



SOUTHWEST PROJECT

XC Week

4

The Southwest Project Newsletter Week 4

This first week of competition somehow exceeded my already high expectations. Both squads competed their near their best for the first meet of the season. Blue Valley Southwest was well represented & I can't wait to see where we are able to go from here! The best way to keep in touch is to sign up for Remind ([Text @bvs wxc20](#) to the [number 81010](#)). "When" changes to our schedule happen, it will be sent through remind & email. You can also follow us on [Twitter](#) & [Instagram \(@BVSWDistance\)](#) where I will send out cool information about the season.

I am keeping the BVSX XC Website updated, check it out! <https://ajballew.wixsite.com/bvs wxc>

Things Moving Forward

Basehor-Linwood, Wyandotte County Park - Thursday

The JV & C-teams got the season started off on a great note! We had multiple PR's & the athletes represented BVSX very well! The race was against a lot of schools Varsity squads, but our group held their own. The Girls team was lead by Alex Laurie (8th Place) who helped the squad to a 4TH PLACE FINISH! The Boys race was very competitive & David Boley was our top runner with a PR time of 20:36 led the boys to finish 11th. Overall, it was a great day & I was so proud of how they competed!

<https://swtwolves.com/2021/09/02/cross-country-jv-c-team-compete-well-at-basehor/>

JK Gold, 4mi Creek Resort – Saturday (Overnight Trip)

The Varsity & Top JV teams competed Saturday down in Augusta against the best XC teams Wichita & the some of the State had to offer. After a 5-hour rain delay the Timberwolves took to the line & never looked back. In the Girls Varsity, Izzy Ross (8th) led the team followed shortly by Lila Schwarz (19th) & Maryam El-Demerdash (22nd) who also medaled. The girls finished 3rd (behind only 6A powers Olathe North & BV West). The Boys Varsity had an exceptional day by putting 4 runners in the top NINE. Drew Dombrosky (3rd), Tommy Caul (4th), Micah Paschke (7th) & Gabe McGee (9th) were our medalists who helped BVSX WIN the meet by 90 points over 2nd place. The JV teams kept the success going as the Girls had two medalists, Cara Mitchell (11th) & Addison Willcott (13th) as they lead the girls JV to a 2nd place finish. The Boys JV didn't have enough to score as a team but Nate Kaestner (5th) & Bailey Stanfield (11th) were our two medalists.

<https://swtwolves.com/2021/09/05/cross-country-boys-varsity-win-big-girls-3rd/>

Olathe Twilight – Saturday NIGHT

The next step along our journey is to compete at the Olathe Twilight meet at the ODAC in the evening. The event is carried out under the lights & is a very fun and exciting event for the runners & fans. The course is flat & fast and perfect for setting a big seasonal best. There are 3 levels of competition (Varsity, JV & C-team) everyone will have a race that is appropriate for them. Despite the success in Wichita this weekend, this meet will be our real test of where we stack up against all the best teams Johnson County.

Olathe Twilight

Girls C-team – 6:00pm

Girls JV – 7:25pm

Girls Varsity – 8:30pm

Boys C-team – 6:45pm

Boys JV – 8:00pm

Boys Varsity – 9:00pm

We ask that all athletes **STAY** to the end of the meet to cheer on our medalists at the awards ceremony!

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

Pasta Party at the Malinowski's house Friday

We will meet at the home of the Malinowski's at 3:30pm for practice with pasta to follow. **11413 W 153rd St**

Booster Club Dues

Please help the Southwest Project by paying your booster fees if you haven't done so already. See the link.

<https://docs.google.com/document/d/1qDCnxEnVIKcFRVOvxd75zzDwzs4mKLbsOFTzCtYl01Q/edit?usp=sharing>

Booster Club HELP!!

The Booster Club will be sending out more details about signing up for both Snacks & Pasta Parties. We also have a few positions, so if you are looking to get involved, we can use your help! Click the link to sign up for something! <https://ajballew.wixsite.com/bvswxc/news-updates>

Daily Practice Schedule

Here is a link to our daily practice schedule for the fall https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_f4458260268c42e9a1af374ee39253a2.pdf

Things to put on your Calendar

Post-EKL BBQ – BVSW (October 14th)

Following the EKL XC meet at BVSW we will have a potluck style cookout BBQ to celebrate the end of the regular season. We will be looking for parents to help & send out a sign up for items in the near future

Nike Cross Country Regional – Heartland (November 13-14th)

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 below

<https://ajballew.wixsite.com/bvswxc/nxn-heartland-xc>

Daily Schedule for Week 4

Day	Date	Location	Time – Who	Workout Details
Monday	Sept-6	Heritage Park Shelter #8	5:30pm – ALL ^{&}	-WU, Recovery, 5xBU's
Tuesday	Sept-7	BVSW Track (am) BVSW Courtyard	5:50am – Elite 3:15pm – Dev & Elite**	-WU, 200's @1mi, CD -Recovery Run
Wednesday	Sept-8	BVSW Courtyard	3:15pm – ALL	-WU, 2mins @5k Goal, CD
Thursday	Sept-9	BVSW (am) Deanna Rose (pm)	6:40am – Elite** 3:15pm – Dev & Elite	-Recovery Run -WU, Steady/Rec Run, BU's, SAM
Friday	Sept-10	Home of the Malinowski's	3:30pm – ALL	-WU, Recovery/Pre-meet
Saturday	Sept-11	Olathe District Activity Complex (ODAC)	3:00pm – at BVSW – ALL 10:30pm - Return	Olathe Twilight Girls C-Team – 6:00pm Boys C-Team – 6:45pm Girls JV – 7:25pm Boys JV – 8:00pm Girls Varsity – 8:30pm Boys Varsity – 9:00pm Awards to Follow
Sunday	Sept-12	Quivira Park	5:30pm – ALL ^{&}	-WU, Steady Run, 5xBU's

**Optional Double Runs for Elite Athletes (25-30min recovery pace with short strength circuit after)

[&] Athletes who run on Sunday will take the next Monday completely off, REST!

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