



SOUTHWEST PROJECT

XC Week

7

The Southwest Project

WOW! This was one of the most impressive weeks in our history. The boys & girls JV/C-teams WON the Canis Lupus cup against 10 schools, all of which were bigger & some even had varsity runners. The Rim Rock squad was outstanding with some of the best running we've ever had. We are splitting the squads again this week with the Varsity going to Arkansas while the JV/C-team will compete at Baldwin.

Stay up to date with Remind (Text @BVSXWC2 to 81010) or follow @BVSWDistance on Twitter or Instagram
Check out the BVSX XC website here <https://ajballew.wixsite.com/bvsxwc>

Things for this week

TWO meets this week again (Chile Pepper Festival – Varsity & Maple Leaf Classic – JV/C)

We will be splitting our squads again this week. The Varsity group (Top 7/8) will be taken by Coach Ballew & Buehler to the meet in Fayetteville Arkansas to race in the Chile Pepper Festival. The course is flat & fast but has some really impressive competition from all over the South. We will be competing in the "El-Caliente" division which is for the top schools in the meet. We will be staying in a hotel overnight & the itinerary will be on the meet page. We will leave in the morning on Friday (No School) & stay overnight, heading back after the meet Saturday.

The JV & C-teams will be competing at the Maple Leaf Classic at the Baldwin Golf course on Saturday October 5th. This is a great meet with good competition for our JV/C-team kids. The JV & C-team will run in the same race. Coach Brandow will take the JV/C-team kids on a bus there & back. She will be in charge of everything.

<https://ajballew.wixsite.com/bvsxwc/meet-info-2019>

Meet RECAPS

The Rim Rock Meet was a HUGE success! Our boys finished 13th in the Gold Division which is our 2nd highest finish ever! We finished 5th out of all 5A teams in the State beating potential Regional rivals St. James & DeSoto. We look to continue this success as a team as we begin our preparations for State in a little over a month. Not to be out done, but the Girls finished 4th, only 2 points away from making the podium. This was our highest finish by any team EVER at this meet. We were also the 2nd best Kansas team & the top 5A school by nearly 130 points. The girls team was "running" on all cylinders & if we can continue this momentum this can be our most impressive team in school history!

At the Canis Lupus Cup, we faced off against 10 schools (all of which have higher enrollments by over 400+ kids) & WE WON! After adding together the scores of both the boys & girls teams we came out on top. This truly is a team effort & without. We have been hosting this event & have never won it until Thursday! Great job by both squads to get it done.

Fundraiser This Week at Lions Choice on 135th on Wednesday Oct 2nd

Lions Choice on 135th near Menards is hosting our 2nd booster club fundraiser. Show up between 5-8pm on Wednesday October 2nd and mention the BVSX Cross Country team so a percentage of the bill comes back to us. It is a unique restaurant in the area and should be a lot of fun!

Pasta Party Last Friday

Thank you to the Price's for hosting & the parents that helped, everyone that came had a great time. I look forward to doing it again soon!



Team Bonding October 12th at Worlds of Fun

Since we do not have a meet Saturday October 12th, we are planning on having a fun team bonding activity where we will take a trip to Worlds of Fun for the afternoon/evening! The more people we have sign up the less it will cost. The Booster Club will send out more information this week as we get an idea of who & how many athletes would like to join the event.

Daily Schedule for Week 7

Day	Date	Location	Time	Details
Monday	30-Sept	Heritage Park Shelter #8	3:10pm	-Recovery & Core
Tuesday	1-Oct	XC Course	3:10pm	-Intervals (Alt)
Wednesday	2-Oct	Campus ² Lions Choice ³	3:10pm ² 5:00 – 8:00pm ³	-Recovery & Speed ² -Fundraiser ³
Thursday	3-Oct	Campus ²	3:10pm ²	-Easy Run & Core ²
Friday	4-Oct	Fayetteville, AR⁴ Campus ⁴	11:00am⁴ 3:10pm ⁴	-Leave for Arkansas ⁴ -Run at U of A XC Course -Pre-Meet/Recovery ⁴
Saturday	5-Oct	Fayetteville, AR⁵ Baldwin Golf Course⁶	-7:00pm⁵ 7:00am – 12:45pm⁶	<u>Chile Pepper⁵</u> -Boys 12:00pm -Girls 12:30pm <u>Maple Leaf⁶</u> -Girls 10:30am -Boys 11:00am
Sunday	6-Oct			No Practice

²Parent Teacher Conferences are Wednesday & Thursday. Coach Buehler & Ballew will be attending conferences & may not be at practice for the entire time. Coach Brandow will fill in our place.

³Booster Club Fundraiser. We need EVERYONE to go to Lions Choice & mention BVSX XC when you pay so a portion of your bill will come back to the program. It starts at 5pm & goes until 8pm. Lions Choice is on 135th near Menards in Olathe. It is a new restaurant in the area & may become your new favorite.

⁴See itinerary for details about trip. JV/C-Team kids will still have practice at normal times.

⁵We should be returning from Arkansas by 7pm at the latest depending on awards.

⁶We will take one Bus for boys & girls. The JV & C-team runners will race in one girls & one boys race each.

