



SOUTHWEST PROJECT

XC Week

9

The Southwest Project Weekly Newsletter

What a great week of both training & racing we had! The kids competed well in the shorter distance races this week and we also gained some valuable insight to the Regional course on Saturday too. We have our work cut out for us at EKL this Thursday & Friday, but I look forward to seeing the kids step up & take that on. Varsity & JV are on Thursday with the C-team racing on Friday. The best way to keep in touch is to sign up for Remind ([Text @bvs wxc2](https://www.remind.com) to the [number 81010](https://www.remind.com)). “When” changes to our schedule happen, it will be sent through remind & email. You can also follow on [Twitter & Instagram \(@BVSWDistance\)](https://twitter.com/BVSWDistance) where I will send out cool information about the season.

I have updated the [BVSX XC website](https://www.bvswxc.com) check it out!

Things for this week

St. James Relays Recap!

This meet is always a lot of fun. The kids were divided into teams and competed against themselves along with other schools. There were some big highlights to mention in the races. The first group that competed was the 4x1mi relay teams. The team of Avery F., Kelli M., Addison W. & Cara M. placed 8th overall in the girls’ race & Mitch Q., Henry B., Remy A. & Sean K. placed 22nd. The boys & girls in the 2x2mi relays really dominated the competition. On the boys’ side the relay team of C.J. Kneisler & Tommy Caul WON the whole competition with the other 3 relay teams in hot pursuit finishing 3rd, 4th & 7th. The girls team had clean sweep (1st, 2nd & 3rd) led by the team of Brinn Wilson & Blake Holland, with Gigi Loffredo & Avery Brogan taking 2nd. The meet was finished up with the Boys & Girls 3x1mi races which were led by Adam M., Brenden D. & Rocco L finishing 3rd for the boys & Addison E, Grace Z., & McKenzie W. placed 5th overall in the girls. There were some really fast times & it proved to me that we can handle the quicker paces that will help us PR this week!

EKL this Thursday & Friday

On Thursday the Varsity & JV will be competing for the Eastern Kansas League Championship. The 5 Blue Valley Schools along with 3 private schools (Aquinas, St. James & Miego) make up the EKL this year. Typically, this is a one-day event but with the C-team being too big to be run in a single race, we are breaking up the meet into 2 days to handle the additional races. All 8 schools WILL get the chance to compete against each other directly & there will be no wave starts. Spectators are limited to ONLY DIRECT FAMILY & please wear your mask. The Schedule is Below

Thursday – EKL, JV & Varsity

Girls JV – 3:15pm

Boys JV – 4:00pm

Girls Varsity – 4:45pm

Boys Varsity – 5:30pm

Friday – EKL, C-team

Girls C-team – 4:00pm*

Boys C-team 1 – 4:45pm

Boys C-team 2 – 5:30pm*



*On Friday, we will have NO girls C-team runners, but we will have all of our boy runners' race in the 1st heat of the Boys C-team. Check out the Meet Info page for entries & details. The nice thing about the meet this season is that it will be on our course, but WE ARE NOT RUNNING IT. BV North is hosting the event which will allow our athletes, coaches & fans to simply enjoy the race & cheer on our runners.

The C-team runners will attend practice at the course on Thursday & cheer on their teammates running that day. The Varsity & JV will come to the meet at 4:30pm to cheer on the C-team runners.

Booster Club

We are still in need of your support through our Venmo account. Any amount you can give is helpful but if each family/athlete would donate \$25 it will help the program by giving us more options to celebrate our team.

Venmo Username: [bvs wxc20](#)

BIG THANK YOU'S!!

Let me thank the people that helped out with so much last week! On Wednesday we had a wonderful Grab & Go Pasta Party put on by the Caul's, Paschke's, Zimmerman's, McGee's, Holland's & Ellis's. On Friday we had snacks dropped off to us at BVSU by the Wreford's. Thank you all SO MUCH, and if I left anyone out let me know so we can give them the credit they deserve!

Regionals & State

The Regional team will be announced to the athletes this week. There are a few changes to how this will work. The State has put guidelines & restrictions on additional runners. That information will be sent out to individual athletes this week & all information will be sent out to everyone in next week's newsletter. You can also check out the website <https://ajballew.wixsite.com/bvs wxc/meet-info-2019-copy> for more details.

Daily Schedule for Week 9

Day	Date	Location	Time	Workout Details
Monday	12-Oct	BVSW	3:30pm	-WU, 4x30m Hills, 4x(30m Hill, 400m T), CD
Tuesday	13-Oct	BVSW	3:30pm ¹	-Easy Run
Wednesday	14-Oct	Stilwell Park	3:30pm	-35mins E, 4xStrides, Roll Out
Thursday	15-Oct	BVSW XC Course ³	1:45pm- 6:15pm	<u>Eastern Kansas League³</u> Girls JV – 3:15pm Boys JV – 4:00pm Girls Varsity – 4:45pm Boys Varsity – 5:30pm
Friday	16-Oct	BVSW ³	3:30pm- 5:30pm	<u>EKL – C-team Races³</u> Boys C-team – 4:45pm All Other Runners – Arrive at 4:30pm
Saturday	17-Oct	Pierson Park	8:00am	-WU, 4mi-Fartlek, CD
Sunday	18-Oct	I-Lan Park	5:00pm	-Easy Run

*Check out the website for details if you need the exact locations of practices. https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_e2531404660849af8c530b117158cee9.pdf

¹After School Practice! No morning practices

³See Meet information sheet on the BVSW website for more details about the meet!

