



SOUTHWEST PROJECT

XC Week

5

The Southwest Project Newsletter Week 5

The Olathe North Twilight meet was a real coming out party for the BVSU Timberwolves. I haven't received more congratulations from coaches & other fans as I did after the meet this week. We have proven we can be fast, but now let's focus on competition! The best way to keep in touch is to sign up for Remind ([Text @bvs wxc20](https://text.me/bvs wxc20) to the [number 81010](https://text.me/bvs wxc20)). "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 cool information about the season.

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

Things Moving Forward

Olathe Twilight – Meet Recap

The BVSU Cross Country team competed at the Olathe North Twilight meet Saturday and had a phenomenal day! This meet had ALL 5A & 6A schools from Johnson County along with a few from Missouri. The JV/C-team Girls & Boys squads placed 5th & 3rd respectively with Cara Mitchel, Alex Laurie, Drake Dombrosky, Bailey Stanfield, Cooper Reeves & Canyon Buehler all earning medals.

The Girls team finished 18th as a team with Izzy Ross as our top runner & medalists. Izzy was 3 seconds off the school record in only her 2nd 5k XC meet of her career.

The Boys Varsity stole the show in the last race of the night under the lights. Despite only having One top 20 medalists (Senior Drew Dombrosky), the Timberwolves put 4 runners ahead of every school by over 15 places & went on to finish 2nd overall. They finished as the top School from Kansas, beating the 24th ranked team in the nation, Saint Thomas Aquinas, for the first time in program history by 1 point!

Southwest Middle School Championships (Tuesday)

We are hosting our BIG middle school championship with schools from across the entire Johnson County area. We need the athletes to help us run the meet by [signing up](https://forms.gle/Pm449nbPbV32JV738) for a location to be a course monitor & cheer on our Feeder, Aubry Bend!

<https://forms.gle/Pm449nbPbV32JV738>

Lee's Summit North Meet (Saturday)

We will be going over to Lee's Summit North High School for the Kris Solsberg Invitational. We will take the entire squad with us but some of our top Varsity athletes will simply be there to support their team and do a recovery run. We will also promote some of our JV runners to Varsity to get them some experience for next year.

Meet Schedule

Girls Varsity – 8:15am

Girls JV – 9:15am

Girls C-team – 10:40am

Boys Varsity – 8:45am

Boys JV – 10:00am

Boys C-team – 11:15am

Please arrive at BVSU at 5:45am to load the bus, we hope to return to BVSU by 1:30pm

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

Pasta Party at Schwarz's & thank you to the Malinowski's last week!

Big thank you to the Malinowski's who hosted our first pasta party of the season. The spread was amazing! This week we will meet at the home of the Schwarz's at 3:30pm for practice with pasta to follow.

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Booster Club HELP!! Booster Club Dues

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> 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/1qDCnxEnVIKCFRVOvxd75zzDwzs4mKLbsOFTzcYTlo1Q/edit?usp=sharing>

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-Season BBQ – BVSX (Date-TBA)

We are putting the post EKL BBQ on hold for now due to conflicts with the homecoming football game & the EKL championship. We will send out more information about our plans in the coming week.

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 5

Day	Date	Location	Time – Who	Workout Details
Monday	Sept-6	Heritage Park Shelter #8	3:15pm – ALL ^{&}	-WU, Steady, 5xBU's
Tuesday	Sept-7	BVSW Track (am) BVSW XC Course	5:50am – ALL 3:15pm – Elite** 4:00pm – ALL (HELPERS)	-WU, 1mi's @5k (Cut Down), CD -Recovery Run & MIDDLE SCHOOL XC MEET
Wednesday	Sept-8	BVSW Courtyard	3:15pm – ALL	-WU, 1mi's @T, CD or Recovery Run
Thursday	Sept-9	BVSW (am) Black Bob Park (pm)	6:40am – Elite** 3:15pm – Dev & Elite	-Recovery Run -WU, Steady/Rec Run, BU's, SAM or WU, 3-4mi @T, CD
Friday	Sept-10	Home of the Schwarz's	3:30pm – ALL	-WU, Recovery/Pre-meet
Saturday	Sept-11	Lee's Summit North High School	5:45am – at BVSW – ALL 1:30pm - Return	Olathe Twilight Girls Varsity – 8:15am Boys Varsity – 8:45am Girls JV – 9:15am Boys JV – 10:00am Girls C-Team – 10:40am Boys C-Team – 11:15am Awards to Follow
Sunday	Sept-12	Heritage Park Marina	5:30pm – ALL ^{&}	-WU, Recovery, 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?”