



SOUTHWEST PROJECT

XC Week

6

The Southwest Project Newsletter Week 6

Lets go have the best week in BVSX history this week! Great things are about to come as we go into our home meet & Trip to Minnesota. The best way to keep in touch is to sign up for Remind (Text @bvsx20 to the number 81010). “When” changes to our schedule happen, it will be sent through remind & email. You can also follow us on Twitter & Instagram (@BVSXDistance) 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/bvsx>

Things Moving Forward

Canis Lupus Cup (Wednesday)

We will be hosting our only regular season XC meet on our course this Wednesday September 22nd. The race is for athletes who are NOT competing at the Minnesota meet this weekend. The meet is filled with a lot of other quality schools who will be racing their JV & C-team athletes. The fun part about the meet is that even though this is a JV/C-team meet we do have medals & a team trophy. Instead of separate Boys & Girls team scores we ADD the total points of BOTH boys & girls team scores together for each school & the lowest combined score will take home the trophy. BVSX has won it for the past 2 years!

<https://ajballew.wixsite.com/bvsx/copy-of-southwest-middle-school-cha-1>

Roy Griak Invitational (Friday)

The Roy Griak meet in Minneapolis, MN is probably the BEST cross country meet in the Midwest. Hosted on the course of the University of Minnesota, it has teams from nearly 7 different states. If a team can finish within a few points of the top teams, they will have a chance at the NXR Heartland Regional of qualifying for Nationals. We have gone to this meet in the past & they really treat the athletes like rock stars. Due to the meet being held on the same weekend as Rim Rock in Lawrence (home of the State course most years) we usually don't go. Since State is in Wichita there is no reason not to give the kids this once in a career experience.

<https://gophersports.com/sports/2018/5/25/roy-griak-invitational-home.aspx>

The meet ONLY has a Varsity race and is limited to 10 runners. We will drive the 10 boys & 10 girls to the meet the DAY OF THE RACE in school vans driven by the coaches. We will leave very early and stop for lunch when we arrive in Minneapolis. Meals need to be paid/provided by the athlete, but we will do our best to find multiple options for them. Since the races won't get over until after 6:00pm we will stay in a Hotel for the night going into Saturday. While we are there on Saturday, we will go for a run on the Mississippi river before heading home.

Lee's Summit North Meet (Recap)

This meet was the opportunity for our younger athletes to step up to the big stage and run a Varsity of JV race for the first time. We also had a big handful of athletes compete in their first meet of the season. The Girls' Varsity was led by Alex Laurie (21st) who was able to drop another 20 seconds off her PR. In the Boys Varsity race Nate Kaestner was our top boy (63rd) but led the Boys team to a 15th place finish out of 23 schools. Neither JV team had enough to score as a team, but they were led by Mitch Quijano (58th) & Stella Malinowski (25th). The C-team squads competed in the toughest conditions of the day but came through with fantastic performances! Sean Quijano (102nd), like his brother in the JV was the top BVSX Boy while Tigst Quinn (24th) was the first Timberwolf to cross the line in the girls C-team race.

<http://www.kcrunningcompany.com/results/>

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

Southwest Middle School Championships (Recap)

The Southwest Middle School Championship went off without a hitch. It was because of the incredible help I was able to get from all of you volunteering! This is our way of showing off our facilities to the community along with recruiting middle school kids to see cross country is a fun and exciting event at its highest level.

<https://ajballew.wixsite.com/bvswxc/copy-of-southwest-middle-school-cha>

Thank you to the Schwarz's last week!

Big thank you to the Schwarz's who hosted our second pasta party of the season. It was a great experience & thank you for the pictures!

No Pasta party planned for this week due to the out-of-town travel Friday/Saturday. See you next week!

Booster Club HELP!! Booster Club Dues

The Booster Club will be sending out more details about signing up for both Snacks & Pasta Parties. We also have a few positions, so if you are looking to get involved, we can use your help! Click the link to sign up for something! <https://ajballew.wixsite.com/bvswxc/news-updates> Please help the Southwest Project by paying your booster fees if you haven't done so already. See the link.

<https://docs.google.com/document/d/1qDCnxEnVIKCFRVOvxd75zzDwzs4mKLbsOFTzcYTlo1Q/edit?usp=sharing>

Daily Practice Schedule

Here is a link to our daily practice schedule for the fall https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_f4458260268c42e9a1af374ee39253a2.pdf

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 for a chance to qualify to the Nike Cross National Meet in Portland, OR in December. Details below

<https://ajballew.wixsite.com/bvswxc/nxn-heartland-xc>

Daily Schedule for Week 6

Day	Date	Location	Time – Who	Workout Details
Monday	Sept-20	Heritage Park Shelter #8	3:15pm – ALL ^{&}	-WU, Recovery, 5xBU's
Tuesday	Sept-21	BVSW Track (am) BVSW Courtyard	5:50am – MN Team 3:15pm – ALL**	-WU, 1k's @5kGP, CD -WU, Recovery, Pre-Meet
Wednesday	Sept-22	BVSW XC Course	3:15pm – MN Team or Canis Lupus Cup	-WU, Steady/Recovery, SAM Canis Lupus Cup Girls – 5:00pm Boys – 5:40pm
Thursday	Sept-23	BVSW (am) Black Bob Park (pm)	OFF 3:15pm – ALL	-Rest (More Sleep!) -WU, Recovery/Pre-Meet
Friday	Sept-24	Les Bolstad Golf Course	5:00am – Vans Leave	Roy Griak Invitational Boys – 3:45pm Girls – 4:30pm
Saturday	Sept-25	Minneapolis, MN	6:30am – MN Team 4:30pm – Return BVSW	-WU, Steady/Recovery, 5xBU's, Stretch
Sunday	Sept-26	Heritage Park Marina	5:30pm – ALL ^{&}	-WU, Recovery, 5xBU's

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

[&] Athletes who run on Sunday will take the next Monday completely off, REST!

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