



SOUTHWEST PROJECT

XC Week

9

The Southwest Project

The weather tried to do its best to stop us this last week but we wouldn't let it. The St. James Relays were cut short at the last minute by weather but we were able to get everyone in. The Worlds of Fun event looked like it was going to be too cold but it turned out to be a beautiful day. I had so much fun & can't wait to do it next year. This week is our EKL Championship, this will be our last race for JV & C-team runners, so let's bring it! Stay up to date with Remind (Text @BVSXWC2 to 81010) or follow @BVSXDistance on Twitter or Instagram Check out the BVSX XC website here <https://ajballew.wixsite.com/bvsxwc>

Things for this week

Eastern Kansas League Championship (EKL – JCCC, October 17th)

The EKL is one of the best leagues in the State on both the girls & boys' side. What makes this league so challenging is that there are NO "bad" teams, every school has many quality runners. There will be 6 races total (Varsity, JV & C-team for boys & girls). It is a goal for BVSX to place in the top half in EVERY race and I believe we are prepared to do that!

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

Heartland Relay Carnival Meet RECAP

The St. James Relays were a great success. We had all athletes run a 1mi relay leg of some kind. I intentionally seeded the teams so that each squad would be competitive with each other and they did not disappoint. Both boys & girls 4x1mi races were close to the very end! We didn't have a relay team place outside of the top 6 which shows the dedication of the ENTIRE squad from Varsity to JV to C-team! Couldn't be prouder of how we competed!

Worlds of Fun was a Blast!

Despite the cool temps at the beginning of the day the event went off without a hitch! The kids showed up and had a great time. I also enjoyed a few roller coasters along with coach Brandow and her family. Between the rides, winning giant stuffed wolves and games of heads up between events I think this squad became even closer & can't wait to do it again next year. A BIG THANK YOU to the Marshall's for taking the lead and getting this all set up!

Pasta Party This Week

We are having a pasta party at the home of the Polus's on Wednesday October 16th after practice. The address is found below. This will be our last Pasta Party with the whole squad before EKL on Thursday.

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

15344 Knox St

Overland Park KS, 66221

EKL BBQ

After the EKL XC Meet at JCCC Thursday we will be hosting a cookout for the entire team as a celebration for a great regular season! To make this event extra special and ensure we have enough good stuff for the event we need to get a rough count & have people sign up for side dishes though the link below. Parents, Family members & athletes are all invited & the booster club will take care of the meats. If you can/want to help contact the booster club. I look forward to seeing everyone out there!

<https://docs.google.com/document/d/1RWfwGTQ49FFddbXEm6K8CtX3tZF17tQJCLHIIYgWwU/edit?usp=sharing>



NXR Heartland Sign Up

We need anyone who is interested in signing up for the NXR Heartland Meet to make this decision by October 17th at the EKL BBQ. Once the final numbers are determined the booster club & I will set up the specifics of travel & lodging which are based on numbers. We will send out a final amount that is due once we finalize the details. It is going to be a great event & I want to bring more athletes than we ever have! Start making plans! JV & C-team runners are expected to attend practices & train with us through the Regional & State weeks.

Daily Schedule for Week 9

Day	Date	Location	Time	Details
Monday	14-Oct	XC Course ¹	3:10pm ¹	-Intervals @5k ¹
Tuesday	15-Oct	Black Bob Park	3:10pm	-Easy & Speed
Wednesday	16-Oct	Campus Polus's House ²	3:10pm 4:45pm ²	-Pre-Meet Day -Pasta Party ²
Thursday	17-Oct	J.C.C.C. ³	12:15pm -7:30pm ³	<u>EKL Championship³</u> Girls C-team - 2:30pm Boys C-team - 3:15pm Girls JV - 4:00pm Boys JV - 4:30pm Girls Varsity - 5:00pm Boys Varsity - 5:30pm Awards - 6:00pm(ish) BVSW BBQ - After Awards
Friday	18-Oct	Room 705 ⁴	3:30pm ⁴	-Regional Team Meeting ⁴
Saturday	19-Oct	XC Course	7:30am	-Progression Run
Sunday	20-Oct	I-Lan Park	5:00pm	-Recovery Run

¹This Practice is for ALL athletes, there was NO Sunday practice to attend on the previous day.

²Meet at the home of the Polus's after practice for our last pasta party for the entire squad.

³The XC course is on the west side of the JCCC campus behind the Police Academy. Kids will leave school during timbertime that day & be loaded on the bus by 12:30pm. After the awards we will stay for our annual team BBQ, where we will celebrate the end of the regular season and racing for our JV & C-team squads. Signups for NXR Heartland are due by this date.

⁴We will meet with the Varsity squad (including alternates) for a brief meeting about the rest of the season for those runners. You do not have to come dressed to run since it will be a rest day.

⁵Meet at the concession stands by the soccer field at 7:30am & we will do our workout on the XC course, the site of the Regional XC meet the following week.

