



SOUTHWEST PROJECT

XC Week
Post

The Southwest Project Newsletter Wrap up on the 2020 Season

As we finally put a bow on the 2020 cross country season, I want to thank everyone that was able to make this experience a fun one! Despite all of the problems, hurdles & restrictions everyone came together & we had some pretty remarkable accomplishments. I couldn't have done it without all of your help. Enjoy some time off to both physically & mentally to relax before we begin our plans for the next season. The best way to keep in touch is to sign up for Remind ([Text @bvswxc2](#) 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 [BVSW XC website](#) check it out!

Things Moving Forward

State Recap! Girls Finish 3rd at State!

The girls team headed down to Wichita this weekend and did an incredible job. I had an enjoyable time taking the kids to the Big 12 XC meet at Rim Rock. It was nice to see some former BVSW athletes & I think the kids enjoyed NOT thinking about the State meet & having fun watching some of their friends run. For the first time in a few years we had NO problems with hotels, meals or other random issues. The only thing we had to focus on was the meet on Saturday.

Saturday morning was a cool & breezy one but perfect for distance running. The girls got off to a strong start led by Gigi Loffredo. Shortly behind her was Brinn Wilson & Eden Schwarz. The 4-7 pack of Nicole Giam, Cara Mitchell, Maryam El-Demerdash & Blake Holland were in hot pursuit and setting themselves up nicely come the middle of the race. As the high winds started to pick up the race started to break open with some of the front pack getting away from the rest of the field. In the middle of pack Eden & Cara made up a HUGE number of places before crossing the line. Every kid fought until the very end & gave it their all!

In the end, my hat is off to Maize South & Bishop Carroll who ran out of their mind on that day scoring fewer than 60 points & only separated by one point from each other! Our girls led the next pack with 105 points to Mill Valley's 130, Kapaun's 133, & Great Bend's 143. We finished as the top team in the Eastern half of the State & have a lot to be proud of! We did have Two State medalists, Gigi Loffredo finished 12th (her 4th time medaling at State) & Eden Schwarz finishing 13th (her first time on the podium). Our other finishers were, Brinn Wilson 25th, Cara Mitchell 31st, Nicole Giam 48th, Maryam El-Demerdash 57th, Blake Holland 60th.

I couldn't be prouder of this group. This Senior group will likely go down as our most accomplished group in school history. They had 8 All-State medalists, 2 Podium finishes & qualified for State 3 years in a row. No other Girls group can say that! We will miss all 4 Seniors (Gigi Loffredo, Eden Schwarz, Brinn Wilson & Blake Holland). It is hard for me to think about this team without you. Since your first season with us, you showed tremendous leadership & willingness to take on whatever was thrown at you! The winning & performances are part of your legacy, but it will continue on in the younger group of kids that you helped mentor & show the right way to build a culture. Even though you may not be with us in person next fall, the impact you left on the future generations will live on. Thank You!



No NXR Heartland Meet this Year

Normally we would be getting ready for the NXR Heartland Meet in South Dakota next weekend, but it was canceled back in the summer. For those of you that are new to the program, start making plans for next November. Information can be found on the website (<https://ajballew.wixsite.com/bvswxc/nxn-heartland-xc>)

Uniform Check-in Monday November 9th (3:00pm – Room 705 BVSU)

We will have uniform check in & voting for our team awards on Monday, November 9th in Mr. Ballew's Room (705) after school. You need to return your uniform top, bottom, warmup jacket & bag (& Pants if you checked one out).

FINAL BIG THANK YOU'S!!

I want to thank the Kaestner's for hosting our final pasta party at their house last week. It was a great venue to run & it was nice having the boys there too despite their season ending the week before. I also want to thank all of the parents that came down to Wichita this weekend & supported the team. It was unfortunate that the State meet was not held at its usual Rim Rock Farm location, but we brought a great group of fans to come out & show their support. I also want to thank Lila Schwarz, Avery Brogan, Anna Strickland & Rocco Loffredo for coming out as runners & being there for the team.

"Banquet" & Awards Ceremony

Parents & Booster Club are working on a "get together" that meets the COVID-19 restrictions put in place to celebrate the end of yet another great season. We still plan on having our typical awards & senior recognitions.

Booster Club Meeting

It is never too early to begin planning for the 2021 season. I plan on meeting with members of the booster club before the end of the month to start making plans for next year. My hope is that the 2021 season will be back to "normal" (or at least that is what I'm planning on) & I want to get all of the fun & extra things planned out early. I need the help of our entire running family to get many of these things off the ground.

If you are interested in helping in some way, we will have new & old jobs available. We look to restructure the booster club so that the duties & responsibilities are better explained supported by the entire program. If you know you want to be involved, you can talk with Anne & Larry Marshall (larrycmarshall@gmail.com).

Future Newsletters this Winter/Spring

I will continue to keep everyone updated with events occurring over the Winter & Spring. The great thing about cross country is that we have the opportunity to compete in a similar fashion in the Spring through the Track & Field team at BVSU. Much of the information will be about the buildup & competitions of that season.

I will send out new Newsletters each month. We will inform you with how you as parents & athletes can help with our program. I have a lot of ideas for the summer & fall! I will need your help to make them happen.

Winter Training

Whether you are a long-distance runner, mid-distance or think of yourself as a sprinter or thrower, we will & HAVE a program for you to develop this winter. Training details will be sent out over the next few weeks, but with the lack of indoor training facilities we may have to get creative at times.

Running in the cold is not always the most fun, but it can be done safely & often as we go into the winter season. Make sure that you always bring warm running gear that begin with hats & gloves. Sweatshirts, pants should be worn in layers so that the right balance of cold weather/warm gear can be met. I hope to see everyone this winter whether you are planning on doing Track in the Spring or any sport!

