



SOUTHWEST PROJECT

XC Week

10

The Southwest Project Weekly Newsletter

I want to start by thanking all the JV & C-team runners for a great season despite the restrictions on this year. All levels competed really well, and many ended their season with their best time of the year. We now begin our post-season with Regionals this Saturday at Pierson Park. We have our work cut out for us, but I know that we will step up to the challenge. The best way to keep in touch is to sign up for Remind ([Text @bvswxc2](https://www.remind.com) to the number 81010). “When” changes to our schedule happen, it will be sent through remind & email. You can also follow on [Twitter & Instagram \(@BVSWDistance\)](#) where I will send out cool information about the season. I have updated the [BVSX XC website](#) check it out!

Things for this week

EKL Recap!

Last week’s races went incredibly well. I was so proud of how the kids competed. The EKL is one of the best leagues in the state with four 6A schools, three private schools & then us. That can make it difficult for BVSX to stay competitive, but we proved to be one of the best XC programs across both the boys & girls teams. However you organize it the BVSX XC program is again the strongest in the District. Our Boys finished 3rd overall on the Varsity side & was the top Blue Valley school. The team was led by Senior C.J. Kniesler who finished 10th overall, good for All-EKL. The Boys JV finished 4th as a team (2nd Blue Valley) with Tommy Caul leading the way also finishing 10th individually. The C-team boys competed on Friday where multiple seasonal bests were run. The top runner for the Timberwolves was David Boley, narrowly missing the 21:00 mark. The girls Varsity capped off a great meet by placing 2nd overall but beating all three private schools. There were some awesome breakthrough PR’s set on our course. BVSX ended up with 3 All-EKL runners; Gigi Loffredo -2nd, Eden Schwarz -9th, Brinn Wilson -10th. The Girls JV finished 6th as a team in what was the closest competition of the day. Our top runner was Avery Brogan who was able to secure an 8th place finish with a strong second half of her race.

I loved being able to see the kids run on our course without having to worry about starting races or moving ropes. I hope you had the same experience I did! I learned it is a lot of fun to watch races on our course.

Regionals Saturday at Pierson Park

In some ways this meet will be our biggest/most challenging meet of the season. The competition is as tough as any meet we have seen so far. Aquinas, St. James, Mill Valley & DeSoto are some of the top programs in the State & we get to see how we measure up! The Top 3 teams in each race will qualify for State down in Wichita the following week. The course is also VERY challenging with over 360 feet of elevation gain over the 5k distance. The fast times of the other schools will be negated & the amount of strength & toughness the runners have will determine who gets to move on as a team. We have had 2 awesome practices out there so far & I think we are more prepared for this course than any team there.

There are spectator restrictions. Only 4 spectators will be allowed per runner. I’m not sure how they will be enforcing this but plan accordingly. There will be parking at Turner Elementary just North of the course. We can only bring the 14 runners who are competing, 2 coaches & 1 manager.

Boys Race at 10:00am – Girls Race at 10:35am



Booster Club

We are still in need of your support through our Venmo account. Any amount you can give is helpful but if each family/athlete would donate \$25 it will help the program by giving us more options to celebrate our team.

Venmo Username: [bvswxc20](#)

BIG THANK YOU'S!!

We had another awesome week of pasta & snacks. Thank you to the Paschke's, Brogan's, Kaestner's & Gay's for your help with the Grab & Go Pasta Party Wednesday. Also Thank You to the Ferguson's for the Snacks on Friday! Thank you all SO MUCH, and if I left anyone out let me know so we can give them the credit they deserve!

State is Down in Wichita

This will be the first year in decades that the Rim Rock course in Lawrence is NOT the host site for the 5A & 6A State XC Championship. We will be racing just south of Augusta (Just East of Wichita). We will have to travel down to the meet the day before (Friday, Oct 30th) & stay in a hotel overnight. We will be doing our best to work with the proper COVID restrictions throughout the entire trip.

The general plan is to go directly to the course in the early afternoon Friday for a preview & easy practice. Then we will go to the hotel & have food delivered/picked up at the Hotel. We will pick a hotel that has breakfast provided before we go to the meet Saturday morning. If parents are wanting to drive their kids back, we are happy to let them. Coordinating the sharing of hotel rooms will be something that we will have to get verification from Parents. If you have concerns about the trip please contact me as quickly as possible so we can address them before plans are finalized. You can also checkout the website <https://ajballew.wixsite.com/bvswxc/meet-info-2019-copy> for more details.

Daily Schedule for Week 10

Day	Date	Location	Time	Workout Details
Monday	19-Oct	Campus	3:30pm	-Team Meeting-Varsity (No Practice for athletes from Sunday)
Tuesday	20-Oct	Campus	3:30pm ¹	-WU, 6-8 x 90s @5k (90s rec), CD
Wednesday	21-Oct	Mills Farm Pool*	3:30pm	-WU, 4x10s @Sprint, Extended CD
Thursday	22-Oct	Campus	3:30pm	-Easy/Recovery Run
Friday	23-Oct	Stilwell Park	3:30pm	-Recovery
Saturday	24-Oct	Pierson Park³	7:45am-12:00pm	<u>KSHSAA 5A Regional³</u> Boys – 10:00am Girls – 10:35am
Sunday	25-Oct	Quivira Park ⁴	5:00pm ⁴	-Recovery ⁴

*Check out the website for details if you need the exact locations of practices. https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_e2531404660849af8c530b117158cee9.pdf

¹After School Practice! No morning practices

³See Meet information sheet on the BVSU website for more details about the meet!

