



SOUTHWEST PROJECT

XC Week

9

The Southwest Project Newsletter Week 9

As we go into our last meet of the regular season, I want to thank everyone for such a great & successful season! Even though our racing season is coming to an end this week for a lot of our JV/C-team kids it. The best way to keep in touch is to sign up for Remind ([Text @bvswxc20](https://text.me/bvswxc20) to the [number 81010](https://text.me/bvswxc20)). “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](https://www.instagram.com/BVSWDistance) (@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

St. James Relay Carnival (Thursday-10/7)

The St. James relays is a meet in our schedule that serves the purpose of getting our kids running FAST before they go into the EKL championship. Our athletes did an incredible job competing with some solid squads out at the Pastoral center in KCK. We tried to balance our 3 girls 4x1mi relay teams but the group of Alex Laurie, Ashley Boley, Sophia Ellis & Avery Ferguson edged out the rest as our top finishing squad (5th overall). In the boys 4x1mi Relay we had Bailey Stanfield, Mitch Quijano, Liam Wreford & Noah Stanfield as our top squad finishing 8th overall. At the meet they also had a 2x2mi relay race where our top team finishing pair of boys was Canyon Buehler & David Boley (8th) with the top girls’ team consisting of Stella Malinowski & Addison Ellis. The final event of the day was the 3x1mi Relay. Our Boys team of Brenden Duncan, Nate Kaestner, & Cooper Reeves took the overall title winning the race! Overall, it was a productive workout & great preparation for the EKL Championship this week!

EKL – Hosted at BVSX (Thursday-10/14)

BV West is hosting the EKL championship on our course Thursday. I love when teams do this, because I can get the opportunity to coach without having to worry about all the “other” things that go with hosting. This meet does two things for us. It will provide bragging rights for the Blue Valley schools along with giving us a decent idea of what to expect at the Regional meet the next week. This will be our last meet for the JV & C-team runners this year. My goal is to have our (V, JV, C) teams to place as high as possible. We will make selections at this meet based on how the previous races have played out in terms of the events they will be entered in. Our league is one of the most competitive leagues in the State & usually it requires you to be at a State Champion caliber to win. With all the homecoming festivities this week, it will make for an exciting day, but it can also be stressful & cause a bit of anxiety so make sure you are mentally preparing also!

Spirit-wear Orders SOON! (...I hope)

The last information I got from our school store is that the rest of the spirit-wear was shipped last week. That means it “should” be here this week. I will make sure to send everything out as soon as I get it.

Team Pictures

We will have our Team pictures at the BVSX courtyard at 7:45am. Please make sure you are dressed & ready right at 7:45am. We will still have our morning double run at 6:40am.

Pasta Party at BVSX

This week’s pasta party will be hosted at the concession stands at BVSX (Assuming the weather cooperates). Big shout out to the Hottovy’s for hosting our pasta party last week. It was a fantastic event & we appreciate it!

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

Booster Club HELP!! Booster Club Dues

Last chance to pay you're your booster club fees. See the link below for the details.

<https://docs.google.com/document/d/1qDCnxEnVIKcFRVOvxd75zzDwzs4mKLbsOFTzcYTlo1Q/edit?usp=sharing>

Practice Saturday October 16th at Regional Site (Pastoral Center, KCK)

I know this is a long drive for the athletes, so please make sure you plan accordingly. But, I believe it is important to make sure we have a feel for the lay of the course that will determine whether we make it to State. We will meet at 7:30am in the west parking lot. **12601 Parallel Pkwy, Kansas City, KS 66109**

Things to put on your Calendar

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. Even though the National Championship meet was canceled, the Regional is still a lot of fun! Details below <https://ajballew.wixsite.com/bvswxc/nxn-heartland-xc>

I will send out the official sign up link this week. If an athlete signs up for the competition, they will continue to practice with us throughout the post-season.

BVSW Cross Country Banquet (November 18th)

Recently there has been a change in the “How” our banquet can occur, so we are making changes. As of right now, we have a plan to host the Banquet at an off-school site so we can serve food & still be able to keep things as close to “normal” as possible. If things change, we will let you know. Please be on the lookout for more information from either me or Mrs. Carrie Paschke for those details.

Daily Schedule for Week 9

Day	Date	Location	Time – Who	Workout Details
Monday	Oct-11	BVSW Courtyard	3:15pm – ALL	-WU, 3min's @5k, CD
Tuesday	Oct-12	BVSW (am) BVSW Courtyard (am)	6:40am – Elite** 7:45am – ALL^	-Recovery Run -TEAM PICTURES
		Black Bob Park	3:15pm - ALL	-WU, “Fartlek”, CD
Wednesday	Oct-13	BVSW Courtyard Pasta Party (BVSW)	3:15pm – ALL	-Pre-Meet Recovery, BU's, Roll, Stretch, Walk outs
Thursday	Oct-14	BVSW (am) BVSW XC Course	6:40am – Elite** Leave Class at... 1:00pm – C-team 2:00pm – Varsity/JV	<u>Eastern Kansas League</u> C-team Girls – 2:30pm C-team Boys – 3:15pm JV Girls – 4:00pm JV boys – 4:30pm Girls Varsity – 5:00pm Boys Varsity – 5:30pm
Friday	Oct-15		OFF	Rest Day
Saturday	Oct-16	Pastoral Center (Regional Site)	7:30am – Regional Team	-WU, Cruise Intervals, CD
Sunday	Oct-17	Quivira Park	5:30pm – Regional Team	-WU, Steady, CD

**Optional Double Runs for Elite Athletes (25-30min recovery pace with short strength circuit after)

^Team Pictures: Please be in uniform in the court yard or before 7:45am

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