



# SOUTHWEST PROJECT

XC Week

11

## The Southwest Project

I would like to give a big congratulations to the boys & girls teams for BOTH qualifying for State this week. Not too many teams across the state can qualify both teams, especially multiple years in a row like we have. It speaks to the dedication and commitment of the runners of this program. I'm so proud of everyone that raced. I also want to thank the volunteers that were able to make this meet possible!

Stay up to date with Remind (Text @BVSXWC2 to 81010) or follow @BVSWDistance on Twitter or Instagram  
Check out the BVSX XC website here <https://ajballew.wixsite.com/bvsxwc>

## Things for this week

### 5A KSHSAA State Championship (Rim Rock Farm – Lawrence, KS: Saturday November 2<sup>nd</sup>)

Here we are! The State championship is upon us and now is the time to bring our best running to the plate. The State Championship will bring the top 12 teams in each classification together in one place & this might be the most competitive race we have seen all year. Rim Rock is a beautiful course and Please come and support our runners! This is the pinnacle of our season & the reason for the 22 weeks of training we have put in. Check out the State's website for more information or the BVSX XC website

<http://kshsaa.org/Public/CrossCountry/State.cfm>

<https://ajballew.wixsite.com/bvsxwc/meet-info-2019>

### Regional Meet RECAP

I could go off for an hour on my thoughts on the Regional system, but regardless of that, it is always an interesting event where you don't know what to expect. In the girl's race, we placed 3<sup>rd</sup> as a team with 3 individual medalists. The 3 best teams in the last coach's poll were in this race. We had a few great PR's and are set up well for this week. The boys continue to exceed expectations & took 2<sup>nd</sup> with 2 individual medalists. The boys 5A State race will be one of the closest races I've seen in the sport. There are nearly a dozen teams (including us) that have a legitimate chance to get on the podium.

Hosting this race at our home Cross Country course was a true honor and everyone did an unbelievable job. The kids knew exactly what to do without any input from us while we were running the event. The parents that were able to help out (including my mom) did a phenomenal knew exactly what to do.

### Pasta Party Last week

Thank you to the Kaestner's for hosting our pasta party at their home last Friday. It was great fun & I wish I could have made it... but it looked like fun!

### Pasta Party This Week

We will be hosting a pasta party on Friday November 1<sup>st</sup> at the Paschke's home. All runners are invited whether they are on the State team or not. It will be a bit later than normal due to driving to Rim Rock for State

11610 W 157th Terr  
Overland Park KS



### Uniform Check In

We will have Uniform Check in on Monday November 4<sup>th</sup> during Timbertime or after school (pick one that works for you)

### NXR Heartland Fees Due

Now that the Nike Regional Teams are established, we need everyone who has signed up to pay their fees to the booster club. The Trip will cost \$115 per athlete and could be paid through Venmo or a check made out to the BVSW Cross Country Booster Club. We plan on leaving in vans on Saturday November 9<sup>th</sup> at 7:00am and be back late in the evening on November 10<sup>th</sup>.

## Daily Schedule for Week 11

Day	Date	Location	Time	Details
Monday	Oct-28	Room 705 <sup>1</sup>	3:10pm – Girls <sup>1</sup> 3:40pm – Boys <sup>1</sup>	-Team Meeting <sup>1</sup> (State Team Only)
Tuesday	Oct-29	Heritage Park Shelter #8	3:10pm <sup>2</sup>	-Reps @5k pace & Speed <sup>2</sup>
Wednesday	Oct-30	Black Bob Park	3:10pm	-Easy Run
Thursday	Oct-31	Campus	3:10pm	-Easy Run & Sprints
Friday	Nov-1	Rim Rock (Lawrence)	3:10pm	-Recovery, Pre-Meet
Saturday	Nov-2	<b>State<sup>4</sup></b> Rim Rock Farm	<b>7:45am<sup>4</sup></b> <b>-4:00am</b>	<b>State<sup>4</sup></b> <b>Girls – 11:10am</b> <b>Boys – 12:55pm</b>
Sunday	Nov-3 <sup>5</sup>			

<sup>1</sup>Team Meeting to discuss Regional Meet Plans, Girls will meet first at 3:30pm in Ballew's room then boys will follow. No practice that day. For Regional Team ONLY (including alternates)

<sup>2</sup>All athletes on the Regional Team & Nike Teams will meet for practice.

<sup>4</sup>Athletes need to meet at the school by 7:45am on Saturday. We will be taking 1 bus for all State & Nike athletes. All NXR kids need to dress up in sweats & black pants so you can come in as athletes and avoid the cost at the gate. We will take the bus to get a post-race lunch/dinner in Lawrence at Morning Star Pizza (6<sup>th</sup>st & Wakarusa)

<sup>5</sup>No Practice Sunday

<sup>6</sup>Uniform Check in at Coach Ballew's room 705 during Timber-time or after school on Monday November 4<sup>th</sup>

