



XC Month

Dec

### The Southwest Project Newsletter December (Post Season)

As we finish out the year here are a few updates about the post-season. I look forward to seeing everyone again real soon! 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/bvswxc>

### **Things Moving Forward**

#### NXR Heartland - Recap

The Nike Heartland XC Championship was a really great experience. Most of the trip went as planned which helped me minimize my stress during the meet. Our first race was the Boys Open Division 1. Despite it being a bit cold the race went great! Our top runner, Nate Kaestner finished 209<sup>th</sup> after the 5 different open races were entirely merged. After a bit of a break, we came back for the Girls Open Division 3 race where our top runner was Izzy Ross who finished 41<sup>st</sup> with 3 open division races merged. Our girls team finished 16<sup>th</sup> out of 68 teams in the open division & had a lot of great Personal best times to go with it.

As the end of the meet was winding down, the Boys Championship division got underway. This race was incredibly competitive with 22 of the best teams from across 7 States competed for the top spot. In the end our top Runner on the day was Micah Paschke who finished exactly 100<sup>th</sup> in the race to lead the boys' team to a 17<sup>th</sup> place finish overall. While that was a few spots lower than we were hoping to finish on that day it was still the highest finish BVSX has ever had in a Heartland Championship division race since we started going as a team in 2016. I couldn't be prouder with how the whole team performed this season. It was a truly a remarkable year with a lot more progress to be made & I can't wait to work with the athletes again soon!

#### Uniform Check-in & Awards

If you did not return your uniform/bag to coach Ballew on Check-in day make sure you stop by room 705 to turn it in. Please do not just leave it in my room, but make sure I check you off the list otherwise you may still be responsible for the items. If you did not receive your letter or certificate at the Banquet stop by and pick that up as well.

#### BVSX Cross Country Banquet

I wanted to make sure and recognize all the work that went into making our banquet such a success last week. If you didn't know, we had a curve ball thrown at us midway through the season that prevented us from having our banquet at the school. Despite the restriction, Carrie Paschke & Cami Zimmerman stepped up BIG and found that wonderful venue out in Stilwell on such short notice. The decorations & environment were spectacular, and we couldn't have done it without their hard work!

#### Plans for December

Monday (11/29) we started our winter conditioning for all athletes NOT in a winter sport. Winter is sometimes an overlooked part of the year when it comes to aerobic development & training but there are more weeks between State XC to State Track then the other way around. A lot of our successes this season have their roots in establishing a positive and hardworking culture of training during the winter last year. Our success not just for the Spring, but also next Fall will be largely based on how well we prepare starting now. Coach Buehler sent info about the winter program, but some can be found here - <https://ajballew.wixsite.com/bvswxc/about>

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

Thank You's to our Administration & Office Staff

Principal Scott Roberts & Athletic Director Michael Rasmussen

AD Assistant, Leslee Nelson, Bookkeeper, Kim Rich & Receptionist, Meredith Stewart

Thank you to our Coaches

Gregg Buehler – Thank you for being a great friend over the 6 years we have been coaching together, we have had great times & solved so many problems on our runs. There is no better Assistant coach in the State of Kansas then Gregg. Between his knowledge, effort, dedication to the kids, commitment, time put in & experience there isn't anyone better at what he has been able to do for this program!

Storm Shaw – Thank you for joining our program on such late notice. You have been the perfect addition for what this team needed! Your ability to connect with kids while still holding each athlete to a high level of expectation has been invaluable. We hope you continue to be a part of this team for many years to come.

Thank You to our Parents & Booster Club

Carrie Paschke – Booster Club President for all of the hard working making sure EVERY team-bonding experience this year was a huge success & doing so on such late notice!

Shelly & Brad Kaestner – for Planning our Rocky Mountain Road Trip this summer.

Cami & Brian Zimmerman – for planning & executing the Team Banquet

David Strickland – For all of the photos & team slide show at the Banquet

Tracy McGee – For taking care of all the Senior pictures, banners & gifts

Stacia Schwarz – For planning all of the Pasta Parties & Pancake Breakfasts through Summer & Fall

Dina Massoud – For organizing of all the Snacks at meets

Thank You to all of the Families that opened your Home to Pasta & Pancake Parties

Schwarz's, Kaestner's, Malinowski's, Brogan's, Boley's, Ferguson's, Ellis's & Wasinger's

Thank you to the Coach's Wives

I greatly appreciate the sacrifices you make to let us be able to coach! I know how much time it takes away from the family & we want to thank you for being so supportive of the team/program!

Thank You to all the Athletes!

Obviously, you are the reason for the season. Your dedication to this sport & team have made it what it is today. It is truly an honor to get to work with you all & I am proud to say I am your coach.

Award Winners at the Banquet

Congratulations to our award winners this year! Here is a list of the athletes who deserve special recognition

Runner of the year	Boys – Drew Dombrosky	Girls – Izzy Ross
Most Improved	Boys – Liam Wreford	Girls – McKenzie Wasinger
Making Strides	Boys – Micah Paschke	Girls – Stella Malinowski
Newcomer of the year	Boys – Canyon Buehler	Girls – Alex Laurie

Leader of the Pack  
Micah Paschke, Drew Dombrosky, Brenden Duncan  
Nicole Giam, Anna Strickland, Lila Schwarz

What's Next?

As we close out 2021 & get ready to turn the calendar, thank you to everyone that made this year special. It has been difficult since COVID shut down the world but to get back to some level of normal this XC season has really been special. My promise to you in 2022 is that I will continue to work hard to provide EVERY athlete in our program the best experience along with helping them develop into the best versions of them they can be. Remember, we are going to build this team into the BEST XC PROGRAM IN THE COUNTRY & that journey has already begun... So let's continue on to the Summit of Great!

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