



SOUTHWEST PROJECT

XC Week

10

The Southwest Project Newsletter Week 10

After a fun EKL & Homecoming week we now get to the part of the season where the rubber hits the road. We have been building up the whole year to see where we stack up & if we are able to qualify for the State Championship. The best way to keep in touch is to sign up for Remind (Text @bvswwxc20 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/bvswwxc>

Things Moving Forward

EKL – Recap (Thursday-10/14)

In our final meet for the entire team, we went out with a BANG! The meet got started off with a yo-yo style victory from Stella Malinowski, who took home the title for BVSX in a time of 23:15. The Boys C-team placed 7th as a team with our top runner being Henry Bradford in 27th with a seasonal best time of 22:06. The Girls JV placed 4th overall & they were led by Sophomore Grace Zimmerman who medaled by taking 12th overall. The Boys JV race was a battle all the way to the end. At the front the Timberwolves swept the top 2 finishers with Nate Kaestner (2nd) & Cooper Reeves (1st). From there, the 3rd BVSX athlete to finish was Baily Stanfield (10th). The boys had an incredibly close team race in which through 5 runners both BVSX & St. James had 50 points. Which means to break the tie, it came down to the 6th runner but unfortunately St. James came out victorious. The Girls Varsity depth was incredibly high. Izzy Ross was our top finisher (4th), she helped lead the team to a 6th place finish. The Boys’ Varsity was the last race of the day & it didn’t disappoint. The Timberwolves had 2 medalists, Drew Dombrosky (10th) & Micah Paschke (8th) who led the us to a 2nd place finish as a team. It was a great day with so many medals earned in one of the toughest leagues in the State.

Regional Meet (Saturday-10/23)

This week we will be heading up the Pastoral Center in Kansas City, KS to compete for our chance to make it to State. The Regional that BVSX has been placed in has been VERY challenging for many years. This year is no exception. On the girl’s side Five of the top Ten teams in the State rankings are in our Regional & FIVE of the top FIVE are there in the Boys. Unfortunately, only the top 3 teams will qualify for the State Championship Next week. I believe that both teams can qualify for State, but it will take our top effort (& maybe some luck) to make it happen. Individuals can also qualify for State if the team doesn’t, but you must be one of the 5 fastest runners NOT on a qualifying team.

Ultimately, we do not feel sorry for ourselves because of the tough Regional. It is the quality of competition that has made us better throughout the years. It is by having the carrot out in front of us that has driven BVSX to become one of the best teams in the State. If your goal truly is to develop this program into the best team in the Nation, then it will require high standards, high expectations & making no excuses for anything. Work needs to be done, but I KNOW BVSX is up to the challenge! We could really use EVERYONE’S help & support, so find a way to make it out & cheer on the BVSX Timberwolves!

Pasta Party at BVSX

This week’s pasta party location will be at the Kastner’s home. Big shout out to the Schwarz’s for hosting our pasta party out at the BVSX Concession stand last week. Kaestner’s Home - **19303 Mohawk Dr Stilwell, KS**

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

Spirit-wear Orders ALMOST DONE!

The last thing we need to give out are the Alternate/NXR jerseys, which we will do on Monday (10/18) ... with an exception. The Boys Jerseys came back printed with YELLOW lettering/logos. The company is going to replace the jerseys & we are told they should be here before the end of the week. IF NOT, we will use the alternate jerseys with the yellow, because I DON'T CARE.

NXR-Heartland SIGN UP

Below is the link to fill out the sign up for the NXR Meet. Details can be found on the website. Assuming we can get enough people signed up, the trip will cost \$140 per athlete. This is NOT a money-making event for us, we only plan on charging you the amount that will break even.

<https://forms.gle/JAERvebbiR2rWGAdA>

Please Sign up & Pay before October 30th

Practice For athletes going to NXR - Heartland

If you are going to the Nike Heartland Regional in Sioux Falls on November 13-14th, you are expected to practice with the team. Your workouts can be modified but should still be at a high level as we prepare you for what will be your best race of the season in November.

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. Even though the National Championship meet was canceled, the Regional is still a lot of fun!

BVSW Cross Country Banquet (November 18th)

Recently there has been a change in the “How” our banquet can occur, so we are making changes. As of right now, we have a plan to host the Banquet at an off-school site so we can serve food & still be able to keep things as close to “normal” as possible. If things change, we will let you know. Please be on the lookout for more information from either me or Mrs. Carrie Paschke for those details.

Daily Schedule for Week 10

Day	Date	Location	Time – Who	Workout Details
Monday	Oct-18	BVSW Room 705	3:15pm – Regional Team & Alt Jersey Pick up	-Team Meeting & Alt Jersey Pick up
Tuesday	Oct-19	BVSW (am) BVSW Courtyard	6:40am - Elite** 3:15pm – Regional/NXR	-WU, Recovery (15mins) -WU, 400's @5k, CD
Wednesday	Oct-20	BVSW Courtyard	3:15pm – Regional/NXR	-SPWU, Speed Day, CD
Thursday	Oct-21	BVSW (am) BVSW Courtyard	6:40am – Elite** 3:15pm – Regional/NXR	-WU, Steady/Rec, BU's
Friday	Oct-22	Kaestner's Home – Pasta Party	3:15pm – ALL*	-WU, Pre-meet, BU's, Stretch, Roll
Saturday	Oct-23	Pastoral Center, KCK	Arrive BVSW – 7:15am Return – 12:30pm	<u>Regional Championship</u> Girls Race – 10:00am Boys Race – 10:40am
Sunday	Oct-24	Heritage Park Marina	5:30pm – State/NXR	-WU, Recovery, BU's

*Friday's Pasta Party is open to the ENTIRE team

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

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