



# SOUTHWEST PROJECT



Week #

10

## The Southwest Project Newsletter Week #10

Big congratulations to the entire program at the EKL Championship. That was by far our best showing at that meet in our program's history! It is the result of the hard work, dedication & team mindset you all have built. Now we journey on to the post season where we expect to continue that success. To stay up to date & follow us on Instagram (@BVSWDistance) where I will send out cool information about the season.

Join the GroupMe: [https://groupme.com/join\\_group/100852708/OdwPn0bo](https://groupme.com/join_group/100852708/OdwPn0bo)

For more information about the BVSX XC team checkout the Website! [www.bvswxc.com](http://www.bvswxc.com)

### NEW INFORMATION

#### EKL Championship – Recap

There are a few meets I have been at as a coach where every race goes better than expected, but the EKL Championship of 2024 may go down as one of the most impressive performances in program history! The Girls JV started the parade of PR's with **Erica Walker** (2<sup>nd</sup>) finishing as the top girl for BVSX taking the runner up finish after a smart start! She was joined on the podium by **Rachel Pishney** (9<sup>th</sup>) who combined with their teammates to finish 3<sup>rd</sup> overall, but the top Blue Valley! We have struggled to put together a full JV girls team in the past few years, so taking 3<sup>rd</sup> was a BIG improvement with more to come. With teams having the option to run 7-10 kids in the JV race, I wasn't sure what to expect from the competition, but I knew we were strong! As the race broke & our boys made their way into the finishing stretch we narrowly missed out on a perfect score but we were able to put all 7 point getters on the podium! **Gabe Lewis** (1<sup>st</sup>) was your Individual Champion, but had **Zach Brewington** (2<sup>nd</sup>) on his heels the whole race! The pack of wolves just kept coming with **Eugene Giam** (3<sup>rd</sup>), **Austen Niermeier** (4<sup>th</sup>), **Max Clark** (6<sup>th</sup>), **Rohan Chalamalasetti** (7<sup>th</sup>) & **James Strobl** (9<sup>th</sup>) taking 7 of the top 9 in the race. The boys JV defends their team title by scoring 16 points.

As if a near perfect score wasn't enough, the girls Varsity took the course & showed the State what they were made of! **Izzy Ross** (2<sup>nd</sup>) had a great showing managing the fast pace & setting a seasonal best. But not to far behind came **Campbell Harger** (5<sup>th</sup>) & **Avery Reynolds** (7<sup>th</sup>) who also finished on the individual podium. Our goal was to match up with St. James, the 2x defending State Champions & current #1 ranked team in 5A. We did exactly that beating them at 4 out of 5 scoring positions, which lead to the Timberwolves Girls winning their FIRST EKL team Championship in program history! It was a great day for the girls' team overall & I couldn't have been more proud! There was NO WAY the boys' varsity could possibly top that performance... or so I thought. The race got out hot for our top 3 boys who ended up running away from the competition early on. Canyon Buehler (1<sup>st</sup>) won his first ever XC race to become BVSX's first individual EKL Champion in program history! **Alex Roberts** (2<sup>nd</sup>) & **Elijah Chavez** (3<sup>rd</sup>) were nipping at his heels as it came down to the final sprint. As the chase pack emerged from the funnel with 600m to go Freshman **Andrew Claar** (4<sup>th</sup>) ran the race of his life to set a HUGE PR and keep the perfect race going & **Cameron Paschke** (5<sup>th</sup>) secured it by out kicking some very fast runners! **Wyatt McCulley** (12<sup>th</sup>) also earned a podium position! By scoring 15 points, it sets (or ties) an EKL record for points that can NEVER be broken.

Results: <https://ks.milesplit.com/meets/630325-eastern-kansas-league-championship-2024/results>

#### Regional – Preview Saturday (BVSX XC Course)

In almost every year, Regional is a big, tough & important race. While it is still important to take care of business, the opportunity for us to qualify both teams to State are high. We haven't qualified both teams in back to back seasons since the 2018-19 seasons. Competition at the front will be tough for both teams, but I know that with calm minds & fresh bodies that we will walk away with what we need to be ready to win State the week after.

Link to Meet Page: <https://www.bvswxc.com/copy-of-meet-info-2023>

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

Regional Help – Please contact coach Ballew

**We need some helpers** at the Regional Meet to be course monitors & crowd management. If you can help, please email me & meet me at the starting line 30 mins before the first race for assignments & details. I would encourage parents of alternates & athletes only going to Nike so that parents don't miss their own kids running.

Pasta Party This Week – Wednesday at the Paschke's

Big Thank You to the Walker's for hosting a wonderful pasta party last week. Despite not having school we will have a pasta party Friday October 19<sup>th</sup> at the home of the Paschke's. We will meet at their house & run from there. Address: **11610 W 157 Terrace, OP**

NXR Heartland – Nov 9-10<sup>th</sup>

Now that EKL is over, the team heading up to Sioux Falls SD should be established with the roster link below. If you are NOT on the list or need to be removed, please contact me ([ajballew@bluevalleyk12.org](mailto:ajballew@bluevalleyk12.org)) as quickly as possible. Cost of the trip is determined by the number of athletes we have attending. **Roster:**  
[https://docs.google.com/spreadsheets/d/1M19jSUSX9\\_V6DN1IJyL666OHSCbPvFtZY6r637Qj12g/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1M19jSUSX9_V6DN1IJyL666OHSCbPvFtZY6r637Qj12g/edit?usp=sharing)

Uniform Check-in – November 18<sup>th</sup>

We will have uniform check-in on Monday November 18<sup>th</sup> in Room 705. Athletes need to make sure they have everything in their bag. We will check numbers on all items before leaving & vote on post-season awards.

Banquet – Save the Date (Nov 20<sup>th</sup>)

We will be having our Cross Country banquet on Wednesday November 20<sup>th</sup> starting at 6:00pm. Food will be provided, but more information will be sent out through the booster club emails.

## **Daily Schedule for Week 10**

<b>Day</b>	<b>Date</b>	<b>Location</b>	<b>Time – Who</b>	<b>Workout Details</b>
Monday	Oct-21	BVSW <sup>5</sup>	3:05pm – ALL <sup>5</sup>	-LL, <b>Recovery Run</b> , 4xBU's, HT, Band, LegE
Tuesday	Oct-22	BVSW BVSW	TBA – Elt/Blk <sup>2</sup> 3:05pm - ALL	-rec Run (Dbl) - FullWU, <b>CV+/5k Pace</b> , CD, Roll, Leg E
Wednesday	Oct-23	BVSW	3:05pm – ALL	-LL, <b>Recovery Run</b> , 4xBU's, HT, Band, Rol
Thursday	Oct-24	BVSW <sup>2</sup> Heritage Park #8	TBA – Elt/Blk <sup>2</sup> 3:05pm - ALL	-rec Run (Dbl) -1/2WU, <b>Steady Run</b> , BUs, HT, Band, Roll
Friday	Oct-25	Paschke's Home <sup>3</sup>	3:05pm – ALL <sup>3</sup>	-LL, <b>Pre-Meet</b> , BUs, HT, Bnd, Roll, Strch, LegE
Saturday	Oct-26	<b>BVSW XC Course<sup>4</sup></b>	<b>9:00am – Reg Tm<sup>4</sup></b>	<b>5A/4A Regional</b> <b>Girls: 10:35am      Boys: 11:45am</b>
Sunday	Oct-27	Deanna Rose <sup>5</sup>	5:30pm – ALL <sup>5</sup>	--LL, <b>Recovery Run</b> , 4xBU's, HT, Leg Elv

<sup>2</sup>Black & Elite training groups will meet for optional morning double

<sup>3</sup>Pasta Party at the Paschke's Address: **11610 W 157 Terrace, OP**

<sup>4</sup>**Regional Team need to meet at the BVSW XC Course at 9am**

<sup>5</sup>Athletes attending Sunday practice will take off the Monday (day after)

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