



SOUTHWEST PROJECT



Month
Nov

The Southwest Project Newsletter: November

What an amazing XC season! Despite the roller coaster of emotions that the State meet left us all in, the athletes did an amazing job! I am so proud of how well everyone handled everything from how they raced, to how they managed themselves in the face of adversity. We still get one more great experience at the NXR-Heartland meet & we will do our best to make the most of it! To stay up to date & follow us on Instagram (@BVSWDistance & @bvsxw xc boosters) where we will send out information about the season.

For more information about the BVSW XC team checkout the Website! www.bvswxc.com

NEW INFORMATION

State Recap

We knew that achieving our goals was going to take everything we had & it did! The team showed up with grit & determination. The conditions were good & we were ready to run fast on a tough Rim Rock course. The boys race went out quick & our guys found themselves near the front early. We held great position but as we crested cemetery hill & onto the Jim Ryun skyline the individual battles began. **Alex Roberts** (2nd) was the first BVSW athlete to cross the finish line, but he was only one of 3 in a row to follow. **Andrew Claar** (3rd) & **Cameron Paschke** (4th) along with Alex solidified one of the best 1, 2, 3 performances of any trio in the State. **Wyatt McCulley** (8th) was shortly behind improving on his 20th place from last year. When the dust finally settled & official scores got tabulated, Kapaun Mt. Carmel & BVSW tied at 42 points, but the Crusaders broke the tie with the faster 6th runner. Despite the loss, the boys accomplished something that has never been done in Rim Rock history with their top 5 averaging under 16:00 on Rim Rock for the 2nd year in a row.

The girls' race was NOT without the same level of drama, excitement & uncertainty. Unlike the boys' race, which was a two team meet, the girls' race had about 5 teams competing for the top spots. Part of the way through the race, it became too difficult to track team & point scorers & that was when passing every jersey mattered the most. Up in the front the duo of **Campbell Harger** (6th) & **Avery Reynolds** (7th) (yes, I know!) dominated in the last mile of the race earning All-State honors. This led to our 2nd tough break of the day. The girls ended up tying with St. James with 103 points & losing on the 6th place tie breaker. My hat goes out to the teams we competed against on Saturday & it proved that winning championships earning podium spots are not just handed out. The team represented BVSW in a great way on Saturday & I am proud of every single one of them.

Link to Results: <https://ks.milesplit.com/meets/698496-kshsaa-state-cross-country-championship-3a-5a-6a-results-2025/results>

NXR-Heartland Trip (Nov 8-9th)

This event is what I always call the "Comic-Con of distance running." It is a huge gathering of high school running nerds across 7 states. This will be a very crowded event, so make sure you plan accordingly when it comes to arriving early & searching for parking spaces. The event is run very smoothly for the size, but it can still be a bit of a zoo. The Boys JV & Girls Varsity will be in the Open races that will have a mix of VERY FAST kids along with other programs JV runners. We will go out there and get one last chance for a fast PR on a flat fast course.

Details about the trip have been sent out in a separate email this weekend to athletes that are participating. Official entries will be posted Monday when we find out if we made the Championship Division races for our Varsity. If you didn't receive the email & your son/daughter is planning on going, please contact me ASAP to make sure we have them accounted for.

Link to Itinerary: https://www.bvswxc.com/_files/ugd/ab0cb5_32c3121a3d0f40599be85bddfa1bee3d.pdf

"Are you On the Journey to the Summit of Great"

Uniform Check-in (Nov 12th)

Monday November 12th after school, we will have a quick meeting & uniform check-in at coach Ballew's Room 705. Please make sure you have ALL your gear including your bag.

Items ALL athletes need to turn in

Bag, Warmup Top, Warmup Bottom, 4-Uniform tops (Black, Gray, White, Green), Shorts (Green)

*Additional Girls items – Rain Jacket, Uniform top (Black SWP logo), Shorts (Green pros, Pink pros)

*Additional Boys items – Rain Jacket, Uniform top (Mint), Shorts (White, Neon, Green half tights)

XC Team Banquet (November 17th)

Please check out the link below to sign up for the BVSX XC team banquet on November 17th at 6:00pm.

Link: https://www.evite.com/event/0065CU33CH3KVE73OEPQTSR4YX26OA?utm_campaign=send_sharable_link&utm_source=evitelink&utm_medium=sharable_invite

Senior & Parents: Please upload photos of our senior runners so we can put together a slide show for the banquet.

Link: <https://drive.google.com/drive/folders/1pPEPYlijgtGrBQUm-YN4AMfNgUX8NEPF>

Winter Conditioning Program

Be on the lookout from emails from either myself or Coach Buehler as we transition from XC season to Track conditioning. For the new athletes, we will begin meeting as a group to start our winter training that will be our base/foundation for the upcoming Track Season in March.

THINGS THAT STILL APPLY

BVSX XC Social Media

We will begin posting pictures, videos & results from our meets/races & practices periodically through the season on both @BVSXDistance & @bvsx_xc_boosters Instagram. Check out the BVSX XC Booster Club on Facebook.

New Group Messaging - Remind

We have switched to **Remind**. It works like GroupMe, all you must do is click the link below or send the message “@f92cd2e” to the number **81010**

Link to signup: https://www.remind.com/join/f92cd2e?utm_medium=ios

Daily Schedule for Week 12

Day	Date	Location	Time – Who	Workout Details
Monday	Nov-3	BVSX	3:00pm – ALL	-LL, Recovery Run , 4xBU, HT, Band, Roll
Tuesday	Nov-4	BVSX ³ BVSX	7:00am – Elt/Blk ³ 3:00pm – ALL	-Double (AM) -1/2WU, Steady Run , 4xBU, HT, Leg Elv
Wednesday	Nov-5	BVSX	3:00pm – ALL	-LL, Recovery Run , 4xBU, HT, Band, Roll
Thursday	Nov-6	BVSX ³ BVSX	7:30am – Elt ³ 3:00pm – ALL	-Double (AM) - FullWU, CV+ Repts , CD, Leg Elv
Friday	Nov-7	BVSX	3:00pm – ALL ⁴	-LL, Recovery Run , 4xBU, HT, Band, Roll
Saturday	Nov-8	Yankton Park, SD	2:30pm - NXR	-LL, Pre-Meet Run , 4xBU, HT, Roll, Str
Sunday	Nov-9	Yankton Park, SD	7:00am - NXR	<u>NXR-Heartland</u> JV Boys – 9:45am Girls – 12:25pm V Boys – 2:55pm

³ Doubles for Elite (Black Group on Tu)