



SOUTHWEST PROJECT



Week #

10

The Southwest Project Newsletter Week 10

We begin our official post season. The Regional championship this Saturday is our state qualifying meet. The “Hay is in the barn” but we still have work to do. The best way to keep in touch is to sign up for Remind ([Text @bvs wxc22](mailto:@bvs wxc22) 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](https://www.instagram.com/BVSWDistance)) where I will send out information throughout the season.

I have updated the BVSX XC Website check it out! <https://ajballew.wixsite.com/bvs wxc>

Things Moving Forward

Eastern Kansas League Recap

Overall, it was a great day for Southwest at the EKL Championship. most years, it is more difficult to win the EKL then it is to win a State championship. Between the 6A schools in Blue Valley & the very tough private schools our league is incredibly competitive from top to bottom. Our Boys made Southwest history by winning the league for the first time! The Timberwolves had 4 All-League honors with Canyon Buehler in 9th, Crew Buehler 4th, Micah Paschke 3rd & league runner up Tommy Caul 2nd. We took down St. Thomas Aquinas with a score of 37 – 58. So proud of the entire group. The Girls also had a breakthrough performance placing 4th overall, finishing in the top half of the EKL yet again! Our top runner was Izzy Ross (3rd) who had a great race! The Boys JV team was in a battle for the JV crown against St. James & Aquinas but came up a bit short 36-41-43 to place 3rd. The race was won individually by freshman Cameron Paschke, but then followed shortly by other medalists Gabe Lewis (5th) & Rohan Chalamalasetti (10th). The Southwest boys were able to put 5 runners in before any other Blue Valley school had one. The Girls JV was a runner short from being able to place as a team, but that didn’t stop the 4 girls in the race from competing their best! Kiley Shamet was the top runner for the JV girls again placing 12th & getting an EKL medal in the process. Our Boys C-team was the first race of the day placing 7th overall, with first time XC runner Jackson Harmon placing 23rd as the highest finisher for the Timberwolves. With the hard work & dedication of the athletes on this team, Southwest continues to establish itself as the best cross country program in the Blue Valley School District. Link to Results: <https://ks.milesplit.com/meets/501797-eastern-kansas-league-championship-2022/results#.Y04MUezMJmA>

Regional Preview

Welcome to the post-season in cross country! We will be traveling to Lexington Lake Park in DeSoto on Saturday to compete in our KSHSAA 5A Regional. This is our State qualification meet. All 36 schools in 5A are equally divided into 4 Regionals based on selection of host sites & geography. At the Regional the top 3 teams will qualify all 7 runners to the State meet. If a runner is NOT on a top 3 team, they can qualify individually if they are one of the 5 fastest runners remaining after you remove the team qualifying runners. We have 5 quality programs in our Regional (Aquinas, St. James, DeSoto, Spring Hill & us). Finishing top 3 for both programs is something that is possible but will take a big effort from everyone. Anything you can do as a fan/parent/athlete/friend to help the Timberwolves is needed.

We have been placed in one of the most challenging regionals across the state & all classifications. I don’t say this to scare anyone or play the victim, but instead to empower us to rise to the occasion of high expectations. To be the best we must beat the best on their best day. It will be a great race & I know that we will perform at our best when it matters!

Pasta Party Friday (10/21)

We will have a pasta party at the home of the Collins on Friday October 21st. We are in some need of helpers for the Pasta Party, so please fill out the signup here <https://www.signupgenius.com/go/20f0a4da5ad29a5fc1-bvs wxc13>
16500 Goddard St, Overland Park, KS 66221

Team Pictures Wednesday (3:00pm BVSX)

Last Call for team & individual pictures. Below is a link that will expire tonight if you’d like to order any pictures.
<https://pec-sports.hhimagehost.com/V2/Home/Organization/BVSWTIMBERWOLVES>

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

NXR Heartland Plans

Below is a link to the athletes that I have expressed interest in going to the NXR Heartland Regional in November. Please check the link & let me know if you must make any changes. The Cost of the trip will be \$170 per athlete. You can either Venmo the booster club the money (@Southwestproject) or check made out to “Southwest Project Track Club.” <https://docs.google.com/spreadsheets/d/1xRQpte562B9EYPN-Cs27FQ-qR9SMInSVJqf710vFmlQ/edit?usp=sharing>

You can check out the details of what is planned on the BVSX NXR Heartland website. We will provide Transportation, Lodging, NXR Dinner & Breakfast, Entry into the meet. The NXR Heartland Dinner is BACK this year, so start planning your outfit now! <https://ajballew.wixsite.com/bvswxc/nxn-heartland-xc>

Things to put on your Calendar

NXR Heartland Regional XC Meet (November 12th - 13th)

The date for the NXR Heartland meet is posted for Sunday November 13th after the XC Season officially ends. The NXR meet is an incredible experience where athletes & teams from 7 states converge on Sioux Falls, SD for a chance to qualify to the **Nike Cross National** Meet in Portland, OR in December. Details can be found using the links below. Its open to Varsity, JV, C-team & New runners!

https://nxrhl.runnerspace.com/eprofile.php?event_id=300&title_id=213&do=title&pg=1&folder_id=268&page_id=479 or <https://ajballew.wixsite.com/bvswxc/nxn-heartland-xc>

Team Banquet (November 16th)

Date has been set for our Team Banquet. All runners & parents are invited to attend. We are in the scheduling/planning phase of putting together our XC Banquet. Be on the lookout for more information from our booster club. It is a great event & is our opportunity to recognize all the work the athletes put in this season.

NXN Watch Party (December 3rd)

In the “off chance” we DON’T make it to the Nike Cross Country National Meet (lol). We will have a watch party for the event at BVSX. We will send out information about snacks & drinks.

Daily Schedule for Week 10

Day	Date	Location	Time – Who	Workout Details
Monday	Oct 17	BVSX	3:00 PM - ALL ¹	-Steady Run
Tuesday	Oct 18	On Your Own BVSX	TBD - Elite/Black ² 3:00 PM – Regional/NXR	-recovery run (Dbl) -Speed Work
Wednesday	Oct 19	Heritage Park #8	3:00 PM – Regional/NXR	-Fartlek Workout
Thursday	Oct 20	On Your Own BVSX	TBD - Elite/Black ² 3:00 PM – Regional/NXR	-recovery run (Dbl) -Recovery Run
Friday	Oct 21	Collins Home	3:00 PM – Regional/NXR	-Pre-Meet -Pasta Party
Saturday	Oct 22	Lexington Lake Park⁴	7:15 AM – Regional Team⁴	Regional Girls – 10:00 AM Boys – 10:40 AM
Sunday	Oct 23	Quivira Park	5:30 PM – State/NXR	-Recovery Run

¹ – Sunday/Monday – Either attend Sunday practice or the next day on Monday & take the other day off

² – Tuesday/Thursday– Morning Practices are easy doubles for Elite/Black Group Runners

³ – Pasta Party at the Collins. We will meet at the Collins home & run from there with food to follow.

⁴ – Regional Team will take vans driven by the coaches to Lexington Lake Park, all others are encouraged to attend

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