



SOUTHWEST PROJECT



Week #

10

The Southwest Project Newsletter Week 10

The Cross Country post season is officially up & running! The EKL Championship will always have a warm place in my heart to remind me how far the program has come in the past 15 years. We had kids medaling in every race & we competed with some of the best teams in both 5A & 6A. We still have to “Finish the Job” at Regionals this week before we can get ready for State the following week. To stay up to date & follow us on Instagram (@BVSWDistance & @bvsw_xc_boosters) where we will send out information about the season. For more information about the BVSX XC team checkout the Website! www.bvswxc.com

NEW INFORMATION

EKL Championship Recap

Out at JCCC the heat & wind did NOT do its part to help us set PR's, but despite that many of our runners ran the fastest race of the season. In the Girls JV our top finisher was **Rachel Pishny** (6th) who ran a smart race & led the girls to a 5th place finish as a team. The next race up was the JV Boys. After last year's 16-point dominance, we had a big shoes to fill! The boys didn't disappoint in what was a very competitive JV field. First to cross the line (to keep our 5 year winning streak going) was **Connor Maxfield** (1st) winning the meet outright with a smart & methodical race strategy. But it didn't take long before more Timberwolves started filling in behind. **Zeke Van Gilder** (2nd), **Austen Niermeier** (4th) & **Paul Trausch** (5th). To round out the top 10 & secure the BVSX 1st Place win as a team was freshman **Jonathan King** (10th) with a big PR. The Varsity races then kicked off with the heat & humidity still a bit of a factor. **Avery Reynolds** (5th) went out with the leaders & held on with one of her best races of the season (so far!). She led the Timberwolves to a very close 5th place as a team with multiple 5A & 6A Podium teams represented in the race. The Varsity boys finished out the meet with a great team performance. The Timberwolves set the pace up front with most of the teams trying to key off what we did in the race. Our podium finishers included **Andrew Claar** (6th), **Wyatt McCulley** (5th) & **Cameron Paschke** (4th). At the front of the race was **Alex Roberts** (1st) who was able to take the individual EKL Championship, which is only the 2nd in BVSX boys XC history. His time of 15:18.0 tied the fastest known time on the course to set an unofficial course record in an impressive solo effort. The boys were able to walk away with their 4th consecutive EKL team title as we prepare for the Regional meet next week.

Link to Results: <https://ks.milesplit.com/meets/706770-eastern-kansas-league-championship-2025/results>

5A Regional Preview (10/25)

If the EKL meet has a soft spot in my heart, the Regional meet holds a bit of a dark spot. The Regional assignments & qualification process overall has always had me on pins & needles & stresses me out. This year we have a very good chance to qualify & bring home some hardware in the process. Our goal is the “Finish the Job” and punch our ticket to the race that “really” matters at the State Championship the following week. Both teams are in different spots in what is needed out of this week, but we look forward to focusing in what needs to get done. See everyone back out at JCCC Saturday (Hopefully the weather will be better!).

Pasta Party Friday – No School (10/24)

We will have our Pasta Party on Friday October 24th at the home of the Niermeiers. Because we don't have school that day, we will **MEET AT THE NIERMEIERS** AT 3:30PM & run from there! We will eat after the run. We can use some help with this pasta party & others. Please click the link to help with food &/hosting duties.

Link: <https://www.signupgenius.com/go/10C0F4CACAE23A31-57056919-state#/>

Address: 14283 W 157th St, Olathe, KS

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

Parent Teacher Conferences (10/22-23)

Parent Teacher conferences will be Wednesday & Thursday this week & the coaches may have to close up shop a bit early with the team on those days so we can get to our conferences.

NXR – Heartland Regional Meet (November 8-9th)

Information about the Trip will come out in a separate email this week. We may be looking for some help with Chaperones or drivers of a van/vehicle possibly. Be on the lookout for an email from...

Southwestprojecttc@gmail.com

THINGS THAT STILL APPLY

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>

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 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 10

Day	Date	Location	Time – Who	Workout Details
Monday	Oct-20	BVSX ⁵	3:00pm – ALL ⁵	-1/2WU, Easy Run , 4xBU, HT, Leg Elv
Tuesday	Oct-21	BVSX ³ BVSX	6:40am – Elt/Blk ³ 3:00pm – ALL	-Double (AM) -FullWU, CV+Reps , CD, Leg Elv
Wednesday	Oct-22	BVSX ²	3:00pm – ALL ²	-LL, Recovery Run , 4xBU, HT, Band, Roll
Thursday	Oct-23	BVSX ²	3:00pm – ALL ²	-1/2WU, Steady Run , 4xBU, HT, Leg Elv
Friday	Oct-24	BVSX ³ Niermeier Home ⁴	7:00am – Elt ³ 3:30pm – ALL ⁴	-Double (AM) -LL, Pre-Meet Run , 4xBU, HT, Roll, Str
Saturday	Oct-25	JCCC	7:15am – Regional	5A Regional V Girls – 9:35am V Boys – 10:45am All Awards to Follow ALL races
Sunday	Oct-26	Deanna Rose ⁵	5:30pm – ALL ⁵	-LL, Recovery Run , 4xBU, HT, Band, Roll

² Parent Teacher conferences (Practices should get done quicker)

³ Doubles for Elite (Black Group on Tu)

⁴ Niermeier Home: **14283 W 157th St, Olathe, KS**

⁵ Athletes attending Sunday practice will take off Monday (day after)

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