



# SOUTHWEST PROJECT



Week #

9

## The Southwest Project Newsletter Week #9

The EKL Championship will be the last time the entire 2024 BVSX Cross Country team will be together for this wonderful season. We have had a lot of fun & had some impressive accomplishments so far. This meet will be our final meet for the JV/C teams. Make sure you are staying healthy. To stay up to date & follow us on [Instagram \(@BVSXDistance\)](#) where I will send out cool information about the season.

Join the GroupMe: [https://groupme.com/join\\_group/100852708/OdwPn0bo](https://groupme.com/join_group/100852708/OdwPn0bo)

For more information about the BVSX XC team checkout the Website! [www.bvsx.com](http://www.bvsx.com)

## NEW INFORMATION

### KCC Relay Dual – Recap

I want to start by thanking our guests, Kansas City Christian, for making the long trip out to BVSX. We greatly appreciated the competition. Despite a few last-minute changes, we built some very competitive relay teams! The lead legs got all our relay teams off to a great start, but it was the anchor legs that battled it out to the line. On the Boys side, the team of **Charlie Collins, Mason McGee, Andrew Claar & Wyatt McCulley** brought home the win with a big kick by **Charlie Collins** in the last 100m. On the Girls side, **Skyler Fisher** (despite taking a fall) took home the girls title in her first competition of the season along with teammates **Campbell Harger, Erica Walker & Kenzie Holland**. We had many PR's in the 1600m, which shows just how much fitness these kids are in!

### Eastern Kansas League – Preview Thursday (BVSX Track)

The EKL has always been a very tough & competitive league. One of the biggest challenges is that there are NO bad teams in the league. There are almost always State Champions & multiple podium individuals at the meet each season. This year will be no different. On the Girls JV side, we are coming off a 6<sup>th</sup> place finish & we are looking to improve on that mark. We will have a much deeper team than we had last year. When we get this group to run together like they do on training days, they will surely place high! The Boys JV will be racing to defend their crown from last fall. We are returning all five point scorers from last year's team & adding one more at the front. This race IS NOT in the bag, but if they go out & do what they are capable of, we will be looking good!

In last year's girl's varsity race, we swept the top of the podium, finishing 1-2 individually. Defending champion, Izzy Ross, will be looking to keep her crown, but this time she wants to help lead an up-&-coming underdog team to our first girls EKL team title. The theme of the league over the past decade plus has been that if you want to win EKL you better be a State Champion contender because right now 2 podium teams from 5A (St. James & Aquinas) will be our biggest competition at EKL along with at 5A State. The BVSX boys, are coming into the race as the 2x defending champions. Getting to run on our home course gives us an advantage over our competition. It has been a while since we have put together the full A-team on the boys' side, but we look to let the dogs (or wolves\*) loose on the course this week & get sink our teeth into the competition. With the opportunity to race the best of Blue Valley & 3 great private schools there will always be competition for our boys in the meet.

### Pasta Party This Week – Wednesday at the Walker's

Big Thank You to the Reynolds for hosting a wonderful pasta party last week. We will have a pasta party on Wednesday October 11<sup>th</sup> at the home of the Reynolds. We will meet at their house & run from there.

Address: **11400 W 176th Terrace, OP**

### Sunday/Monday Practice - Back to Normal

We will be going back to a "normal" Sunday/Monday-either/or schedule for the last two weeks of the season. Please see the schedule below for time & location details.

*"Are you On the Journey to the Summit of Great?"*

### EKL BBQ – Save the Date (Oct 17<sup>th</sup>)

After the EKL Meet we have a team/family BBQ to celebrate a great season with the ENTIRE running family at our last meet for V/JV/C team kids together.

We need some help with side dishes & other items. Please sign up to help!

RSVP: <https://www.signupgenius.com/go/20F0D49AAAC2FA1FD0-51844309-eklbbq?useFullSite=true#/>

### NXR Heartland – Save the Date (Nov 9-10<sup>th</sup>)

We are making plans for our NXR-Heartland Meet. Once Hotel & Transportation plans are set, we will send out information about cost & details. It is an overnight trip with the whole BVSU program (that wants to go).

**Athletes who are going on the trip are expected to continue their training with the team through to November.**

**PLEASE FILL OUT REQUEST:** <https://forms.gle/RejCT8VLRcsDhoaP8>

### **THINGS THAT STILL APPLY**

Practice Schedule 2024

Link: [https://www.bvswxc.com/files/ugd/ab0cb5\\_bb83b8fd9f6141c8920fd9fd837a8df1.pdf](https://www.bvswxc.com/files/ugd/ab0cb5_bb83b8fd9f6141c8920fd9fd837a8df1.pdf)

Sign up for NEW GroupMe – Weather Updates

Link to Sign-up: [https://groupme.com/join\\_group/100852708/OdwPn0bo](https://groupme.com/join_group/100852708/OdwPn0bo)

## **Daily Schedule for Week 9**

<b>Day</b>	<b>Date</b>	<b>Location</b>	<b>Time – Who</b>	<b>Workout Details</b>
Monday	Oct-14	Deanna Rose	3:05pm – ALL	-FullWU, <b>5k Pace</b> , CD, Roll, Leg E
Tuesday	Oct-15	BVSW BVSW	TBA – Elt/Bik <sup>2</sup> 3:05pm - ALL	-rec Run (Dbl) -LL, <b>Recovery Run</b> , 4xBU's, HT, Band, Roll
Wednesday	Oct-16	Walker's Home <sup>3</sup>	3:05pm – ALL <sup>3</sup>	-LL, <b>Pre-Meet</b> ,BUs,HT,Bnd,Roll,Strch,LegE
Thursday	Oct-17	BVSW <sup>2</sup> <b>BVSW XC Course</b>	TBA – Elt/Bik <sup>2</sup> <b>2:30pm – ALL<sup>4</sup></b>	-rec Run (Dbl-1mile) <b>EKL Championship</b> <b>Girls JV/C: 3:30pm    Boys JV/C: 4:15pm</b> <b>Girls Var: 5:00pm    Boys Var: 5:30pm</b>
Friday	Oct-18	BVSW	3:05pm – ALL	-LL, <b>Recovery Run</b> , BUs, HT, Band, LegE
Saturday	Oct-19	TBA <sup>4</sup>	TBA – ALL <sup>4</sup>	-1/2WU, <b>Steady Run</b> , BUs, HT, Band, Roll
Sunday	Oct-20	Quivira Park <sup>5</sup>	5:30pm – ALL <sup>5</sup>	-1/2WU, <b>Long run</b> , BUs, HT, Leg Elv

<sup>2</sup>Black & Elite training groups will meet for optional morning double

<sup>3</sup>Pasta Party at the Walker's Address: **11400 W 176th Terrace, OP**

<sup>4</sup>**Time & Location for Saturday Practice is still TBD**

<sup>5</sup>Athletes attending Sunday practice will take off Monday (day after)

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