



# SOUTHWEST PROJECT



Week #

4

## The Southwest Project Newsletter Week #4

What a great first week of racing in the books. As we move into homecoming week we will be splitting our squads based on who has plans on going to the homecoming dance. Please make sure to communicate with coach Ballew as to your intentions ASAP. For those racing this week, we may be getting ready for the most competitive high school XC race on Kansas Soil. To stay up to date & follow us on [Instagram \(@BVSWDistance\)](#) where I will send out cool information about the season.

Join the GroupMe: [https://groupme.com/join\\_group/100852708/OdwPn0bo](https://groupme.com/join_group/100852708/OdwPn0bo)

For more information about the BVSX XC team checkout the Website! [www.bvswxc.com](http://www.bvswxc.com)

## NEW INFORMATION

### First Meet Recaps!

The Basehor-Linwood meet went really well for the majority of our squad on Thursday morning. Despite the morning race time, it was a little warmer than ideal & led to the times being a little off what was expected. On the Girls side, the race was set & won by **Izzy Ross** who defended her individual title from last year, but she was NOT our only medalists. The next 4 girls placed & also received medals, ALL in their first ever XC 5k. **Erica Black** (6<sup>th</sup>), **Erica Walker** (20<sup>th</sup>), **Ella Bechtel** (23<sup>rd</sup>) & **Rachel Pishney** (27<sup>th</sup>) helped lead the Girls to a 2<sup>nd</sup> place finish as a team. Things were starting to heat up both metaphorically & literally as they got things going in the race. This meet was very competitive on the boys side with a lot of good performances from a lot of schools. BVSX's top runner was **Kai Schallon** (11<sup>th</sup>) but followed not too far behind was **Gabe Lewis** (16<sup>th</sup>). Two more Timberwolves made the podium, **James Strobl** (26<sup>th</sup>) and **Rohan Chalamalasetti** (30<sup>th</sup>) were the final boys getting medals and helping the team get a 4<sup>th</sup> place finish against some 4A & 5A varsity teams.

Results: <https://ks.milesplit.com/meets/629124-basehor-linwood-bobcat-invite-2024/results/1067919/formatted/>

The trip to Chicago was long but worth every minute. We drove into a city that has some of the biggest & best cross country teams in the Nation. The weather couldn't have been more perfect at race time & the course helped us to some big PR's. The Girls may have only had 5 runners, but all 5 gave an elite level effort! **Campbell Harger** (11<sup>th</sup>) & **Avery Reynolds** (12<sup>th</sup>) ran together for most of the race lead the Timberwolf pack to a 4<sup>th</sup> place finish as a team against 15 Full teams in Chicago. This team has some serious potential with many of our runners finishing their first (or 2<sup>nd</sup>) 5k's ever. I cannot wait to see what they can do when we get the whole squad together. The Boys race was a battle of two titans! Downers Grove North was a top 10 team in the Nation & BVSX gave them all they could handle, beating them through 3 runners & tying them through 4. The depth of DGN team put the Timberwolves in 2<sup>nd</sup> but gave us a huge amount of confidence in what we can accomplish this year. **Canyon Buehler** (2<sup>nd</sup>) gave everything he had in the last 1k to make a move to win the race but fell a bit short. In the process he helped his teammates **Alex Roberts** (4<sup>th</sup>) & **Elijah Chavez** (6<sup>th</sup>) also break the old school records with everyone going under 15:45. Every boy in on the team that day set a PR including two first time 5k XC runners. As a team they finished 2<sup>nd</sup> of 22 teams. This has given us the confidence this will make 2024 the best season in BVSX XC history!

Results: <https://il.milesplit.com/meets/633983-mike-kuharic-invitational-2024/results>

### Olathe Twilight & Homecoming

The Olathe Twilight has become the best meet in the Kansas City area in a fairly short time. It is an evening meet at ODAC that is bringing in some National level competition from across the Midwest. The Homecoming dance is also the same night. We completely understand that the dance is an important part of the high school cultural experience & if you are wanting to go to that instead of race, we understand. Talk with coach this week & we will schedule in for the following week. Meet at **BVSX at 3:30pm**

Meet Info: <https://drive.google.com/file/d/10VYIxmyLEG6oDrlnyecCWoMgCAEZ34wh/view>

*"Are you On the Journey To the Summit of Great?"*

### Pasta Party This Week Thursday (9/12)

We will have a pasta party on **THURSDAY** this week. The Niermeier's have offered to host & we are incredibly thankful for the hospitality. We will meet in the commons at 3:05pm for a quick meeting then head to their home. We will run from there & eat after we are done with our workout. Address: **14283 W 157th St, Olathe KS**

### Pasta Party Thank You – Roberts Family

Big shout out to the Roberts for hosting our first Pasta Party last week! We greatly appreciate your hospitality.

### Homecoming Parade – Wednesday Sept-11<sup>th</sup>

The Booster Club has organized a parade float for the homecoming parade in the evening on Wednesday. If you are joining the team, make sure your paperwork is filled out & turned into the office. See the weekly booster club email for more information.

## THINGS THAT STILL APPLY

### Schoolfundr – BVSX XC Fundraiser

The simple & easiest way to support the cross country team is through schoolfunder. Below is a link you can use to donate directly to the program. See the separate email sent about how to input email addresses.

Donate Directly: <https://app.schoolfundr.org/fund/bvswxc>

### Practice Schedule 2024

Link: [https://www.bvswxc.com/\\_files/ugd/ab0cb5\\_bb83b8fd9f6141c8920fd9fd837a8df1.pdf](https://www.bvswxc.com/_files/ugd/ab0cb5_bb83b8fd9f6141c8920fd9fd837a8df1.pdf)

### Sign up for NEW GroupMe – Weather Updates

Link to Sign-up: [https://groupme.com/join\\_group/100852708/OdwPn0bo](https://groupme.com/join_group/100852708/OdwPn0bo)

## Daily Schedule for Week 4

Day	Date	Location	Time – Who	Workout Details
Monday	Sept-9	BVSW <sup>3</sup>	3:05pm – ALL <sup>3</sup>	-LL, <b>Recovery Run</b> , 4xBUs, HT, Band, Stch
Tuesday	Sept-10	BVSW BVSW <sup>1</sup>	5:30am – Elt/Blk/Gr 3:05pm – ALL <sup>1</sup>	-SPWU, <b>Speed Work</b> , ExCD, Leg Elev -rec Run (Dbl)
Wednesday	Sept-11	BVSW	3:05pm – ALL	-FullWU, <b>Tempo Run</b> , HT,Band,Roll,Leg E
Thursday	Sept-12	BVSW <sup>2</sup> <b>Niermeier Home<sup>4</sup></b>	TBA – Elt/Blk <b>3:05pm - ALL</b>	-rec Run (Dbl) -LL, <b>Recovery Run</b> , 4xBU, HT, Roll
Friday	Sept-13	BVSW	3:05pm – ALL	-LL, <b>Recovery</b> ,BUs,HT,Band,Roll,Stch,LegE
Saturday	Sept-14	<b>ODAC</b>	<b>3:30pm - ALL</b>	<b>Olathe Twilight</b> <b>Girls-C 6:00pm</b> <b>Boys-C 6:45pm</b> <b>Girls-JV 7:25pm</b> <b>Boys-JV 8:00pm</b> <b>Girls-V 8:30pm</b> <b>Boys-V 9:00pm</b>
Sunday	Sept-15	I-Lan Park <sup>3</sup>	6:00pm – ALL <sup>3</sup>	-LL, <b>Recovery Run</b> , 4xBU, HT, Band, Leg E

<sup>1</sup>White training groups will meet after school. Black & Elite can do an afternoon double

<sup>2</sup>Black & Elite training groups will meet for optional morning double

<sup>3</sup>Athletes attending Sunday practice will take off Monday (day after)

<sup>4</sup> Niermeier Family Address: **14283 W 157th St, Olathe KS**

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