



SOUTHWEST PROJECT



Week #

11

The Southwest Project Newsletter Week 11

This is our final week of the official BVSX XC season The State Championship is Saturday & it has been the reason for all the hard work we have been putting in for the last 5 months. Let's take advantage of this opportunity & do all of the little things between now & Saturday to be prepared. The best way to keep in touch is to sign up for Remind ([Text @bvsx22](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 \(@BVSWDistance\)](https://www.instagram.com/BVSWDistance) where I will send out information throughout the season. I have updated the BVSX XC Website check it out! <https://ajballew.wixsite.com/bvsx>

Things Moving Forward

Regional Recap

I would like to extend both my congratulations & condolences to the entire BVSX XC team after our regional meet on Saturday. The Regional meet can be our toughest meet from an emotional standpoint because of the "do or die" nature of the races. Our Girls team came out & fought a tough battle but ultimately fell one place short of making it to the State as a team. Izzy Ross (2nd) & Lila Schwarz (10th) both medaled & punched their ticket to State individually. The boys came into the meet as the favorites to win & the boys got the job done. They took the Championship Plaque with our top 4 all finishing in the top 9. Micah Paschke (2nd), Crew Buehler (6th), Canyon Buehler (7th) & Tommy Caul (9th) all medaled. The course was hard & uneven, the wind was howling & the temperature was warm, but regardless of all the conditions the Timberwolves rose to the challenge. We have one more race left in the season & I know we will come prepared.

Link to Results: <https://ks.milesplit.com/meets/503525-ksksaa-5a-regional-desoto-2022/results/858365#.Y1aUO-zML5Y>

KSHSAA State Preview

The State Championship has been moved back to Rim Rock Farm in Lawrence. It is the crown jewels of cross country courses across all of Kansas. It is a combination of beautiful & tough, variable & fair. It is a course that will challenge the runners but gives a true Cross Country experience that will separate the pack. Both girls (Izzy & Lila) have a real chance to finish as All-State runners. Many times, 10 or more girls from our Regional have finished on the podium at State. The boys have had a State Championship circled on their calendar, ready to take on any challengers to the trophy. Kapaun Mt. Carmel has been a dominate force down in Wichita all season. At Rim Rock last month, they got the better of us by only 4 points. Regardless of how you matchup/score a virtual race between us it draws the same conclusion... This will come down to EVERY SINGLE POINT at State. The hills & course conditions will be the wild card, but I feel confident that everyone has done all the little things to give them the advantage come Saturday.

Website: <https://www.kshsaa.org/Public/CrossCountry/State.cfm>

Pasta Party Friday (10/28) Late Start!

We will have a pasta party at the home of the Brogan's on Friday October 28th. We will be coming back from Rim Rock on Friday, so we will push back the Start of the Pasta party to 5:30pm. We are in some need of helpers for the Pasta Party, so please fill out the signup here <https://www.signupgenius.com/go/20f0a4da5ad29a5fc1-bvsx14>

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NXR Heartland Plans

Below is a link to the athletes that I have expressed interest in going to the NXR Heartland Regional in November. Please check the link & let me know if you must make any changes. The Cost of the trip will be **\$170 per athlete**. You can either Venmo the booster club the money (@Southwestproject) or check made out to "Southwest Project Track Club."

<https://docs.google.com/spreadsheets/d/1xRQpte562B9EYPN-Cs27FQ-qR9SMInSVJqf710vFmlQ/edit?usp=sharing>

You can check out the details of what is planned on the BVSX NXR Heartland website. We will provide Transportation, Lodging, NXR Dinner & Breakfast, Entry into the meet. The NXR Heartland Dinner is BACK this year, so start planning your outfit now! <https://ajballew.wixsite.com/bvsx/nxn-heartland-xc>

"Are you on the Journey to the Summit of Great?"

State Sendoffs

We will have a State Sendoff around **2:00pm Friday** at the school & at **8:15am Saturday** morning for the XC Family

After State Pizza Lunch

After the State XC meet we will stop at Morningstar Pizza in Lawrence for a meal paid for by the booster club.

Uniform Check-in & Meeting – Monday (10/31)

Monday October 31st we will be checking in uniforms. All athletes going to the NXR Heartland need to meet after school in Room 705. We will have practice to follow. Any athletes NOT going to the NXR Heartland can meet after school or during 3rd Hr. academic time. Please make sure everything that was checked out to you is returned including uniform tops, bottoms, arm sleeves, sweats & bag.

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>

Team Banquet (November 16th)

Date has been set for our Team Banquet. All runners & parents are invited to attend. We are in the scheduling/planning phase of putting together our XC Banquet. Be on the lookout for more information from our booster club. It is a great event & is our opportunity to recognize all the work the athletes put in this season.

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 11

Day	Date	Location	Time – Who	Workout Details
Monday	Oct 17	BVSU (Room 705)	3:00 PM – State/NXR ¹	-Recovery Run & Boys Team Meeting (705)
Tuesday	Oct 18	On Your Own BVSU	TBD - Elite/Black ² 3:00 PM – State/NXR	-recovery run (Dbl) -Steady Run
Wednesday	Oct 19	Heritage Park #8	3:00 PM – State/NXR	-Race Pace Workout
Thursday	Oct 20	BVSU	3:00 PM – State/NXR	-Recovery Run
Friday	Oct 21	Rim Rock ⁴ Brogan’s Home	~2:00 PM – State/Alt ⁴ 5:30 PM – ALL ⁵	-Pre-Meet ⁴ -Pasta Party ⁵
Saturday	Oct 22	Rim Rock Farm⁴	8:00 AM – State Team⁴	Regional Girls – 11:10 AM Boys – 12:55 AM
Sunday	Oct 23			-OFF/rec jog

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

² – Tuesday– Morning Practice is an easy double for Elite/Black Group Runners

³ – Pasta Party at the Collins. We will meet at the Collins home & run from there with food to follow.

⁴ – State Team will take vans driven by the coaches to Rim Rock Farm, we will have a State sendoff on Friday

⁵ – The Pasta Party is open to ALL BVSU XC athletes to attend. It will be a later because of Rim Rock practice

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