



SOUTHWEST PROJECT

XC Week

11

The Southwest Project Weekly Newsletter

This was a truly bittersweet weekend but one I will remember for a long time! The boys finished 5th overall against what had to be the 4 best teams in the State. We were not able to qualify for State, but I was so proud of how they competed Saturday & for the season as a whole. The girls did something that no BVSX XC team has ever done & that is come out on top in our Regional! The girls won the Regional against the defending 6A State Champions & will be on their way to Wichita for State this weekend. The best way to keep in touch is to sign up for Remind (Text @bvswxc2 to the number 81010). “When” changes to our schedule happen, it will be sent through remind & email. You can also follow on Twitter & Instagram (@BVSXDistance) where I will send out cool information about the season.

I have updated the [BVSX XC website](#) check it out!

Things for this week

Regional Recap!

The meet on Saturday started off on rocky ground as our bus was nowhere to be found. Thank you to the Coach Buehler & the kids who stayed calm and were able to get up to the course in perfect time to prepare for the race. Once we got there the only thing left to take on was the cold conditions, 380ft of elevation gain, 5 of the best teams in the State & ourselves (so easy-peasy).

The boys team raced 4 schools who, along with us, were ranked 1st, 2nd, 3rd, 4th, & 5th in the 5A State Coaches Poll last week. It was a completely unfair Regional, but we repeated the message that we will only worry about things we can control. The race started off quick & with so many good runners in the front pack it became difficult to move up in the 2nd half of the race like we had planned. Our team was led by Nate Kaestner, who had his best race of the season but missed qualifying for State by one place. He would have qualified, if it weren't for the new COVID restrictions on individual qualifiers (but that goes back to worrying about things we can control). Overall, we competed, placed & scored about where we expected but unfortunately so did the other schools. I am so proud of this group who finished 3rd at EKL & first in our school district. It was really hard seeing 2 other Blue Valley Schools qualify for State on the Boys side along with many other schools we have beaten, but those will be the fuel that powers the engine of growth as we shift our focus to the next season!

The Girls were already coming into this race as a favorite to make it to State, but not the number #1 seed. Mill Valley was the returning 6A State Champions who had dropped down this year due to enrollment numbers. We knew this was going to make it difficult to finish on the top of the podium, but I knew our girls were going to make it possible. The strategy paid off & with a conservative start while keeping the competition in sight, the girls were able to move up & get into position to finish the job. Part of the way through the race I started to notice that Mill Valley wasn't running their best & I yelled as loud as I could to help get them to find a few more of those jerseys to make it happen. I want to give a special shout out to Cara Mitchell (our #5 Saturday) who in the last 50 meters not only passed a Mill Valley Girl but also passed an Aquinas runner giving us a 3-point swing that ultimately gave us the victory! Our top runners were Gigi Loffred (2nd), Eden Schwarz (9th) & Brinn Wilson (10th) who finished All-Region. We should get our hardware in the mail soon & I hope to get a few pictures of the team with it.



KSHSAA State Championship, Augusta KS

This is the first time in decades that the State Championship is NOT at Rim Rock. It will give us an opportunity to compete on a much flatter & probably faster course. After last week, it will be a nice change! The details of the trip will be sent in an itinerary at some point in the early part of the week. We will be staying the night in a Hotel & I need confirmation that it is ok for athletes to stay in rooms together. We will also make a pit-stop in Lawrence to watch the Big 12 XC Championships before going to Wichita. The basic schedule is below

Friday Morning – Leave for Lawrence (Watch Big 12 XC meet)

Friday Afternoon – Leave for Wichita & see the XC course

Friday Evening – have food brought to hotel & stay in

Saturday Morning – drive to XC course & WIN STATE! (or at least that's the plan)

It appears the schools are in charge of selling & distributing wristbands for the State XC Meet. If you will be attending, we will send out those details along with the specific trip itinerary early this week. We will have enough for 4 spectators per athlete.

You can also checkout the website <https://ajballew.wixsite.com/bvswxc/meet-info-2019-copy> for more details.

Pictures Monday at 3:10pm

We will have team pictures on Monday right after school 3:10pm. Athletes need to dress in their uniforms & we will have a short meeting with the State team after. Details on ordering pictures can be found

<https://pecsports.info/packages/>

BIG THANK YOU'S!!

In our penultimate week we had some awesome help under tough conditions from our families. Thank you to the Schwarz's & the Loffredo's for the Pasta party Friday under less than ideal conditions. Also Thank You to the Wreford's for the Snacks on Thursday, it was a hot & windy day! Thank you all SO MUCH, and if I left anyone out let me know so we can give them the credit they deserve!

Daily Schedule for Week 11

Day	Date	Location	Time	Workout Details
Monday	26-Oct	Campus	3:10pm	-Pictures, Team Meeting
Tuesday	27-Oct	Heritage Park Shelter #8	3:30pm	WU, 1mi @5k Pace, 4x100m Sprints, CD
Wednesday	28-Oct	Deanna Rose	3:30pm	-Easy Run
Thursday	29-Oct	Stilwell Park	3:30pm	-Easy/Recovery Run
Friday	30-Oct	Augusta, KS	8:30am	-Recovery
Saturday	31-Oct	Augusta, KS	10:05am	<u>KSHSAA State Championship</u> Girls – 10:05am

*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

