



SOUTHWEST PROJECT



Week #

3

The Southwest Project Newsletter Week 3

Big shout out to all the parents & helpers at the family pancake breakfast Saturday! It was a fun event & we were so happy for the great weather. We will be getting our racing season started this Thursday at Basehor-Linwood (WyCo Park near "Sandstone"). Be ready for some impressive performances. To stay up to date & follow us on Instagram (@BVSWDistance & @bvs_wc_boosters) where we will send out cool information about the season.

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

NEW INFORMATION

"The Mills" & Family Breakfast Recap

In years past, we have used the Mills as a "time trial" to determine varsity/JV for the first meet. This year, we will have everyone in the same race which allowed the Mills to be just a workout. Despite that, the athletes showed up & gave their best on hill! We had a huge number of personal bests along with a record number of athletes reaching the Green time standard. On the girls side of the competition our top athletes were **Adeline Niermeier & Finnleigh Wocken** who each hit the Black time standard of 12 minutes, but the winner was **Campbell Harger** who ran 10:44 for the 1.72 mile segment with over 100ft of elevation gain. Campbell was only ONE SECOND off the course record! On the Boys side two of our top 3 performers were **Wyatt McCulley & Cameron Paschke**. Both boys improved their PR's dipping their times well below the 9:00 Elite standard. But, in what was the performance of the day, **Alex Roberts**, destroyed the course record by over 10 seconds running 8:18! I am excited for what everyone was able to accomplish on the Mills & I hope we keep the momentum going into both training & racing.

After the Mills was the Family Pancake Breakfast! This is one of my favorite traditions we have with athletes, parents & younger siblings coming out and enjoying the food made by our AMAZING BVSX XC Family!

Basehor-Linwood

This meet will be in the morning (which is unique) on a school day. The bus will leave at 6:30am from the BVSX South parking Lot. We will stop for lunch at the Legends which is nearby on our way back. Athletes will need to bring some money for lunch. They will be excused for 2nd, 4th & Advisory/AST but **NOT 6th hour** (What you & the attendance office do for 6th hour is up to you).

The competition at the meet will have a few 5A programs (Basehor, Shawnee Hts, Piper, Bonner etc) with a lot of smaller programs. All athletes will get to race together (JV/Varsity) so this will get to act as out time trial for the full 5k distance. The course has a few hills, but is very manageable. If everyone paces themselves appropriately, I believe this will be our best "opening race" we have ever had! All information can be found on the "2025 Meet Info" page on the BVSX XC Website.

Meet Page: <https://www.bvswxc.com/copy-of-meet-info-2024>

Pasta Party Wednesday – Walker's Home

We will have our first Pasta Party on Wednesday September 3rd. We will meet in the commons for a team meeting then head out to the Walker's home & run from there. After the run/workout we will eat & be merry!

Address: **11400 W 1176th Terrace, Overland Park, KS**

We can use some help with this pasta party & others. Please click the link to help out with food &/hosting duties. Link: <https://www.signupgenius.com/go/10C0F4CACAE23A31-57056919-state#/>

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

Snack Bin Signup

PARENTS! We can use some help with snacks for our snack bin! The snack bin is something we bring to every meet & it is filled with items that will provide the kids with a few extra calories to the kids when they need it! Please check out the link below. Your snacks/drinks can be dropped off in the front office & we will get them where they need to be. Link: <https://www.signupgenius.com/go/30E0D4FA9AA2FA7FD0-58030743-2025#/>

THINGS THAT STILL APPLY

BVSW XC Social Media

We will begin posting pictures, videos & results from our meets/races & practices periodically through the season on both **@BVSWDistance** & **@bvsx_xc_boosters** Instagram. You can also check out the BVSW XC Booster Club on Facebook for more fun posts.

New Group Messaging - Remind

We have switched to **Remind**. It works similar to 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 3

Day	Date	Location	Time – Who	Workout Details
Monday	Sept-1	Verhaeghe Park	6:00pm – ALL*	-LL, Easy Run , 4xBU, HT, Roll
Tuesday	Sept-2	BVSW ¹ BVSW ²	5:30am – Elt/Blk/Gr ¹ 3:30pm – Wt,Elt/Bl ²	-FullWU, CV+ Repts , CD, Roll, Leg Elv -Double (PM) & Lifting(30/30)
Wednesday	Sept-3	Walker’s Home ⁴	3:00pm – ALL ⁴	-LL, Pre-Meet , 4xBU, HT, Band, Roll, Stch
Thursday	Sept-4	WyCo Park BVSW ³	6:30am – ALL 3:00pm – Elt/Blk ³	Basehor-Linwood Girls 9:00am Boys 9:40am -Double (PM) or -FullWU, Tempo Run ,CD
Friday	Sept-5	BVSW	3:00pm – ALL	-LL, Recovery Run , 4xBU, HT, Band, Roll
Saturday	Sept-6	Heritage Park #8 On Your Own ³	7:00am – ALL TBD – Elite ³	- LL, Recovery Run , 4xBU, HT, Band, Stch -Double (PM)
Sunday	Sept-6	I-Lan Park*	6:00pm – ALL*	-1/2WU, Long Run , 6xBU, HT, Leg Elv

¹ Morning Workout at 5:30am meet at Concession stand for Elite, Black & Green athletes

² Afternoon Run for White group athletes. Elite & Black will do their afternoon double. Lifting to follow in weight room

³ Doubles for Elite (Black Group on Thursday), On Your Own Saturday

* Athletes attending Sunday practice will take off Monday (day after)

⁴ We will meet at the Walker’s home & run from their house. Address: