



SOUTHWEST PROJECT

XC Week

11

The Southwest Project Newsletter Week 11

State week is finally here. All the hard work we have put in since last year comes down to this week. With how challenging our Regional was, this race might be easier since some top teams didn't qualify. We could use anyone's help supporting the team/individuals heading to State on Friday. The best way to keep in touch is to sign up for Remind ([Text @bvswxc20](https://text.bvswxc20.com) to the [number 81010](https://text.bvswxc20.com)). "When" changes to our schedule happen, it will be sent through remind & email. You can also follow us on [Twitter](https://twitter.com/BVSWDistance) & [Instagram \(@BVSWDistance\)](https://www.instagram.com/BVSWDistance) where I will send out cool information about the season.

I am keeping the BSW XC Website updated, check it out! <https://ajballew.wixsite.com/bvswxc>

Things Moving Forward

Regional – Recap (Saturday-10/23)

The Regional meet was probably our best day for the BSW Varsity teams all season. Everyone showed up big with many PR's and seasonal bests when the pressure was on. I also got a lot of compliments with how good we looked in our new uniforms! In the girls race the finished 4th overall. Unfortunately, only the top 3 teams get to compete at State. This doesn't tell the whole story, since we beat a very good Desoto team who we hadn't beat this season until Saturday. I realistically believe that ONLY 2 other schools in the State are better than the BSW girls' program, so as far as I am concerned, we SHOULD be the 6th best team in the State. Izzy Ross, our top girl's runner finishes 4th and qualifies individually for the State meet, where she is a great opportunity to finish as an All-State runner. <https://www.kshsaa.org/Public/CrossCountry/RegAssignments.cfm>

The boys had an even more challenging meet with 5 of the top 5 teams in the State competing for only 3 qualifying spots. From the gun the boys settled into the right position while holding off a charging St. James academy for 2nd place making it to the State Championship next week. We had 2 individual medalists, Drew Dombrosky (7th) & Micah Paschke (8th). Looking around the State, I think the top 3 at this Regional will end up being the top 3 at State (if all teams compete well) & there might only be 5 individual runners who could have placed in the top 10 at our Regional. This means we could walk away with more All-State runners, then Regional Medalists. Either way, we have one more job to do this season, but I couldn't be prouder with what our Boys team has/will accomplish this season!

State Meet - Preview (Saturday-10/30)

Most of the details regarding our State trip can be found on our trip itinerary on our Meet Information page. In short, the State team (10 boys, 1 girl, 2 "managers" & 3 coaches) will be heading down Friday after noon. We would LOVE to have all parents & athletes meet us at the south entrance of the school for a State-Sendoff. If you want to get window markers to decorate the vans, that is encouraged.

Races begin on Saturday at 10:00am – 5A Girls followed then by the 6A Boys & then at 11:20am – 5A Boys. Make sure you get their early, because traffic can be difficult especially if the weather is questionable (which it shouldn't?). Awards will begin around 12:45pm & we will stop for lunch on the way back.

Fans & Parents, you can purchase tickets using the link below (\$9-Adults, \$6-Students) or you can purchase them at the meet (\$10). No pets allowed.

Course Address - **13218 SW Tawakoni Rd, Augusta, KS 67010**

Link to Buy Tickets - <https://gofan.co/app/events/415193>

"Are you on the Journey to the Summit of Great?"

Pasta Party at the Brogan's Home

This week's pasta party location will be at the Brogan's home on Thursday. Big shout out to the Kaestner family for hosting our pasta party out last week. – **11772 W 176th Terrace, Overland Park, KS 66221**

Spirit-wear – Boys Jersey Tops

To add to the comedy of errors, the replacement jerseys came in last Thursday... but they were printed in the EXACT SAME YELLOW. The Den is continuing to work the vendor rep to fix the situation. I will keep everyone updated on the situation as we find out more information. Once we get the correct color all boys can swap out their yellow tops for the correct green ones.

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

BVSW Cross Country Banquet (November 18th)

Please RSVP for our Cross-Country banquet to be hosted at **20041 Briar St., Stillwell, KS 66085** on November 18th. Be on the lookout for more information from either Mrs. Carrie Paschke, Mrs. Cami Zimmerman or myself for more details. <https://forms.gle/GaFDBsNPALLtmeJS7>

Daily Schedule for Week 11

Day	Date	Location	Time – Who	Workout Details
Monday	Oct-25	BVSW Room 705	3:15pm – State Team	-Team Meeting
Tuesday	Oct-26	BVSW (am) Heritage - Shelter #8	6:40am - Elite** 3:15pm – State/NXR	-WU, Recovery (15mins) -WU, 1mi @5k, +Speed, CD
Wednesday	Oct-27	BVSW Courtyard	3:15pm – State/NXR	-WU, Steady/Rec, BU's
Thursday	Oct-28	BVSW (am) BVSW Courtyard Brogan's – Pasta Party	6:40am – Elite** 3:15pm – State/NXR 4:30pm – ALL*	-WU, Recovery (15mins) -WU, Recovery, BU's -Pasta Party
Friday	Oct-29	Wichita – 4mi Creek	Leave Class – 12:00pm (Noon)	-WU, Pre-meet, BU's, Stretch, Roll
Saturday	Oct-30	Wichita – 4mi Creek	ETA Return to BVSW – 5:00pm	<u>5A State Championship</u> Girls Race – 10:00am Boys Race – 11:20am
Sunday	Oct-31		"On Your Own" - NXR	-WU, 30min @Recovery, BU's

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

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

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