



SOUTHWEST PROJECT



Week #

9

The Southwest Project Newsletter Week 9

The Heartland Relays last week was a fun & exciting event. It was great to see our kids out running fast, competing well & having a good time. Big thank you to the parents & coaches who out & helped at the meet, we couldn't have done it without you! I want to give a special THANK YOU to Meghan Collins, our booster club president, who organized our 2nd concession stands help, the parade float & Runs our social media pages. She has been working incredibly hard this season & could use some help with a few more things as we finish out our season. Please check out her email to help out. To stay up to date & follow us on Instagram ([@BVSWDistance](#) & [@bvsw_xc_boosters](#)) where I will send out cool information about the season. For more information about the BVSW XC team checkout the Website! www.bvswxc.com

NEW INFORMATION

Heartland Relays Recap

The Heartland Relays 2nd year at BVSW went off well & we had a lot of fun hosting it! In the girls 4x1mi relay BVSW went 1-2-3 with our whole team. The team of **Campbell Harger, Finleigh Wocken, Lily Hensley & Natalie Claybrook** Took the title with a time of 25:15 for the 4mi relay. They were rewarded with a box of cookies. Our 2nd box of cookies we earned that day came in the boys 4x1mi relay race. The BVSW boys took 1-2-4-5 with the team of **Kai Schallon, Logan King, Jonathan King & Colton Ballew** Taking the title in a time of 21:21. We only had one 3x1mi relay & that was the team of **Jack Gibson, Mason McGee & Johnny Quinn** who combined to take 7th overall. The little bit of speed will go a long way to helping our boys & girls out as we close out our season.

Results: <https://ks.milesplit.com/meets/726953-heartland-relay-carnival-2026/results>

EKL (Eastern Kansas League) Preview

The Eastern Kansas League has historically been one of the most competitive leagues in the State in almost every sport. Cross Country is not different. The biggest difficulty of the league is that there are NO bad teams. If you aren't competing at a State level your place at this meet will drop like a rock. There will be multiple teams on the State podium on both the boys & girls side competing this Thursday.

We are hosting EKL this year at the BVSW XC Course. This will give us some "home field advantage" but it will require some help from our BVSW Running Family. If you are available to help monitor at different stations around the course, PLEASE CONTACT ME.

Link to Page: <https://www.bvswxc.com/meet-info-2026#anchor9>

Post EKL Plans

The League meet is the last guaranteed meet in the season for our entire squad. We are allowed to keep 10 boys & girls on the Regional & State rosters (7 runners & 3 alternates) for the last two weeks of the season. The decision on who will run/alternate at Regional & State is a coaching decision based on the whole of the season & who provides us the best opportunity to be successful. If you are not selected to the Regional/State roster your season will be done & we are so thankful for those that made this season happen!

Those who decide to go to the NXR-Heartland meet in November, It is EXPECTED that they will continue to train with us every day. Getting the additional month of training, especially for our younger runners, is a HUGE asset to their improvement from season-to-season or year-to-year. They will still be a part of the team in most events & we encourage them to make their way to the post-season meets as well.

"Are You on the Journey to the Summit of Great"

NXR – Heartland Regional Meet (November 14-15th)

Below is a link to register for the NXR-Heartland trip. PLEASE fill out the link even if you don't plan on attending. I will send out a separate email about signing up for the NXR-Heartland trip. I will **need an additional driver** for this trip. While I cannot promise the weather will be better than last year... I can't imagine it will be worse!

Link to Register: <https://forms.gle/BNibYn3HUQu6cPLEA>

Pasta Party Wednesday (10/14)

We will have our Pasta Party on Wednesday October 14th at the home of the Claar's. We will meet at school at 3pm, have a quick meeting then head over to their house for our run. After we are done, food will be ready.

Address: 14216 W. 157th Ter Olathe, KS 66062

We need some helpers for this & future Pasta Parties. See Booster Club email for more details.

Link to Signup: <https://www.signupgenius.com/go/60B054AA9A828A31-64864583-cross#/>

THINGS THAT STILL APPLY

More than Miles – Amazon Wish List

We are still in need of some help with a few team-bonding materials that have been put together in an Amazon Wish list posted below. If you the parent of a girl on the team, we can use your help with these items.

Link: https://www.amazon.com/hz/wishlist/ls/19WUALFZ1SEEO?ref_=wl_share

Practice Schedule Calendar

Below is our entire practice calendar for the 2026 XC season. This document can also be found on the website.

Link to Meet Schedule: https://www.bvswxc.com/_files/ugd/ab0cb5_8e9aa634d6c64b65bc46def028021421.pdf

Daily Schedule for Week 9

Day	Date	Location	Time – Who	Workout Details
Monday	Oct-5	BVSW	3:00pm – ALL	-FullWU, CV+ Reps , CD, Leg Elv
Tuesday	Oct-6	(BVSW) ¹ Black Bob Park	6:30am – Elite ¹ 3:00pm – ALL	-TAPP (AM) -LL, Easy? Run , 4xBU, HT, Band, Roll
Wednesday	Oct-7	Claar's Home	3:00pm – ALL	-LL, Pre-Meet , 4xBU, HT, Leg E, Strch
Thursday	Oct-8	BVSW ² BVSW XC Course	6:50am – Elite ² 2:00pm – ALL	-1mi Shakeout & Visualization (AM) EKL Championship Girls JV – 3:30 Boys JV – 4:15 Girls Var – 5:00 Boys Var – 5:30
Friday	Oct-9	On Your Own ⁴	On Your Own – Elt ⁴	-3mi rec run (PM)
Saturday	Oct-10	JCCC XC Course	7:30am - ALL	-1/2WU, Steady Run , 4BU, HT, Roll, Band
Sunday	Oct-11	I-Lan Park*	5:30pm – ALL*	-1/2WU, Long Run, 6xBU, HT, Leg Elv

¹ AM: Morning Double for Elite Athletes. Meet in new Athletic Entrance

² AM: Morning 1mi Shakeout & Visualization

³ PM: Pasta Party at the home of the Claar's Address: **14216 W. 157th Ter Olathe, KS 66062**

⁴ PM: We will not meet for Practice on Friday. Elite Athletes will run a 3mi rec run on their own

* Sunday OR Monday session. Athletes can run Sunday evening OR meet for normal practice the following Monday