



SOUTHWEST PROJECT



Week #

8

The Southwest Project Newsletter Week 8

Another great week of competition in the books! The KC XC Classic has been a meet I have attended since I was in high school & it has seen lots of great competition over the years. This will bring a new experience as we Race “The Mills” against another school as we gear up for EKL & the post season. Stay up to date follow us on [Twitter](#) & [Instagram \(@BVSWDistance\)](#) we will send out information about the season.

BVSW XC Website updated, check it out! www.bvswxc.com

NEW INFORMATION

KC XC Classic Recap

The KC XC Classic is an awesome meet with teams from both sides of state line competing against each other. We had a few of our top runners sit out, but other stepped up BIG and ran great races. The Boys C-team got us kicked off with a lot of great times. Eugene Giam came out as our top boy running a 19:56 & was good for 27th & got a medal. The boys team finished a very competitive 12th of 20 teams. The Girls Varsity followed very shortly after and Izzy Ross & Maryam El-Demerdash were our only two runners. Izzy secured a top 10 finish with a great last mile and ran a very competitive 19:34 time good for 8th place overall. As the day started getting hot, the JV teams finished things out even hotter! The JV Girls were led by Skyler Fisher in her season debut with a solid time of 23:44 & good for 22nd place & earning an individual medal. The rest of the team ran strong helping the Timberwolves get to a 11th place finish. As the sun reached its highest point, the JV boys were performing at their best! Southwest had 4 boys finish with medals this meet, led by Gabe Lewis (4th), Kai Schallon (6th). Shortly to follow was the other medalists, Max Clark (21st) & Zach Brewington (26th). The boys’ team had the highest team finish of the day placing 3rd & first among Kansas teams. Some great performances were had & I look forward to us finishing out the season on a positive note!

Results: <https://mo.milesplit.com/meets/567476-kc-xc-classic-2023/results>

“The Mills” Preview – Thursday (10/5)

This event will be taking the place of the Heartland Relay Carnivals we typically go to. Unfortunately, the director of the meet is unable to put them on this year, but hopefully everyone will get to experience it next year. In the meantime, we have scheduled a time trail against another local school (KC Christian) to do our well-known workout “The Mills” against us. The Race will start at 5pm down at Verhaeghe Park & finish at top of the hill on the Quivira/175th round-a-bout. Athletes will meet at Verhaeghe Park at 4:00pm to warmup, in their uniforms, BUT NO SPIKES to compete.

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

NXR Heartland Regional Signup

It is that time to sign up for our NXR Heartland Trip to Sioux Falls, SD. Please fill out the Google Form below to reserve your spot on the trip. This TRULY is a great experience for the athletes. If you want to participate in the race but cannot make the entire 2-day trip. Please fill out the form & select that option. **Deadline October 12th**
Sign Up - <https://forms.gle/uCPNJeHnCX7heWTM8>

EKL BBQ Signup – (10/12)

We will be having a team BBQ cookout after the EKL Championship on Thursday October 12th for the entire family. We invite everyone to attend (family included) to enjoy the experience. We want to celebrate the accomplishments of the Sub-varsity runners as they have completed their high school season. Please see the evite link below to see what to bring to the cookout/BBQ.

Link: <http://evite.me/hb2tJt67DF>

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

Pasta Party – Wednesday (10/4)

Thank you in advance to the Roberts 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: **14812 Bond St, OP**

Concession Stands Work – (10/6)

We need all hands on deck to help out with the concession stand on October 5th at Ant.DAC. We will be running the concession stands to help provide some money for the BVSX XC team. We need a combination of athletes & parents to make this work. For more information, please contact our Booster Club president, Carrie Paschke (carriepaschke@yahoo.com)

THINGS THAT STILL APPLY

Remind Not Working “kinda”

I am unable to send out messages to ALL participants as a group announcement. BUT you can still contact me directly with questions you have. We will keep it for the rest of the season & try to communicate using email.

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>

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

Pasta Parties: <https://www.signupgenius.com/go/70a0b44acaf29a31-bvsw?useFullSite=true#/>

Snack Bin: <https://www.signupgenius.com/go/10c0e4ba4a82aa5f5c25-bvsw?useFullSite=true#/>

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>

DAILY SCHEDULE FOR WEEK 8

Day	Date	Location	Time – Who	Workout Details
Monday	Oct-2	BVSW	3:00pm - ALL	-1/2WU, Steady or Recovery , TBD
Tuesday	Oct-3	BVSW ^{3,2} BVSW ²	5:50am – Select Runners 3:00pm – ALL ²	-TBD (Workout) -Full WU, Tempo , CD, Leg E
Wednesday	Oct-4	Roberts’s Home ⁴	3:00pm – ALL	-LL, Recovery Run , BU’s, HT, Strch Pasta Party To Follow ⁴
Thursday	Oct-5	On Your Own ² Verhaeghe Park	7:00am – E,B ² 4:00pm – ALL	-rec run (& 30/30) “The Mills” Time Trial All Races – 5:00pm
Friday	Oct-6	BVSW	3:00pm – ALL	-LL, Recovery Run , BU’s, HT, Roll
Saturday	Oct-7	Deanna Rose	7:00am - ALL	-1/2WU, Steady Run , BU, HT, Roll
Sunday	Oct-8		On Your Own	-Off or rec run

¹ – No Sunday/Monday option. MONDAY only.

² – Tuesday/Thursday Doubles this week

³ – We will have a morning practice for Select Varsity runners Tuesday Morning

⁴ – Pasta Party at the Roberts’s home **14812 Bond St, OP**

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

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