



SOUTHWEST PROJECT



Week #

4

The Southwest Project Newsletter Week 4

What a great first meet of the season. I am excited to keep this momentum going as we go into our first BIG meet of the XC season. This week will sneak up on us with two days off from school for the athletes. Stay up to date follow us on [Twitter](#) & [Instagram](#) (@BVSWDistance) we will send out information about the season.

I am keeping the BVSX XC Website updated, check it out! www.bvswxc.com

NEW INFORMATION

Basehor-Linwood Meet Recap

The BVSX XC team did something that it hasn't done for exactly a decade and that is WIN both the BOYS & GIRLS races at an invitational. The Girls team put all scoring five in the top sixteen, with three Timberwolves in the top four of the race overall. The girls dominated from the gun setting the pace for the rest of the meet. In the end six athletes walked away with hardware, Maryam El-Demerdash (21st), Katie Schallon (16th), Stella Malinowski (8th), Avery Reynolds (4th), Alex Laurie (2nd) & your Champion, Izzy Ross (1st). The low sticks helped the girls win easily with a score of 31 points. With the afternoon heat still lingering by race time, it had a negative impact on the times, but the ladies still gave 100% with a handful of PR's and great competition.

The Boys team kept the success rolling by putting their scoring five in the top ten! The first two Timberwolves across the line were a pair of Buehler's, Canyon & Crew placing 5th & 6th respectively. But not too far behind the pack of Cooper Reeves, Cameron Paschke & Elijah Chavez rounded out the top ten with 8th, 9th & 10th place finishes. Our top seven were rounded out by two more medalists, Max Clark (26th) & Kai Schallon (19th). The boys ALSO kept their score in the 30's to easily win with 38 points.

Results: <https://ks.milesplit.com/meets/564312-basehor-linwood-bobcat-invite-2023/results>

Southwest Project YouTube Channel

YES, the Southwest project DOES have a YouTube channel. We are starting something new this year by posting a few videos about the season here. **Link:** https://www.youtube.com/channel/UC6Srsca0d_YRfgoE2Lm_Q

Basehor Recap Video: <https://www.youtube.com/watch?v=jQlztNV33bE&t=283s>

Olathe Twilight XC Meet Saturday (PM)

The great thing about the Olathe twilight, as the name implies, is that it is in the evening under the lights of the stadium complex. It is truly a fun experience that has become an important staple in our schedule. The only thing better than the environment is the competition. This may be the BEST XC meet in the Kansas City metro area with the cities best teams coming from BOTH sides of the State Line. This early season battle will set the stage for later meets. Both the boys & girls teams had great first meets, but expect BIG things from our athletes this week. The course is notoriously flat, fast & also a bit short, which makes for VERY fast times. This meet is really the measuring stick to see how good of a summer everyone had. Let's go out there & show them what we have!

Meet Information: <https://www.bvswxc.com/copy-of-meet-info-2022>

Fajita Pete's Fundraiser Wednesday

On Wednesday, make sure you place an order with Fajita Pete's for lunch or dinner. They will be kicking back a portion of their sales on that day to help the XC team. So please go out & encourage as many people as possible!

Pasta Party Friday at the Reynold's (9/8)

Thank you in advance to the Reynolds family for hosting this week's pasta party. Athletes will meet in the commons at 3:00PM for a short meeting & we will head over to their home. There, we will run our workout & when we finish pasta/food will be ready. Address: **12304W 162nd St, Overland Park, KS**

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

Pasta Party Thank You's

A BIG thank you goes out to the Clark's for hosting the first pasta party of the year! We greatly appreciate their willingness to open their home. We also thank the parents that came to help & drop stuff off as well!

Booster Club Dues - ASAP

The XC team tries to do a few fun things for the athletes throughout the year which include buying Team T-shirts, Awards, pancake breakfasts & putting on an end of season banquet. We ask that each family help us out by contributing **\$55 (per athlete)** to pay for these things. If you can donate more, we also have a **\$100 option** to help us out even more! You can either use the link below or by check, to BVSX Cross Country.

Pay Booster Dues: <https://gofan.co/event/1088557?schoolId=KS69495>

THINGS THAT STILL APPLY

Booster Club Help & Dues

PLEASE, we need help this season with so many fun parts of cross country that don't always get talked about. We have a lot of ways that parents & families can get involved in cross country this year. Please look at the links below & sign up to help in some capacity. **BVSX XC Booster Club Website:** <https://www.bvswxc.com/news-updates>

Booster Club Positions in Need: Senior Services Coordinator & Homecoming Parade Coordinator

Pasta Parties: [https://www.signupgenius.com/go/70a0b44acaf29a31-bvsw?useFullSite=true#/#/](https://www.signupgenius.com/go/70a0b44acaf29a31-bvsw?useFullSite=true#/)

Snack Bin: [https://www.signupgenius.com/go/10c0e4ba4a82aa5f5c25-bvsw?useFullSite=true#/#/](https://www.signupgenius.com/go/10c0e4ba4a82aa5f5c25-bvsw?useFullSite=true#/)

Sign up for Remind 101

Sign up for Remind is to **text the message “@bvswxc23” to the number 81010**

Practice Schedule 2023 XC Season

Here is link to the practice schedule as of right now. More details about the schedule will come out shortly, but if you want to get a few dates/times on the calendar it can be found on the home page of the website.

https://www.bvswxc.com/_files/ugd/ab0cb5_e7915678d51d46ad91b75d2d78194163.pdf

DAILY SCHEDULE FOR WEEK 4

Day	Date	Location	Time – Who	Workout Details
Monday	Sept-4	BVSW	7:00AM – ALL	-LL, Recovery Run , BU, H/T, Roll
Tuesday	Sept-5	BVSW-Track BVSW ²	5:50AM – E,B,G 3:00PM – E,B,W ²	-SPWU, Speed Work , CD, Leg E -rec run (double), 30/30
Wednesday	Sept-6	Heritage Park SH#8	3:00PM – ALL	-FullWU, Tempo , CD, Leg E
Thursday	Sept-7	BVSW ² BVSW	7:00AM – E,B ² 3:00PM – ALL	-rec run (double), 30/30 -LL, Recovery Run , BU, H/T, Roll
Friday	Sept-8	Reynold's Home ³	3:00PM – ALL ³	-LL, Pre-Meet , BU, H/T, Roll, Strch Pasta Party After Run
Saturday	Sept-9	ODAC⁴	3:30PM – ALL <i>Bus leaves from BVSW</i>	Olathe Twilight Girls C – 6:00pm Boys C – 6:45pm Girls JV – 7:25pm Boys JV – 8:00pm Girls V – 8:30pm Boys V – 9:00pm
Sunday	Sept-10	I-Lan Park	5:30PM – ALL ¹	-LL, Recovery Run , BU, H/T, Roll

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

² – Tuesday/Thursday Doubles the week

³ – Home of the Reynolds - **12304 W 162nd St, O.P., KS**

⁴ – Olathe District Activity Complex (159th & Lone Elm)

E – Elite B – Black G – Green W – White

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