due to the different course conditions here & Rim Rock.

https://docs.wixstatic.com/ugd/ab0cb5_a5c026706c91487cb3247639b9c5a4f0.pdf

Southwest Middle School Classic: Saturday RECAP

BIG THANK YOU to everyone that came out Saturday and made the middle school meet a success. I saw a lot of great performances and everyone represented BVSX with pride & dignity. I hope that we are able to continue that sort of relationship with the middle schools in the future.

Thank you to everyone for coming to IHOP

The IHOP fundraiser was a success & we couldn't have done it without you! We will send out more details about future fundraisers coming up this year.

Pasta Party Friday

We will be having out 2nd pasta party at the home of the Price's on Friday September 27th. We are still in need of helpers. Just click the link below and sign up. If not contact the booster club and they can get you added!

16313 Barton St, Overland Park KS

<https://docs.google.com/document/d/1L64yjO5ntXSW9SDiSOuLoUI62vMXg2ZSqzvuPpLyla4/edit?usp=sharing>



Daily Schedule for Week 6

Day	Date	Location	Time	Details
Monday	16-Sep	Heritage Park Shelter #8 ¹	3:10pm ¹	-Long Run, Strides ¹
Tuesday	17-Sep	XC Course	3:10pm ²	-Mod Intervals @5k pace
Wednesday	18-Sep	Campus ³	3:10pm	-Easy Run & Speed (Varsity) ³ -Pre-Meet Run (JV/C) ³
Thursday	19-Sep	XC Course JV/C - XC Course⁴	3:10pm 3:30-6:30pm⁴	-Easy Run (Varsity Only) Canis Lupis Cup⁴ 4:30pm – ALL Girls 5:15pm – ALL Boys
Friday	20-Sep	Campus “The Price’s Home”	3:10pm 5:00pm*	-Pre-Meet -Pasta Party
Saturday	21-Sep	Rim Rock Farm⁵	6:20am-12:30pm⁵	Varsity Gold Division⁵ 9:25am – Girls Gold 10:05am – Boys Gold
Sunday	22-Sep	I-Lan Park ⁶	5:00pm ⁶	-Recovery Run & Core ⁶

¹Anyone who attended the practice Sunday (September 22nd) is exempt for practice Monday. There is no difference between what we will be doing these two days.

²No morning practice

³The middle schools are hosting a race on our course. We will stick around to watch and cheer!

⁴All athletes that are racing need to meet at the entrance of the course at 3:30pm to walk the course and get ready to do warmups. All girls will be running in one race & so will the boys. Each race will be scored in a typical XC format but a team champion will be determined by adding the score of both boys & girls teams together. Varsity athletes will still have normal practice.

⁵Varsity athletes need to arrive at BSW by 6:20am, where we will take vans to the meet. We only have room for athletes that are running, but we would love more of the team to come out to the race. We are racing in the Gold division for both the boys & girls. PARENTS: the course is on a narrow dirt road north of Lawrence, so arrive early because traffic & parking will get backed up quickly.

⁶If an athlete comes Sunday, they need to take Monday Off from practice. We believe it is important for an athlete to run the day after a hard training/racing experience to actually aid in the recovery process. Taking the day off before another hard workout is better than the day after.

