



SOUTHWEST PROJECT

XC Week

10

The Southwest Project

I would like to give a big congratulations to the entire JV & C-team squads for finishing their season off on a high note! We had a HUGE number of PR's as those teams ended their season in style. The BBQ after the race was phenomenal & the work put in by the booster club & parents is 2nd to none! This week is Regionals, hosted AT BVSU. Let's take advantage of this home field advantage and bring home some more hardware. Stay up to date with Remind (Text @BVSUWC2 to 81010) or follow @BVSUWDistance on Twitter or Instagram Check out the BVSU XC website here <https://ajballew.wixsite.com/bvsuwc>

Things for this week

5A KSHSAA Regional (Regionals – Blue Valley Southwest, Saturday October 26th)

Regional week is always a lot of fun! We are honored again to host Regionals (like we did in 2017) on our home course on the southern part of our campus! The entrance to the course is through the athletic complex and between the softball fields. There will be 9 schools competing for 3 qualifying spots to State as a team. There is also the option to qualify as an individual if a runner finishes in the top 10 (or is one of the top 5 fastest runners NOT on a qualifying team). Girls race at 10:00am, boys at 10:45am. Please come and support our runners and we try and make our way back to State.

<https://ajballew.wixsite.com/bvsuwc/meet-info-2019>

Eastern Kansas League Meet RECAP

The Eastern Kansas League Championship is one of the best meets in the whole state every year! There are no “down” teams in the EKL & that is what makes it so hard. At the C-team levels our squads competed great despite being one of the smallest groups in the meet, girls took 5th which placed us right in the middle of the League. The JV teams exceeded expectations and finished 6th & 5th (girls than boys). Then the varsity competed! Girls finished 4th & boys 3rd!! We ended up with 6 ALL-LEAGUE runners which is the most we've ever had in one season! Making All-League (in the past) has been as difficult as making All-State, so I look forward to what the ramifications of this race have on the post season & years to come.

Pasta Party Last week

Thank you to the Polus's for hosting our last ALL team pasta party at their home last Wednesday. It was great fun & I wish I could have made it... but it looked like fun!

Pasta Party This Week

We will be hosting a pasta party on Friday October 25th at the Kaester's home. The Address is below & all runners are invited whether they are on the Regional team or not.

19303 Mohawk St
Stilwell Ks 66085

EKL BBQ was AMAZING

After the EKL XC Meet last Thursday the booster club & parents of the program put together a GREAT BBQ & cookout for the kids and families that came to the meet. The food & comradery was a blast and this has become a fun tradition that BVSU XC team looks to continue for many years to come!



NXR Heartland Sign Up

The sign up for the NXR Heartland Regionals are in and finalized. I will send out a separate email about the specifics of the trip. We plan on leaving in vans on Saturday November 9th at 7:00am and be back late in the evening on November 10th. Be on the lookout for more information or check out the website for details

Daily Schedule for Week 10

Day	Date	Location	Time	Details
Monday	Oct-21	Room 705 ¹	3:30pm – Girls ¹ 4:00pm – Boys ¹	-Team Meeting ¹ (Regional Team Only)
Tuesday	Oct-22	XC Course ²	3:10pm ²	- Intervals @5k pace ²
Wednesday	Oct-23	Mills Farm BVSW Parking ³	3:10pm 5:00pm ³	-Easy Run & Strides -Trunk or Treat ³
Thursday	Oct-24	Heritage Park Shelter #8	3:10pm	-Easy Run & Sprints
Friday	Oct-25	Campus	3:10pm	-Recovery, Pre-Meet
Saturday	Oct-26	Regionals⁴ (BVSW)	8:30am⁴ -11:30am	<u>Regionals⁴</u> Girls – 10:00am Boys – 10:45am
Sunday	Oct-27	Deanna Rose	5:00pm	-Recovery Run

¹Team Meeting to discuss Regional Meet Plans, Girls will meet first at 3:30pm in Ballew's room then boys will follow. No practice that day. For Regional Team ONLY (including alternates)

²All athletes on the Regional Team & Nike Teams will meet for practice.

³After practice the school is hosting a Trunk or Treat starting at 5:00pm. If you would like to help hand out candy in the parking lot please come & find coach Ballew's car.

⁴Athletes need to meet at the entrance of the course by 8:30am on Saturday. We will go through our typical Pre-race routine with walking the course & warmups. All NXR kids NOT on the Regional team need to be there to help run the meet & cheer. All Volunteers need to be at the starting line by 9:30am for instructions. Let's make this a great meet for everyone there!

