



# SOUTHWEST PROJECT



Week #

6

## The Southwest Project Newsletter Week 6

We are reaching the half-way point in our XC season. It is hard to believe that we will be heading down the back side of our season after this week. Lots of GREAT racing in store for us, so make sure you make it out to the races. Home meets, State course preview, what a great week! We hope everyone has a fun & exciting homecoming week. Stay up to date follow us on [Twitter](#) & [Instagram \(@BVSWDistance\)](#) we will send out information about the season. BVSX XC Website updated, check it out! [www.bvswxc.com](http://www.bvswxc.com)

### NEW INFORMATION

#### Canis Lupus Cup Preview – Wednesday (9/20)

On Wednesday we will be hosting a 10 team JV race against some of the area's best schools. First race begins at 4pm. Runners will need to leave class at 2:30pm & head to the course to set up the camp & walk the course. The Varsity team will have a workout, so meet in the commons at 3:00pm for practice. After the Varsity practice, we will need their help with course monitoring & in the finish chute. We will have an awards ceremony to hand out medals & a trophy to the top team.

Link to the meet page. <https://www.bvswxc.com/copy-of-southwest-middle-school-cha-1>

#### Rim Rock Preview – Saturday (9/23)

The Rim Rock Invitational is one of the biggest & best XC meets in the state of Kansas. It is also the host site for the 5A/6A State Championship later in the fall like it has been for nearly 30 years (excluding the pandemic). Rim Rock is my favorite XC course of all time, it is a perfect balance of challenging & fast that has 3 very distinct sections and beautiful scenery at every turn. The Rim Rock meet hosts over 100 schools across 3 divisions & we will be competing in the Gold division for the boys & Crimson for the girls. There are a handful of out of state schools that will fill out the already great field. My philosophy is to search out the best to challenge ourselves.

Website [https://www.bvswxc.com/\\_files/ugd/ab0cb5\\_13bac8208a634fb2995d1b8a0fceb71d.pdf](https://www.bvswxc.com/_files/ugd/ab0cb5_13bac8208a634fb2995d1b8a0fceb71d.pdf)

I would recommend carpooling if you are coming to the meet. They will charge \$10 for parking & getting into the parking lot can also be a difficult, so if you want to come out & support the team try to arrive early so you don't get stuck on that one lane dirt road. Pay for Parking Online: <https://kuathletics.wufoo.com/forms/zrua6li1weq057/>

#### Middle School Championship Recap

The middle school meet went off so perfectly on Wednesday last week. I was so happy with everyone & their dedication to helping with the event. We had every middle school in the Blue Valley, Olathe Shawnee Mission & Gardner School Districts. It is meets like ours that help the roots of success grow deeper in the Kansas City area.

Results: <https://ks.milesplit.com/meets/518256-blue-valley-southwest-ms-championship-2023/results>

#### Pasta Party – Tuesday (9/19)

Thank you in advance to the Niermeier family for hosting this week's pasta party. Athletes will meet in the commons at 3:00PM for a short meeting & we will head over to their home. There, we will run our workout & when we finish pasta/food will be ready. Address: **14283 W 157th St, Olathe, KS**

#### Remind is Not Working – New app to come!

Recently the Remind app stopped working to send out group text messages. You can still contact me personally, but I cannot send out any bulk messages about changes. I am working on switching us to Stack Team App, but more info will come shortly.

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

### Pictures Thursday Morning (9/21) - 7:45am

We will have pictures during the late arrival time on Thursday 9/21 at 7:45am. We will be wearing our WHITE (top) over Black (shorts) for the pictures. Please arrive on time so we can get the pictures in quickly before school. Website to order pictures: <https://pecsports.info/>

### Homecoming Parade (9/20)

The homecoming parade will take place at 6:00pm after the home Canis Lupus XC meet. After the meet line the street between ABMS & BVSX for the fan-fare & the bonfire after the parade.

## THINGS THAT STILL APPLY

### Booster Club Help & Dues

PLEASE, we need help this season with so many fun parts of cross country that don't always get talked about. We have a lot of ways that parents & families can get involved in cross country this year. Please look at the links below & sign up to help in some capacity. **BVSX XC Booster Club Website:** <https://www.bvswxc.com/news-updates>

**Pay Booster Dues:** <https://gofan.co/event/1088557?schoolId=KS69495>

**Booster Club Positions in Need:** Senior Services Coordinator & Homecoming Parade Coordinator

**Pasta Parties:** <https://www.signupgenius.com/go/70a0b44acaf29a31-bvsw?useFullSite=true#/>

**Snack Bin:** <https://www.signupgenius.com/go/10c0e4ba4a82aa5f5c25-bvsw?useFullSite=true#/>

### Southwest Project YouTube Channel

YES, the Southwest project DOES have a YouTube channel. We are starting something new this year by posting a few videos about the season here. **Link:** [https://www.youtube.com/channel/UC6Srsca0d\\_YRfgoE2Lm\\_Q](https://www.youtube.com/channel/UC6Srsca0d_YRfgoE2Lm_Q)

**Basehor Recap Video:** <https://www.youtube.com/watch?v=jQlztNV33bE&t=283s>

### Meet Schedule 2023

Check out the website for all the Meet Information: <https://www.bvswxc.com/copy-of-meet-info-2022>

## DAILY SCHEDULE FOR WEEK 6

Day	Date	Location	Time – Who	Workout Details
Monday	Sept-18	BVSX <sup>1</sup>	3:00PM – ALL <sup>1</sup>	-LL, <b>Steady Run</b> , BU, H/T, Roll
Tuesday	Sept-19	BVSX-Track BVSX <sup>2</sup>	5:50AM – E,B,G 3:00PM – E,B,W <sup>2,4</sup>	-SPWU, <b>Speed Workout</b> , CD, LegE -rec run (double), 30/30 Pasta Party to Follow <sup>4</sup>
Wednesday	Sept-20	BVSX BVSX XC Course	3:00PM – Varsity 4:00PM – JV/C-team <sup>3</sup>	- FullWU, <b>Tempo</b> , CD, Leg E <b>Canis Lupus Cup<sup>3</sup></b> <b>Girls – 4:00pm      Boys – 4:45pm</b>
Thursday	Sept-21	BVSX <sup>2</sup> Heritage Park #8	7:00AM – E,B <sup>2</sup> 3:00PM – ALL	-rec run (double), 30/30 - LL, <b>Recovery Run</b> , BU, H/T, Roll
Friday	Sept-22	BVSX	3:00PM – ALL <sup>3</sup>	-LL, <b>Pre-Meet</b> , BU, H/T, Roll, Strch
Saturday	Sept-23	Rim Rock	7:00AM - ALL	<b>Rim Rock Invitational</b> <b>Boys – 10:05am      Girls – 10:35am</b>
Sunday	Sept-24	Quivira Park	5:30PM – ALL <sup>1</sup>	- LL, <b>Recovery Run</b> , BU, H/T, Roll

<sup>1</sup> – Sunday/Monday – Either attend Sunday practice or Monday (the next day) & take the other day off

<sup>2</sup> – Tuesday/Thursday Doubles the week

<sup>3</sup> – Canis Lupus Cup JV & C-team. Races start at 4:00pm. Varsity runners will help run the meet.

<sup>4</sup> – All Athletes are invited to the Pasta Party after the double: Address **14283 W 157th St, Olathe, KS**

E – Elite      B – Black      G – Green      W - White

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