



SOUTHWEST PROJECT

XC Week

7

The Southwest Project Weekly Newsletter

BVSW has a lot to celebrate as we begin this week! Both the Boys & Girls varsity teams combined to WIN our home meet, the “Canis Lupus Cup.” I was incredibly proud of all the kids & parents who helped make our home meet something special. We have more fun planned this week! The best way to keep in touch is to sign up for Remind ([Text @bvswxc2](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 on [Twitter & Instagram \(@BVSWDistance\)](https://twitter.com/BVSWDistance) where I will send out cool information about the season.

I have updated the [BVSW XC website](https://ajballew.wixsite.com/bvswxc) <https://ajballew.wixsite.com/bvswxc> check it out!

Things for this week

CANIS LUPUS CUP CHAMPIONS!

What a phenomenal job our kids did this weekend. We had a lot of great times & awesome placers while racing on our home course. I was impressed how poised & focused we were while also supporting the entire team in all of our races. There is no way to thank everyone who helped make the meet happen & go off without a hitch.

On Thursday, the C-team competed & it was kicked off by [Addison Ellis](#) **WINNING** the combined Girls race to get the meet started. The Boys competed hard but dealt with some tough heat. Neither squad placed as a team, but I was proud of those that gutted out the heat & competed until the very end!

The JV races started early in the morning Saturday & was also kicked off by a great performance by [Avery Brogan](#) who placed 1st in our group & 3rd Overall in the combined JV. We also had [Kelli Marshal](#) finish 10th, earning a medal & a big PR! On the boy’s side, [Brenden Duncan](#) finished 3rd Overall in the combined JV race. Not too far behind him was [Hudson Langham](#) finishing 5th & [Tommy Caul](#) 8th. Both teams finished 2nd overall & we couldn’t be prouder!

The Varsity runners really brought it today. With the number of quality teams, we knew it was going to be a dog fight, but I had confidence. Both teams had tremendous 2nd half of their races & gained a lot of important spots as others were tiring. On the girl’s side, [Gigi Loffredo](#) lead the way again with a solid 4th Place finish but shortly behind her was [Eden Schwarz](#) in 5th. [Brinn Wilson](#) also medaled by placing 14th & led by that tremendous trio the girls were able to win the race, beating all other schools outright. The boys got off to a bit of a slow start in the race but the amount of ground they made up in the middle & end of their races put them back into contention. The boy’s top runner was [C.J. Kneisler](#) finishing 6th with [Gabe McGee](#) placing 13th a few seconds behind. The boys ended up 3rd overall in the competition but scored well enough that when the total points (boys & girls) were added together the Timberwolves ended up on Top (142-149pts) over St. James.

Booster Club

The booster club is looking for volunteers to help with “Grab & Go” Pasta Dinners or even just donations. Below are some of the ways to get help the XC program.

Link for: [Grab & Go Pasta dinners](#)

We are in need of your support through our Venmo account. Any amount you can give is helpful but if each family/athlete would donate \$25 it will help the program by giving us more options to celebrate our team.

Venmo Username: [bvswxc20](#)



BIG THANK YOU'S!!

Ok, I will do my best to remember everyone who did an amazing job helping with things this week, here I go. THANK YOU to the Boley Family for dropping of snacks Wednesday, THANK YOU to the Wilson's for getting the Senior Banners & Signs, they look great! THANK YOU to the Loffredo's, Schwarz's, Wilson's, Caul's for the fantastic food Friday at the "Grab & Go." THANK YOU to the Marshall's, Paschke's, Caul's, McGee's & everyone who helped us put on our meet. Especially THANK YOU to the kids who stayed after their races were over to help monitor the course! Finally, THANK YOU to Coach Buehler who was my right-hand man in helping run everything this week as I was being consumed by other stuff. We couldn't have done it without you all. If I forgot anyone, let me know because you ALL deserve a shout out for your contribution!

K.C. Classic This Weekend!

The KC classic (formally KC Metro) is this weekend at the Ray-Pec Cross Country course behind Ray-Pec Middle School. The structure of this meet is similar to the Lee's Summit race with the exception PARENTS CAN ATTEND. They are asking to limit it to 2 fans per athlete. It will be started in waves beginning with the Boys & then the next race starting every 5 minutes after the previous. The specific race schedule is below.

<u>Race</u>	<u>Wave 2 boys</u>	<u>Race</u>	<u>Wave 2 girls</u>
Varsity Boys	9:00	Varsity Girls	9:15
JV Boys	9:05	JV Girls	9:20
C Boys	9:10	C Girls	9:25

SPIRITWARE DUE SEPTEMBER 30TH

In an attempt to get this gear to the team before the end of the season we are closing the online team store **BY SEPTEMBER 30TH**. Please order the **MANDATORY Gray "BVSW Cross Country" team T-shirt** & any other apparel you would like is optional. <https://www.bvswden.com/cross-country>

Daily Schedule for Week 7

Day	Date	Location	Time	Workout Details
Monday	28-Sep	Campus	3:30pm	-Team Meeting Only Optional 30min Jog
Tuesday	29-Sep	Campus	5:50am ¹	WU, (1600, 800, 400, 200, 100) @5k-Sprint (3min jog rec) CD
Wednesday	30-Sep	Campus	3:30pm	-Recovery Run, 4xStrides, Stretch
Thursday	1-Oct	Black Bob Park	3:30pm	-Easy Run, Core
Friday	2-Oct	Heritage Park Shelter #8	3:30pm	-Recovery Run, 4xStrides, Stretch
Saturday	3-Oct	KC Classic³	6:45am³	KC Classic³ Varsity Boys. 9:00 Varsity Girls 9:15 JV Boys 9:05 JV Girls 9:20 C Boys 9:10 C Girls 9:25
Sunday	4-Oct	I-Lan Park	5:00pm	-Long Run, 4xStrides

*Check out the website for details if you need the exact locations of practices. https://b78a92aa-2b9e-412f-ada5-e2dfb8c18c6b.filesusr.com/ugd/ab0cb5_e2531404660849af8c530b117158cee9.pdf

¹Early Morning Practice! Please arrive at 5:50am sharp, to go through a SHORT team meeting before we start

³See Meet information sheet on the BVSW website for more details about the meet!

