



SOUTHWEST PROJECT



Week #

11

The Southwest Project Newsletter Week #11

The final week of the season is upon us! We have qualified BOTH teams to state with a realistic shot at winning the whole thing! This is NOT the week to try new things, but simply limit stresses & enjoy the experience. I know that all our athletes will give it their best & we will see what happens. To stay up to date & follow us on Instagram (@BVSWDistance) where I will send out cool information about the season.

Join the GroupMe: https://groupme.com/join_group/100852708/OdwPn0bo

For more information about the BVSX XC team checkout the Website! www.bvswxc.com

NEW INFORMATION

Regional Championship – Recap

The Regional meet was a bit chaotic with both 4A & 5A teams at the same venue. Both boys & girls teams did a great job handling the stress & performing at their best. The girls walked away with the Regional Championship, which was the 2nd one in program history. **Izzy Ross** (1st) won her first Regional Championship individually with 2 of her teammates shortly behind, **Campbell Harger** (2nd) & **Avery Reynolds** (3rd). After a clean sweep of the top 3, the rest of the girls pack finished with some solid PRs. **Erica Black** (9th) & **Adeline Niermeier** (10th) secured the victory, scoring 25 points as a team. **Stella Malinowski** (14th) was our 6th girl making the regional podium. The girls ran a great race showing that they have what it takes to be on the top of the podium this week at State!

The Boys race finished off the entire meet. With a little bit of a preview of what the State Championship will look like, the boys took on local rival Spring Hill. Both teams had lots of runners in the lead pack through 2 miles. As the race broke, EKL Champion, **Canyon Buehler** (1st) added to his individual championship trophy case with the usual trio of **Alex Roberts** (2nd) & **Elijah Chavez** (4th) finishing up near the front of the race! Shortly behind came the rest of the BVSX pack! **Cameron Paschke** (8th), **Wyatt McCulley** (9th), **Andrew Claar** (10th) & **Kai Schallon** (13th) all finished on the regional podium. The guys did a great job, scoring 24 points & winning the team competition. They will have their work cut out for them next week if the plan on pulling off the 3-peat!

Results: <https://ks.milesplit.com/meets/637290-kshsaa-5a-regional-3-2024/results>

State – Preview Saturday (Rim Rock Farm)

This is the week that everything comes down to. All the miles run, all of the 6:30am practices & pm doubles were in preparation for this race Saturday & there is NO team in the State more prepared for that day than us! Both the boys & girls teams have a chance at winning the state title! The Girls defeated the 2x defending State Champions & current #1 ranked team in 5A at the EKL Championship & were within 13 points 2 weeks before that. The Thunder had a great day at their regional too, winning with a very small 1-5 gap & they will NOT relinquish their crown that easily. The tough part about 5A this year is that there seem to be 5 more teams (Kapaun, Carroll, Aquinas, Great Bend & Andover) who are also contenders for the title & make the podium. It will take our best to be able to win, but I know our girls are up to the challenge.

The Boys have been in tough spots before, but this will be their biggest challenge of the past 3 years. Spring Hill has assembled a truly great team & one that might be the best team in Kansas History. Fortunately, our boys have also built themselves into an elite team too. Despite beating a not a full-strength Spring Hill team last Saturday, this race will come down to who executes their race plan the best on the day. We can't forget that Kapaun Mt. Carmel has been running some lights out races down in Wichita & they will also have their hat in the ring to upset the 3-peat. I trust every boy on that team that they will go out & fight to the very end & where that ends up, I will be proud none the less.

Link to Meet Page: <https://kshsaa.org/react/fanpage/2968>

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

State Team Meeting – Monday 3PM

We will have a short team meeting for the Boys & Girls State teams (top 10) in room 705 at 3:00pm.

State Day & Sendoff

Thursday morning, during late arrival, the band & school will celebrate the boys & girls XC teams qualifying for state with a quick ceremony starting at **8:20am**. Parents & everyone are invited. We will ALSO have our own XC only state send off at **6:30am** in the south parking lot on Saturday as we make our way out to Rim Rock.

Trunk or Treat – Tuesday

We are having Trunk or Treat on Tuesday 6:00pm-8:00pm. Athletes need to show up to hand out candy & parents, we need help with collecting large bags of candy. Please see the booster club email for how to help!

Pasta Party This Week – Friday at the Ross's

Big Thank You to the Paschke's for hosting a wonderful pasta party last week. We will have a pasta party Friday October 25th at the home of the Ross's. We will meet there at **5:30pm** since the State team will be driving back.

Address: **16801 Melrose St, OP**

NXR Heartland – Nov 9-10th

The team going to Sioux Falls SD is established with the roster link below. If you are NOT on the list or need to be removed, please contact me (ajballew@bluevalleyk12.org) ASAP. Cost of the trip is determined by the number of athletes we have attending. I am need of **one parent** who would be willing to **Drive a minivan** of athletes.

https://docs.google.com/spreadsheets/d/1M19jSUSX9_V6DN1IjyL666OHSCbPvFtZY6r637Qj12g/edit?usp=sharing

Uniform Check-in – November 18th

We will have uniform check-in on Monday November 18th in Room 705. Athletes need to make sure they have everything in their bag. We will check numbers on all items before leaving & vote on post-season awards.

Banquet – Save the Date (Nov 20th)

We will be having our Cross Country banquet on Wednesday November 20th starting at 6:00pm. Food will be provided, but more information will be sent out through the booster club emails.

Daily Schedule for Week 11

Day	Date	Location	Time – Who	Workout Details
Monday	Oct-28	BVSW ⁵	3:05pm – ALL ⁵	-LL, Recovery Run , 4xBU's, HT, Band, LegE
Tuesday	Oct-29	TBA Verhaeghe Park	TBA – Elt/Blk ² 3:05pm - ALL	-rec Run (Dbl) -1/2WU, Steady Run , BUs, HT, Band, Roll
Wednesday	Oct-30	Heritage Park #8	3:05pm – ALL	-FullWU, 5k+Reps , ExCD, Leg Elv
Thursday	Oct-31	TBA ² BVSW	TBA – Elt/Blk ² 3:05pm - ALL	-rec Run (Dbl) - LL, Recovery Run , 4xBU's, HT, Band, Rol
Friday	Nov-1	Rim Rock Ross's Home ³	2:00pm – State Tm 5:30pm – ALL ³	-LL, Pre-Meet , BUs, HT, Bnd, Roll, Strch, LegE
Saturday	Nov-2	Rim Rock Farm⁴	6:30am – State Tm⁴	5A KSHSAA State Girls: 10:00am Boys: 11:45am
Sunday	Nov-3	On Your Own	TBA – ALL ⁵	--LL, Recovery Run , 4xBU's, HT, Leg Elv

²Black & Elite training groups will meet for optional morning double

³Pasta Party at the Ross's Address: **16801 Melrose St, OP**

⁴State Team (1-10) will have spots, we will have a few extra spaces for runners who want to join

⁵Athletes attending Sunday practice will take off the Monday (day after)

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