



# SOUTHWEST PROJECT



Week #

6

## The Southwest Project Newsletter Week #6

The warm weather has hopefully made its final stand & moving forward things should be a little more normal. We will be hosting our home JV meet this week along with previewing the State XC course out at Rim Rock Farm in Lawrence. We look forward to the excitement & the cooler temps. 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 BVSX XC team checkout the Website! [www.bvswxc.com](http://www.bvswxc.com)

## NEW INFORMATION

### DeSoto Inv. Meet Recap

With homecoming last week, we had a big (and awesome) group of kids racing this weekend in DeSoto. We had a few delays in the start of the meet with due to lightning, but it was the runners that brought the thunder! The girls race kicked off an hour after it was scheduled, but that didn't stop our girls from being at their best. **Campbell Harger (1<sup>st</sup>) & Avery Reynolds (2<sup>nd</sup>)** got the pace going in the early part of the race opening a huge lead by the 1-mile mark. Those two held on to finish 1-2 getting under the 21-minute barrier on a very tough course. In the pack, **Erica Black (3<sup>rd</sup>)** made her move on the competition taking the 3<sup>rd</sup> place spot late in the race and sprinting to the finish. Our final medalist of the meet was **Stella Malinowski (9<sup>th</sup>)** who with **Ella Bechtel (12<sup>th</sup>)** closed out our top 5 that wrapped up the Win for the girls' team! On the Boys side our top runner was **Legend Brown (101<sup>st</sup>)** in a time of 27:52.

### Canis Lupus Cup – Wednesday (JV/C-team)

This Wednesday we will host our annual “Canis Lupus Cup” on our very own BVSX XC Course! This started as a small dual between us & BVNW with our JV runners, but it has turned into a 10+ team event every season. We have won the cup a few times in the past, but powerhouse Olathe West currently has put a death grip on the trophy the last two years. We want to bring the best of what is available to take the championship back!

We could use some help from parent/adult volunteers to help at certain junctions on the course. **PLEASE** contact me ([ajballew@bluevalleyk12.org](mailto:ajballew@bluevalleyk12.org)) if you can help. Varsity runners for the week will be running a workout at the time, so help will be limited.

Meet Website: <https://www.bvswxc.com/copy-of-southwest-middle-school-cha-1>

### Rim Rock Classic - Saturday (Varsity)

The Rim Rock Classic has been a staple on the BVSX cross country schedule since the building opened. Not only is our only opportunity to race on the “State Course” but it is a fantastic meet with teams from across many states in the mid-west. On the girls' side, we will be a little “under-staffed” but I know that the girls that race will do great. At the very least it will be a preview of the course that will teach them how to run it when it REALLY counts in early November. The boys Varsity are going into this race having only lost to 1 team (a team ranked 7<sup>th</sup> in the Nation) this season so far. For the first time ever, the Timberwolf boys will be going into a meet of this caliber as the likely favorite. This comes with a lot of stress & pressure, but I know our boys will know how to handle it. If you can make it out to Lawrence for the races, I promise you will see something special! It is the most perfect cross country course anywhere in this great Nation!

They will charge for parking, so check out the details/links on the meet Information page below

Link: <https://www.bvswxc.com/copy-of-meet-info-2023>

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

### Pasta Party This Week – Tuesday at the Collins

We will have our Pasta party for the week on Tuesday (Sept 24<sup>th</sup>). We will meet in the commons for a quick team meeting then head down to the Collins's home & do our run from there. After we are done, we will eat & enjoy their wonderful hospitality.

Address: **16500 Goddard St, OP**

### 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!

### 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). We may need some help with the trip, so if you are interested, please contact me ([ajballew@bluevalleyk12.org](mailto:ajballew@bluevalleyk12.org))

## 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 6

Day	Date	Location	Time – Who	Workout Details
Monday	Sept-23	BVSW <sup>3</sup>	3:05pm – ALL <sup>3</sup>	-LL, <b>Recovery Run</b> , 4xBUs, HT, Band, Stch
Tuesday	Sept-24	BVSW Collins Home <sup>1</sup>	5:30am – R.R. (Var) 3:05pm – ALL <sup>1</sup>	-SPWU, <b>Speed Work</b> , ExCD, Leg E - <b>Pre-Meet</b> /rec Run (Dbl)
Wednesday	Sept-25	<b>BVSW XC Course</b>	<b>2:30pm – ALL</b> 2:30pm – R.R. (Var)	<b>Canis Lupus Cup</b> <b>Girls – 4:00pm</b> <b>Boys – 4:40pm</b> (-FullWU, <b>Fartlek</b> , CD, Roll, Leg E)
Thursday	Sept-26	BVSW <sup>2</sup> BVSW	TBA – Elt/Blk 3:05pm - ALL	-rec Run (Dbl) -LL, <b>Recovery Run</b> , BUs, HT, Roll
Friday	Sept-27	BVSW*	3:05pm – ALL	-LL, <b>Recovery</b> , BUs, HT, Band, Roll, Stch, Leg E
Saturday	Sept-28	<b>Rim Rock Farm</b>	<b>5:30am – R.R. (Var)</b>	<b>Rim Rock Classic.</b> <b>Girls Gold 9:25am</b> <b>Boys Gold 10:05am</b>
Sunday	Sept-29	Quivira Park <sup>3</sup>	6:00pm – ALL <sup>3</sup>	-LL, <b>Recovery Run</b> , 4xBU, HT, Leg E

<sup>1</sup>Athletes competing at Canis Lupus will do their pre-meet after school. Athletes going to Rim Rock double pm

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

<sup>3</sup>Athletes attending Sunday practice will take off Monday (day after)

\*Change from what was on the Original Practice Calendar

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