



# SOUTHWEST PROJECT



Week #

8

## The Southwest Project Newsletter Week #8

What an amazing day of racing on Saturday. We had so many breakthrough performances! This week is always a bit of a break as we take one last opportunity to get ready for the post season. We will have a time trial style relay meet on Thursday at the BVSW Track. Make sure you are staying healthy. To stay up to date & follow us on [Instagram \(@BVSWDistance\)](#) where I will send out cool information about the season.

Join the GroupMe: [https://groupme.com/join\\_group/100852708/OdwPn0bo](https://groupme.com/join_group/100852708/OdwPn0bo)

For more information about the BVSW XC team checkout the Website! [www.bvswxc.com](http://www.bvswxc.com)

### NEW INFORMATION

#### KC XC Classic – Recap

This meet is usually a “low key” event for us, but this year we had HUGE breakthroughs at all levels! The format of the race was a bit odd with boys & girls races going on at the same time. The C-team races got kicked off with some big PR’s! Our top girl in the field was **Hazel Dillavou** (40<sup>th</sup>) setting nearly a 2-minute PR in the process. While the Girls race was going on our C-team boys were also racing. **Legend Brown** (222<sup>nd</sup>) was the top boy in the race holding off **Jayden Joseph** (227<sup>th</sup>) with a ferocious kick at end. The JV races were also run together which made things hard to keep up with the action, but we got all the splits & times taken. With a conservative start & strong finish **Erica Walker** (40<sup>th</sup>) earned her medal & was the top BVSW Timberwolf in the girl’s race. While the Girls were racing, the Boys were also tearing up the course. **Austen Niermeier** (77<sup>th</sup>) was the top boy in the JV race & did a great job leading a slightly depleted JV team to an 18<sup>th</sup> place finish after a few other runners were promoted to Varsity for the week.

The girls Varsity got to compete in their own race & BOY, did they make it a great one! This was the first time all season we have been able to get our full “A-team” of girls on the course on the same day. We knew it was going to take some smart racing to be able to compete with 2x defending State Champions, St. James, but as the finish line came on the runners, we split up their scoring 5 & finished only 13 points behind. In only her 2<sup>nd</sup> race of the season, **Izzy Ross** (10<sup>th</sup>) lead the team but shortly behind her was freshman **Campbell Harger** (16<sup>th</sup>). After splitting St. James 1-2 the race was on to pick up as many points as possible. **Avery Reynolds** (31<sup>st</sup>), **Erica Black** (41<sup>st</sup>) & **Adeline Niermeier** (54<sup>th</sup>) closed out the scoring 5 with an incredible 139 points. The girls team finished 4<sup>th</sup> behind the 4x defending 6A State Champs Olathe West, Missouri Powerhouse St. Teresa’s & 2x defending 5A State Champs St. James. The Girls program showed that when they are at their full strength anything is possible in the 2024 season! We gave some of our JV boys a chance to step up & fill out the Varsity lineup for the week. With our top 4 boys sitting out, the #5-11 runners made one GREAT team! Our team was led by **Wyatt McCulley** (49<sup>th</sup>) running a smart & tough race with freshman teammate **Andrew Claar** (57<sup>th</sup>) also earning a medal at this highly competitive meet. The boys team ran their hearts out & finished 14<sup>th</sup> in a field of 30 teams. This included victories over League rivals, St. James, Blue Valley & Blue Valley North.

Results: <https://mo.milesplit.com/meets/637674-kc-xc-classic-2024/results>

#### Relay Dual – Thursday (BVSW Track)

We are doing things a bit different this week. It is not very often that XC teams make their way onto the track, but this week we want to be FAST! We will break the team into teams of 4, where everyone will run a 1600m leg before handing off to their teammates. We have invited KC Christian to join us for the event to replace the Heartland Relays which used to be a staple meet this week in our schedule +3 years ago. Relay teams & information will be posted on the website here: <https://www.bvswxc.com/copy-of-meet-info-2023>

*“Are you On the Journey to the Summit of Great?”*

### Split the Pot Fundraiser – Thursday at the Football game

We need all athletes to help sell tickets at the football game on Thursday October 10<sup>th</sup>. All athletes have to go around the stands & collect money in exchange for tickets. Later in the game they will pull out a ticket number & the winner & the BVSX XC program will split the total. Please make sure you make it to the game!

### Pasta Party This Week – Friday at the Reynolds

Big Thank You to the Claars for hosting a wonderful pasta party last week. We will have a pasta party on Friday October 11<sup>th</sup> at the home of the Reynolds. We will meet at their house DIRECTLY since we don't have school. Address: **12304 W 162nd St, OP**

### Sunday Practice Change – No Sunday (Oct 13<sup>th</sup>)

Because of EKL next Thursday, we will not have a Sunday Option this weekend. We will have a workout Monday.

### EKL BBQ – Save the Date (Oct 17<sup>th</sup>)

After the EKL Meet we have a team/family BBQ to celebrate a great season with the ENTIRE running family at our last meet for V/JV/C team kids together. Please see the Booster Club emails for more details to help out!

RSVP: <https://www.signupgenius.com/go/20F0D49AAAC2FA1FD0-51845433-eklbbq>

### NXR Heartland – Save the Date (Nov 9-10<sup>th</sup>)

We are making plans for our NXR-Heartland Meet. Once Hotel & Transportation plans are set, we will send out information about cost & details. It is an overnight trip with the whole BVSX program (that wants to go).

**PLEASE FILL OUT REQUEST:** <https://forms.gle/RejCT8VLRcSDhoaP8>

## THINGS THAT STILL APPLY

### Practice Schedule 2024

Link: [https://www.bvswxc.com/\\_files/ugd/ab0cb5\\_bb83b8fd9f6141c8920fd9fd837a8df1.pdf](https://www.bvswxc.com/_files/ugd/ab0cb5_bb83b8fd9f6141c8920fd9fd837a8df1.pdf)

### Sign up for NEW GroupMe – Weather Updates

Link to Sign-up: [https://groupme.com/join\\_group/100852708/OdwPn0bo](https://groupme.com/join_group/100852708/OdwPn0bo)

## Daily Schedule for Week 8

Day	Date	Location	Time – Who	Workout Details
Monday	Oct-7	BVSX	3:05pm – ALL	-FullWU, “The Michigan”, CD, Roll, Leg E
Tuesday	Oct-8	BVSX BVSX	TBA – Elt/Blk <sup>2</sup> 3:05pm - ALL	-rec Run (Dbl) -LL, <b>Recovery Run</b> , 4xBU’s, HT, Band, Roll
Wednesday	Oct-9	Heritage Park #8	3:05pm – ALL	-1/2WU, <b>Steady Run</b> , BUs, HT, Band, Leg E
Thursday	Oct-10	BVSX <sup>2</sup> <b>BVSX-Track</b>	TBA – Elt/Blk <sup>2</sup> <b>3:30pm – ALL<sup>4</sup></b>	-rec Run (Dbl) <b><u>KCC vs BVSX Relay Dual<sup>4</sup></u></b> <b>ALL – 4:30pm</b>
Friday	Oct-11	Reynolds Home <sup>3</sup>	3:05pm – ALL <sup>3</sup>	-LL, <b>Recovery Run</b> , BUs, HT, Band, Leg E
Saturday	Oct-12	I-Lan Park	7:30am - ALL	-1/2WU, <b>Long Run</b> , BU’s, HT, Band, Roll
Sunday	Oct-13		<sup>5</sup>	-Rest Day <sup>5</sup>

<sup>2</sup>Black & Elite training groups will meet for optional morning double

<sup>3</sup>Pasta Party at the Reynolds Address: **12304 W 162nd St, OP**

<sup>5</sup>No Sunday Optional Practice this week

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