



SOUTHWEST PROJECT



Week #

8

The Southwest Project Newsletter Week 8

This will be the last week of our “regular” season. We will be competing at our most unique event of the season. The relay carnival will split up our squad into relay teams that will compete against each other & many other teams. I look forward to the experience & can’t wait to see what everyone does with their uniform modifications. The best way to keep in touch is to sign up for Remind ([Text @bvswxc22](https://www.remind.com) to the [number 81010](https://www.remind.com)). “When” changes to our schedule happen, it will be sent through remind & email. You can also follow us on [Twitter](https://twitter.com/BVSWDistance) & [Instagram](https://www.instagram.com/BVSWDistance) (@BVSWDistance) where I will send out cool information throughout the season.

I have updated the BVSX XC Website check it out! <https://ajballew.wixsite.com/bvswxc>

Things Moving Forward

KC XC Classic Recap

We had a fantastic meet out at the KC XC Classic in Raymore-Peculiar. The varsity rested this week but the JV stepped up big for the Timberwolves and had some fantastic performances in their absence. In the C-team boys race Eugene Giam was our top boy finishing with a 30s Personal Best including a fantastic finishing kick. The Boys team placed 20th. The next race was our JV Girls. With only 4 freshman racing, we didn’t have enough to finish as a team, but don’t tell them. They ran together & pushed the pace while encouraging themselves to move up in the pack the whole way. The top freshman was Kiley Shamet followed closely by Ava Horst, Skyler Fisher & Addison Utting. All 4 girls medaled (top 50) in a field of over 120 runners. The final race of the day was the JV boys. Our #7 from Rim Rock (Cameron Paschke) stepped down to race in a very competitive JV race and placed 10th, top freshman in the field. Along with Cameron, Gabe Lewis brought home some hardware with a top 50 finish too. This group made up of only freshman & sophomore boys placed 9th of 23 teams. Results <https://mo.milesplit.com/meets/499792-kc-xc-classic-2022/results#.YzpTU-zMK3U>

Heartland Relay Carnival (Thursday) Preview

The Relay Carnival is one of most unique & fun events of the season. Instead of breaking events down by Varsity/JV/C-team runners are organized into multiple relay teams of either 4x1mi, 3x1mi or 2x2mi. We will take our team and seed them by performances in the last few meets. We will then build as many relays as we can using the rankings to balance the strength of each team. Once the relay teams are set, it will be difficult to make changes so be sure you know who is on your team & in which order. If things come up, please contact me as soon as possible. Each relay team can come up with ways to modify their uniform for their respective relay team (As long as they are NOT permanent changes & allow you to still run at max speed!) Relay Teams can be found below.

https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_bf994e22ab144f828f2b5e51d710257a.pdf

No Tuesday 5:50AM Morning Practice NOR Sunday Practice

We are moving our main practice to Tuesday afternoon for the entire squad. We will have morning AM Double for our Elite runners on your own. With the EKL Championship on Thursday (Oct 13th) we will moving our typical Monday off Day to Sunday for everyone.

NXR Heartland Sign Up

Parents/Athletes if you would, please click the link below if you are interested in attending the NXR Heartland Regional. It is a google form to get information & also give us an estimate on numbers we are expecting for our trip up to Sioux Falls after the season. Cost of the trip will be around \$150 range (depends on final numbers) & we will take care of transportation, lodging, meals & entry fee. Sign Up: <https://forms.gle/GV2qFHcjEuhnozXR8>

Pasta Party Wednesday (10/5)

Thank you to the Malinowski’s for hosting our pasta party last week! We greatly appreciate your hospitality. This week we will be meeting at the home of the Clark’s for practice on Wednesday afternoon. We will meet at their home & run from there. Food will be ready upon our return. We are still looking for some help. **12213 W 163rd St Overland Park**
<https://www.signupgenius.com/go/20f0a4da5ad29a5fc1-bvswxc9>

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

Homecoming Festivities

Mrs. Paschke sent out information about a few things regarding our homecoming festivities. First is the Trunk or Treat on October 12th at 5:30pm. You can sign up to donate candy and/or you can help hand it out. Second is the Homecoming Parade on October 13th, IF (as an athlete) you want to be in the parade, you must download, print, sign & turn in the permission form to the office. <https://docs.google.com/document/u/0/d/1Pu0N5sBFkT-AeOMlqidYAZsJUzJun80eZx2EBJiW-8E/mobilebasic>

Full Practice Schedule Fall 2022

Here is a link to the full BVSU Fall XC Schedule with times & locations for each practice/meet.

https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_68cf7200e1254da5a9e4f80f41c0bdea.pdf

Things to put on your Calendar

NXR Heartland Regional XC Meet (November 12th - 13th)

The date for the NXR Heartland meet is posted for Sunday November 13th after the XC Season officially ends. The NXR meet is an incredible experience where athletes & teams from 7 states converge on Sioux Falls, SD for a chance to qualify to the **Nike Cross National** Meet in Portland, OR in December. Details can be found using the links below. Its open to Varsity, JV, C-team & New runners!

https://nxrhl.runnerspace.com/eprofile.php?event_id=300&title_id=213&do=title&pg=1&folder_id=268&page_id=479 or <https://ajballew.wixsite.com/bvswxc/nxn-heartland-xc>

NXN Watch Party (December 3rd)

In the “off chance” we DON’T make it to the Nike Cross Country National Meet (lol). We will have a watch party for the event at BVSU. We will send out information about snacks & drinks.

Daily Schedule for Week 8

Day	Date	Location	Time – Who	Workout Details
Monday	Oct 3	BVSU	3:00 PM - ALL ¹	-Steady/Recovery or Rest Day
Tuesday	Oct 4	On Your Own BVSU	5:50 AM – Elite/Black ² 3:00 PM – ALL	-recovery run (Dbl) -The Michigan
Wednesday	Oct 5	The Clark’s ³	3:00 PM – ALL ³	-Recovery Run -Pasta Party ³
Thursday	Oct 6	On Your Own Pastoral Center, KCK	O.Y.O. AM – Elite ² 12:30 PM – Leave Class	-recovery run (Dbl) Heartland Relay Carnival 3:30pm – Girls 4x1mi 4:15pm – Boys 4x1mi 5:00pm – Boys/Girls 2x2mi 5:45pm – Boys/Girls 3x1mi
Friday	Oct 7	BVSU	3:00 PM – ALL	-Recovery Run
Saturday	Oct 8	HP Marina	<u>7:30am</u> - ALL	-Steady Run
Sunday	Oct 9	No Practice	-	-OFF/Rest

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

² – Tuesday & Thursday – Morning Practices are easy doubles for Elite/Black Group Runners

³ – Pasta Party at the Clark’s. We will run from their home & eat there after **12213 W 163rd St Overland Park**

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