



# SOUTHWEST PROJECT

XC Week

6

## The Southwest Project Weekly Newsletter

It felt really good to back out on the XC course this weekend. I look forward to many more meets as we shake off the rust. Everyone competed really well & I want to thank everyone who helped make this last week feel as it should! The best way to keep in touch is to sign up for Remind (Text @bvswxc2 to the number 81010). “When” changes to our schedule happen, it will be sent through remind & email. You can also follow on Twitter & Instagram (@BVSWDistance) where I will send out cool information about the season. I have updated the BVSW XC website <https://ajballew.wixsite.com/bvswxc> check it out!

### Things for this week

#### First Meet was a Success!

I had a great time watching our kids race some of Missouri’s best schools. With the format, we only raced 3-4 other teams directly but the schools we raced against were very good programs (& BIG!). I have no doubt that we would have competed even harder if the other schools were in our heat.

After combining the 5 waves together the boys & girls Varsity each finished 6<sup>th</sup> overall with Gigi Loffredo finishing 7<sup>th</sup> individually earning a medal. Both teams competed well with the competition that was put in front of them. I’m seeing good things in our future this season!

The Boys & Girls JV teams did just as well, finishing 5<sup>th</sup> (Boys) & 6<sup>th</sup> (Girls) as a team. Medalists included Sam Gimsley 10<sup>th</sup>, Tommy Caul 11<sup>th</sup> with the boys & Avery Brogan (13<sup>th</sup>) & Addison Ellis (15<sup>th</sup>) for the girls.

There were some photos posted on Mo.Milesplit.com if you want to check them out (*Start around page 10*) <https://mo.milesplit.com/photos/files/26778242>

I am also thankful to the athletes that weren’t able to run but helped us take mile & 2 miles splits. They did a great job handling the different starting times & 4 watches they have never used running at the same time!

#### Home Meet Thursday/Saturday (Canis Lupus Cup)

This week we are running our home meet with 8 other teams. We are going to separate the schools into 2 groups & run separate races. We will then combine the results together after all of the races are done to establish medalists & a champion. We will run C-team kids on Thursday afternoon. The JV & Varsity will run on Saturday morning at the BVSW Course. The specific race schedule is below.

Race Schedule for BVSW		Date	Time	Entries	Distance
C-Team Girls	Group A	9/24*	4:00pm	15*	5k
C-Team Boys	Group A	9/24*	4:40pm	15*	5k
JV Girls	Group A	9/26	8:00am	15	5k
JV Boys	Group A	9/26	8:30am	15	5k
Varsity Girls	Group A	9/26	9:00am	15	5k
Varsity Boys	Group A	9/26	9:30am	15	5k

We ARE ALLOWING spectators at this meet but we are limiting it to only direct family for each athlete that is running. Please wear a mask at all times & practice social distancing between other spectators & athletes...



If there are any parents that would be willing to help out as course monitors on either day, we could use some adult supervision. The kids who are not racing will be asked to help run the meet.

### Booster Club

The booster club is looking for volunteers to help with everything from “Grab & Go” Pasta Dinners to after practice or Meet snacks or even just donations. Below are some of the ways to get help the XC program.

Link for: [Grab & Go Pasta dinners](#)

Link for: [After Practice/Meet Snacks](#)

We are in need of your support through our Venmo account. Any amount you can give is helpful but if each family/athlete would donate \$25 it will help the program by giving us more options to celebrate our team.

Venmo Username: [bvswxc20](#)

### Spiritware

We are still working on getting the spiritware store up & running. I contacted the “Den” (school store) & they are having technical troubles getting the online stores working. I will keep you all updated as I learn new information.

## Daily Schedule for Week 6

Day	Date	Location	Time	Workout Details
Monday	21-Sep	Heritage Park Shelter #8 <sup>0</sup>	3:30pm <sup>0</sup>	Easy/Recovery Run, 4xStrides <sup>0</sup>
Tuesday	22-Sep	BVSW	5:50am <sup>1</sup>	WU, (12-6, 12-6, 16-4) @10k-1mi Pace (1-2min per lap rec), CD
Wednesday	23-Sep	BVSW	3:30pm	WU, 10 x Hill Sprints, Extended CD, or Recovery
Thursday	24-Sep	BVSW & XC Course <sup>3</sup>	3:00pm	Easy Run, <u>or RACE</u> <sup>3</sup> 4:00pm – C-Team Girls 4:40pm – C-Team Boys
Friday	25-Sep	TBA <sup>2</sup>	3:30pm	Recovery, 4xStrides, Rollout/Stretch “Grab & Go” Pasta Dinner
Saturday	26-Sep	BVSW XC <sup>3</sup> COURSE	6:45am <sup>3</sup>	<u>Canis Lupus Cup</u> <sup>3</sup> 8:00am - JV Girls 8:30am – JV Boys 9:00am – Varsity Girls 9:30am – Varsity Boys
Sunday	27-Sep	I-Lan Park	5:00pm	-Easy Run, 4xStrides

\*Check out the website for details if you need the exact locations of practices. [https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5\\_e2531404660849af8c530b117158cee9.pdf](https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_e2531404660849af8c530b117158cee9.pdf)

<sup>0</sup>If an athlete attended Practice on Sunday (Sept 20<sup>th</sup>) then they DO NOT need to come to practice on Monday

<sup>1</sup>Early Morning Practice! Please arrive at 5:50am sharp, to go through a SHORT team meeting before we start

<sup>2</sup>We are looking for a “host” venue to have our next “Grab & Go” Pasta Dinner. If you would like to host or help with one, click the link below

<https://docs.google.com/document/d/1cK8cT61rOc6D7bNi1wluWnEDj9ioWdjf8VP8WacHBx4/edit>

<sup>3</sup>See Meet information sheet on the BVSW website for more details about the meet!

