



SOUTHWEST PROJECT



Week #

9

The Southwest Project Newsletter Week 9

This will be our final week as a whole team, it is hard to believe that this final meet for the JV/C-team is ending. Varsity runners, Alternates & NXR Heartland athletes will continue, but it is never quite the same without the whole team. We will be ready to race our best on our home course one more time. Stay up to date follow us on Twitter & Instagram (@BVSWDistance) we will send out information about the season.

BVSW XC Website updated, check it out! www.bvswxc.com

NEW INFORMATION

“The Mills” Time Trial - Recap

We had a lot of great performances in our final attempt at “The Mills” for the season. It was fun having another team to run with as we set PR after PR up the hill. The first BVSW finisher was Crew Buehler (2nd overall) who accelerated up the hills to open a gap between him & the competition. The top girl was Alex Laurie (1st overall) who not only PR'd by nearly 45 seconds, but also set the women's course record previously held by Eden Schwarz in her freshman year running at KU. Overall, the competition was great, the conditions were great & our kids showed up to compete.

Results can be found on our meet website: <https://www.bvswxc.com/copy-of-meet-info-2022>

EKL Preview – Thursday (10/12)

The Eastern Kansas League has been one of the best XC leagues in the State for a very long time. Many individual & team state champions have come through this league & this meet. We have the benefit of it being hosted on our home course by Blue Valley High. This year we are combining the JV & C-teams together (1 boys, 1 girls) followed then by the Varsity races. The first race will begin at 3:30pm & the meet should conclude after awards around 6:30pm with a BBQ cookout to follow. This will be the last race for the JV & C-team kids for the season. We will ask a few runners to stay on as alternates for the Regional & State teams. All the information can be found on our website. <https://www.bvswxc.com/copy-of-meet-info-2022>

EKL BBQ Signup – (10/12)

We will be having a team BBQ cookout after the EKL Championship on Thursday October 12th for the entire family. We invite everyone to attend (family included) to enjoy the experience. We want to celebrate the accomplishments of the Sub-varsity runners as they have completed their high school season. Please see the evite link below to see what to bring to the cookout/BBQ. **Sign Up ASAP!**

Link: <http://evite.me/hb2tJt67DF>

NXR Heartland Regional Signup

It is that time to sign up for our NXR Heartland Trip to Sioux Falls, SD. Please fill out the Google Form below to reserve your spot on the trip. This TRULY is a great experience for the athletes. If you want to participate in the race but cannot make the entire 2-day trip, please fill out the form & select that option. Runners who go on the trip are expected to continue to train with the team through Regional & State.

Deadline THURSDAY October 12th

Sign Up - <https://forms.gle/uCPNJeHnCX7heWTM8>

Pasta Party – Wednesday (10/11)

Thank you in advance to the Collins family for hosting this week's pasta party. Athletes will meet in the commons at 3:00PM for a short meeting & we will head over to their home. There, we will run our workout & when we finish pasta/food will be ready. Address: **16500 Goddard St. OP 66221**

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

Concession Stands THANK YOU'S

Thank You SO MUCH to the parents & athletes that helped run the concession stands at the football game on Friday. We greatly appreciate your time & energy to help provide some funds to our program!

Banquet Date – Friday (11/17)

Save the date, we have a date & time (6 pm) set for our team banquet & awards night. Please plan on attending with the whole family. More information will come shortly, so keep an eye on your email.

THINGS THAT STILL APPLY

Remind Not Working “kinda”

I am unable to send out messages to ALL participants as a group announcement. BUT you can still contact me directly with questions you have. We will keep it for the rest of the season & try to communicate using email.

Booster Club Help & Dues

PLEASE, we need help this season with so many fun parts of cross country that don't always get talked about. We have a lot of ways that parents & families can get involved in cross country this year. Please look at the links below & sign up to help in some capacity. **BVSW XC Booster Club Website:** <https://www.bvswxc.com/news-updates>

Pasta Parties: [https://www.signupgenius.com/go/70a0b44acaf29a31-bvsw?useFullSite=true#/#/](https://www.signupgenius.com/go/70a0b44acaf29a31-bvsw?useFullSite=true#/)

Snack Bin: <https://www.signupgenius.com/go/10c0e4ba4a82aa5f5c25-bvsw?useFullSite=true#/#/>

Southwest Project YouTube Channel

YES, the Southwest project DOES have a YouTube channel. We are starting something new this year by posting a few videos about the season here. **Link:** https://www.youtube.com/channel/UC6Srsca0d_-YRfgoE2Lm_Q

DAILY SCHEDULE FOR WEEK 9

Day	Date	Location	Time – Who	Workout Details
Monday	Oct-9	BVSW	3:00pm - ALL	-FullWU, 5k Pace Work , CD, Leg E
Tuesday	Oct-10	BVSW ² Black Bob Park	6:40am – E, B ² 3:00pm – ALL	-rec run, (30/30) -LL, Rec/Steady/Fartlek , CD, Roll
Wednesday	Oct-11	Collins Home ³	3:00pm – ALL ³	-LL, Pre-Meet , BUs, HT, Roll, Strch Pasta Party to Follow ³
Thursday	Oct-12	BVSW XC Course	2:00pm – JV/C Leave Class	EKL Championship Girls JV/C – 3:30pm Boys JV/C – 4:15pm Girls V – 5:00pm Boys V – 5:30pm
Friday	Oct-13	On Your Own		-LL, Recovery Run , BU's, HT, Roll
Saturday	Oct-14	Verhaeghe Park	7:30am - ALL	-1/2WU, Steady Run , BU,HT, LegE
Sunday	Oct-15	I-Lan Park ¹	5:30pm – ALL ¹	-LL, Recovery Run , BU's, HT, Roll

¹ – No Sunday/Monday option. MONDAY only.

² – Only Tuesday Double this week

³ – Pasta Party at the Collins's home **16500 Goddard St. OP 66221**

E – Elite B – Black G – Green W - White

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