



SOUTHWEST PROJECT

XC Week

8

The Southwest Project Newsletter Week 8

After a very good week at the KC classic the Timberwolves are back in action at one of my favorite meets of the year, the St. James Relay carnival. The meet is on a Thursday & will consist of relay teams that will compete in different divisions. The best way to keep in touch is to sign up for Remind ([Text @bvs wxc20](https://www.remind.com/text/@bvs wxc20) to the number 81010). “When” changes to our schedule happen, it will be sent through remind & email. You can also follow us on [Twitter](#) & [Instagram \(@BVSWDistance\)](#) where I will send out cool information about the season. I am keeping the BVSX XC Website updated, check it out! <https://ajballew.wixsite.com/bvs wxc>

Things Moving Forward

KC XC Classic Recap (Saturday)

We had a lot of runners resting up this weekend but the kids that did compete really brought their A-game! The KC XC Classic is a BIG meet with nearly 50+ schools competing from all around the Kansas City Metro area on both sides of the State Line. Our boys C-team race got things kicked off with Sean Quijano being the first to cross the finish line in a time of 24:39 in a big PR! The Varsity teams then got rolling. The girls didn’t field a full team, but we did have medalist Izzy Ross place 18th in a time of 19:37 and her best time since Olathe Twilight. The Boys’ varsity was made of mostly JV runners competing up a level against the City’s best and holding their own. Brenden Duncan was the Timberwolves top runner (18:22). Boys finished 35th as a team. The JV squads finished out the day with Ashley Boley (24:25) as the girls first across the line then in the Boys race Mitch Quijano (like his little brother) was the first BVSX XC athlete to finish (19:59) breaking 20 mins for the 2nd time. Most results can be found using the website <https://mo.milesplit.com/meets/441513-kc-xc-classic-2021/results#.YVpqOkbMLUo>

St. James Relay Carnival (Thursday)

The St. James Relay Carnival is a fun and unique event unlike anything else in the Metro area. Since this is the week before our League, Regional & State Competitions begin we want something to shake up the type of racing we do. This meet will have all athletes compete on Relay teams made up of 2, 3 or 4 runners and race at distances of 1mi or 2mi. There is even a coach’s event after the high school races are over. We divide up the athletes into different relay teams. In most cases, we will divide up the relay teams so that they will be competitive with each other BVSX team. Meet information can be found at <https://ajballew.wixsite.com/bvs wxc/copy-of-meet-info-2020>

Our top Elite athletes are chomping at the bit to race more while our JV & developmental athletes are probably feeling the fatigue of a long season. Either way this is the perfect scenario for our runners to push themselves & prepare themselves for post-season while also having some fun!

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. Hopefully we can get the rest of our orders soon.

Pasta Party at the Hottovy’s Home Wednesday (10/6)

The Hottovy’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. **11460 W 155th Ter, Overland Park, KS** Thank you to the Paschke’s for hosting last week’s Pasta Party!

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

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>

No Practice Sunday October 10th

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

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

Regional Assignments have been Posted

Regional site & teams have been posted on KSHSAA's website. The venue is at the Pastoral Center in KCK (Same location as St. James Relays). The competition will be tough with five the top teams in 5A fighting for only 3 qualifying spots. <https://www.kshsaa.org/Public/CrossCountry/RegAssignments.cfm>

Things to put on your Calendar

Nike Cross Country Regional – Heartland (November 13-14th)

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 18th)

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 8

Day	Date	Location	Time – Who	Workout Details
Monday	Oct-4	BVSW Courtyard	3:15pm – ALL	-WU, Michigan @T/1mi, CD
Tuesday	Oct-5	BVSW (am) Verheaghe Park (pm)	6:40am – Elite** 3:15pm – ALL	-Recovery Run -WU, Steady/Rec, SAM
Wednesday	Oct-6	Hottovy's Home	3:15pm – ALL	-WU, Pre-meet Recovery, Roll/Stretch
Thursday	Oct-7	BVSW (am) Pastoral Center, KCK	6:40am – Elite** 12:30pm-7:30pm – ALL	-Recovery Run St. James Relay Carnival Girls 4x1mi – 3:30pm Boys 4x1mi – 4:15pm Girls & Boys 2x2mi – 5:00pm Girls & Boys 3x1mi – 5:45pm
Friday	Oct-8	BVSW Courtyard	3:15pm – ALL	-WU, Steady/Recovery
Saturday	Oct-9	TBA	7:00am - ALL	-WU, Steady, CD
Sunday	Oct-10	No Practice		Rest

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

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