



# SOUTHWEST PROJECT



Weeks #

3

## The Southwest Project Newsletter Week 3

It was great getting to meet the whole running family at our pancake breakfast on Saturday, which is our unofficial transition to the racing season which begins on Thursday. Check out the links below for more details about the week. The best way to keep in touch is to sign up for Remind ([Text @bvs wxc22](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](https://www.instagram.com/BVSWDistance)) where I will send out cool information throughout the season. I have updated the BVSX Website check it out! <https://ajballew.wixsite.com/bvs wxc>

## **Things Moving Forward**

### Racing Kicks off with our first meets of the season!!

This first week of the racing season is upon us. We will be splitting the squads up with 7 runners on the boys & girls going to Northfield, MN to race some of Minnesota’s best teams along with multiple ranked teams in the Heartland Region. Our JV/C-team will be competing at the Bobcat Invitational at Wyandotte County Park hosted by Basehor-Linwood High School. Basehor has a special place on the BVSX Schedule since it was the very first meet in our school’s history. ALL Meet information can be found using the link below. Click on the meet you want to see & it will take you to all the information that has been sent out so far.

<https://ajballew.wixsite.com/bvs wxc/copy-of-meet-info-2021>

### Football Game Concession Signup

We will need all hands-on deck to run the concession stands for the home football game this Friday on Saturday September 2<sup>nd</sup>. Please reach out to Carrie Paschke ([carriepaschke@yahoo.com](mailto:carriepaschke@yahoo.com)) to help. We need some parent help!

### Pasta Party Tuesday (8/30)

We will have our first Pasta Party at the home of the Schwarz’s on Tuesday after school. All runners are invited to come out after our team meeting in the commons. We will have a van available to drive athletes to their home & can be picked up from there. Their address is **20024 Delmar St., Stilwell, KS**

### Weekly Practice Routines

Remember that for Sunday/Monday practices athletes choose either Sunday or Monday. Tuesday morning workouts are for Elite athletes, but Developmental/New can choose either Morning or Afternoon. Also, Optional Double runs in the afternoon on Tuesday & morning on Thursday.  
practice details for the first 6 weeks

### Summer Shirts & Spirit-ware Store Ready to go (almost)

Summer Shirts are on their way & will get them to you shortly. The main part of the spirit-ware store is here.

<https://www.bvs wden.com/cross-country>

As we have done for the last 2 years, we will have a **MANDATORY team T-shirt** everyone will need to order. It will be the shirt we wear at all meets throughout the season & will have initials on the sleeve.

**STORE WILL CLOSE ON THURSDAY SEPTEMBER 1<sup>ST</sup>!**

Another link will be sent out on Monday for BSN/Nike gear. One of the cool options is to purchase an “Alternate” Black Nike jersey. This will be the Jersey we use for the NXR Heartland meet after the season & is an option for in-season races as well. It will not be a mandatory item but can be worn throughout the season (if everyone in the race has it).

### Family Team Breakfast Success!

Big shout out & thank you to everyone that was able to make it to the family pancake breakfast. The numbers were huge & we almost needed more tables & chairs to fit all the family members that were in attendance. Also, Thank You to Chris Cakes for catering & to the Paschke’s for setting up Saturday morning.

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

### Booster Club Dues - \$65

We would love if all families could donate \$65 to the booster club (Southwest Project Track Club) to help pay for fun experiences throughout the season. You can make checks out to “**Southwest Project Track Club**” or through Venmo: @**SouthwestProject**. The \$65 is what we ask but we would greatly appreciate anything more you would be willing to give. With your generosity in both time & money, we truly have the best parents/families of any program period!

### Full Practice Schedule Fall 2022

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

[https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5\\_68cf7200e1254da5a9e4f80f41c0bdea.pdf](https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_68cf7200e1254da5a9e4f80f41c0bdea.pdf)

### **Things to put on your Calendar**

#### Fall Meet Schedule

Below is a link to the fall cross country season meet schedule. The dates & all information about the events will be updated as that information comes in. <https://ajballew.wixsite.com/bvswxc/copy-of-meet-info-2021>

#### NXR Heartland Regional XC Meet (November 12<sup>th</sup> - 13<sup>th</sup>)

The date for the NXR Heartland meet is posted for Sunday November 13<sup>th</sup> 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](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 3<sup>rd</sup>)

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 BVSW. We will send out information about snacks & drinks.

### **Daily Schedule for Week 3**

| <b>Day</b> | <b>Date</b> | <b>Location</b>   | <b>Time – Who</b>  | <b>Workout Details</b>  |
|------------|-------------|---|--|---|
| Monday     | Aug 29      | BVSW  | 3:00 PM – ALL <sup>1</sup>                                     | -Recovery Run or Rest Day   |
| Tuesday    | Aug 30      | BVSW – Track<br>Schwarz’s Home <sup>4</sup>                 | 5:50 AM – Elite/ALL <sup>2</sup><br>3:00 PM – ALL <sup>3</sup> | -Critical Velocity & Mile pace<br>-recovery Run (Dbl)   |
| Wednesday  | Aug 31      | St. Olaf, MN or<br>BVSW                                     | 8:30 AM – Minnesota<br>3:00 PM – Basehor                       | -Pre-Meet   |
| Thursday   | Sept 1      | <b>St. Olaf College, MN</b><br><br><b>Wyandotte Co Park</b> | <b>9:45 AM – Minnesota</b><br><br><b>4:55 PM – Basehor</b>     | <b>St. Olaf HS Showcase</b><br><b>9:45am– Girls 10:30am – Boys</b><br><br><b>Basehor-Linwood</b><br><b>4:55pm-Girls 5:45pm-Boys</b> |
| Friday     | Sept 2      | BVSW<br>BV West – Stadium <sup>5</sup>                      | 3:00 PM – ALL<br>TBA   | -Recovery Run<br>Football Concessions   |
| Saturday   | Sept 3      | Heritage Park Marina  | 6:30 AM – ALL  | -Steady Run   |
| Sunday     | Sept 4      | Quivira Park  | 5:30 PM – ALL <sup>1</sup>                                     | -Long Run   |

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

<sup>2</sup> – Tuesday Morning – “Elite” runners need to attend Tue (AM), Developmental have an option of AM or PM

<sup>3</sup> – Tuesday Afternoon – Double run for “Elite” runners &/or a lower-level intensity run for Developmental

<sup>4</sup> – Schwarz’s Home: **20024 Delmar St., Stilwell, KS**

<sup>5</sup> – Blue Valley West Stadium, we will be working the concession stands for a fundraiser. All Hands on Deck!

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