



SOUTHWEST PROJECT



Week #

5

The Southwest Project Newsletter Week 5

We had a very special (and wet) day out at our first XC meet of the season with the whole squad together. I was so proud of how they competed but also how they handled themselves off the course. I look forward to many more great things to come. We will take the week off from racing, but we will continue to work & train so that we can get better. The best way to keep in touch is to sign up for Remind ([Text @bvswxc22](https://www.remind.com) to the [number 81010](https://www.remind.com)). “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](https://www.instagram.com/BVSWDistance)) where I will send out cool information throughout the season.

I have updated the BVSX XC Website check it out! <https://ajballew.wixsite.com/bvswxc>

Things Moving Forward

Fast Times & Wet Conditions for Olathe North Twilight

We had the whole squad up & running at the Olathe Twilight Meet this weekend. Our performances were off the charts despite the rain starting just as we arrived at the meet. Our first group to compete was our C-team Boys who were led by Sean Quijano (119th). We had a lot of PR's out of that group and a few runners completing their first 5k ever! The boys group finished 19th as a team. In the next race our JV girls competed well. All 5 runners blazed the course in personal bests. A group of 4 freshman packed together throughout the race very well but Kiley Shamet (67th) had the strongest kick of the group to be the first timberwolf to cross the line. The Girls JV placed 11th. Like our JV Girls, the boys were also a large group of young runners, but despite the inexperience they ran like veterans! Our top runner was medalist & freshman, Cameron Paschke (11th) who had a fantastic finish & moved up a lot of spots in the last mile of the race. The Boys group of only freshman & sophomores placed 9th in the JV race, beating all other 5A & EKL competition.

By the time the Varsity races started, the rain was calming down & the course was holding together. I knew with the cool conditions & great competition that it was going to be a fast day. Our top girls were Izzy Ross (51st) & Lila Schwarz (55th) who ran great races. The girls team ran a bit short handed (only 5 girls instead of 7) but despite that placed 19th beating handful of very solid 5A & 6A teams. The boys finished off the meet with a lot of anticipation. We knew this was going to be an epic showdown between the best teams Kansas & Missouri had to offer. The defending champion team, Liberty North, returned its entire squad from last year's squad to take the title again. BVSX had two athletes finish under 16 minutes & another 3 that went under 17 minutes. It was the fastest performance in school history no matter how you measure it! Tommy Caul (19th) finished as our top runner with Micah Paschke (24th) not too far behind.

This meet turned heads across the country, let alone State. People will be talking about this competition for a while. Despite the great performances, the boys fell a bit short of their finish last year but made huge progress. The boys' varsity finished 6th overall in our toughest meet of the season so far.

Middle School XC Championship at Southwest

We are hosting our annual middle school championship meet. We invite schools from across Johnson County and it ends up being one of the best middle school meets in the city! We will have our practice for all athletes at 3:00pm that day then we will need all hands on deck to help host the event. Time for the event is 4:00-6:15pm

Thank You Pasta Party Friday (9/9)

Big Thank you to the Paschke's & the fellow parents that helped run our last Pasta Party. It was a great experience, and we look forward to our next one, but that will not happen until next week.

Weekly Practice Routines

Remember that for Sunday/Monday practices athletes choose either Sunday or Monday. Tuesday morning workouts are for Elite athletes, but Developmental/New can choose either Morning or Afternoon. Also, Optional Double runs in the afternoon on Tuesday & morning on Thursday.

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

BSN/Nike order CLOSING TUESDAY

We will have a 2nd order option for our Nike gear through BSN. There aren't a lot of options, but they look good. We will NOT be able to do the Black Nike Alternate jerseys through this order though. We have extras in our cages that can be checked out or purchased directly. Just ask.

<https://bsnteamsports.com/shop/jYrRJGEFgD>

Booster Club Dues - \$65

We would love if all families could donate \$65 to the booster club (Southwest Project Track Club) to help pay for fun experiences throughout the season. You can make checks out to "**Southwest Project Track Club**" or through Venmo

Full Practice Schedule Fall 2022

Here is a link to the full BSW Fall XC Schedule with times & locations for each practice/meet.

https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_68cf7200e1254da5a9e4f80f41c0bdea.pdf

Things to put on your Calendar

NXR Heartland Regional XC Meet (November 12th - 13th)

The date for the NXR Heartland meet is posted for Sunday November 13th after the XC Season officially ends. 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 can be found using the links below. Its open to Varsity, JV, C-team & New runners!

https://nxrhl.runnerspace.com/eprofile.php?event_id=300&title_id=213&do=title&pg=1&folder_id=268&page_id=479 or
<https://ajballew.wixsite.com/bvswxc/nxn-heartland-xc>

NXN Watch Party (December 3rd)

In the "off chance" we DON'T make it to the Nike Cross Country National Meet (lol). We will have a watch party for the event at BSW. We will send out information about snacks & drinks.

Daily Schedule for Week 5

Day	Date	Location	Time – Who	Workout Details
Monday	Sept 12	BVSW	3:00 PM - ALL ¹	-Recovery Run or Rest Day
Tuesday	Sept 13	BVSW – Track BVSW	5:50 AM – Elite/ALL ² 3:00 PM – ALL	-5k Pace Workout -recovery run (Dbl)
Wednesday	Sept 14	BVSW SW MS Champ	3:00 PM – ALL 4:00 PM – ALL Help!	-Recovery Run
Thursday	Sept 15	TBD Verhaeghe Park	TBD AM - Elite 3:00 PM – ALL	-recovery run (Dbl) -Steady Run
Friday	Sept 16	Heritage Park #8 ⁴	3:00 PM – ALL	-Fartlek-Style Workout
Saturday	Sept 17	Verhaeghe Park	7:00 AM – ALL	-Recovery Run
Sunday	Sept 18	I-Lan Park	5:30 PM – ALL ¹	-Long Run

¹ – Sunday/Monday – Either attend Sunday practice or the next day on Monday & take the other day off

² – Tuesday Morning – "Elite" runners need to attend Tue (AM), Developmental have an option of AM or PM

⁴ – Change of Plans, we will meet at Heritage Park Shelter #8

"Are you on the Journey to the Summit of Great?"