



SOUTHWEST PROJECT



Week #

5

The Southwest Project Newsletter Week 5

I don't know what was faster, the kids out on the course Saturday or the lightning that kept going on around us causing delays. Despite the rain & mud, the kids did incredibly well! Saturday showed that all the hard work they have put in so far has us on the right track for the end of the season. We will go into our "bye-week" ready to keep working to get better. We will also be hosting our Middle School Championship meet Wednesday & it is all hands-on deck to help pull it off. To stay up to date & follow us on Instagram (@BVSWDistance & @bvs_w_xc_boosters) where I will send out cool information about the season.

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

NEW INFORMATION

Olathe Twilight Recap

Before our first delay, the Boys C-team kicked off the meet for BVSX. Finishing in driving rain, **Owen Maier** (6th) led the way for the Timberwolves with **Jack Schutz** (16th) finishing shortly behind. Each of them earning their first High School XC medals. After our first delay the JV girls had to warmup with an abbreviated routine, but they didn't let that affect them as **Lily Hensley** (10th) set a new PR breaking 22 minutes for the first time & earned a medal in the JV race. The pack of T-wolves were right on her heels helping the squad to a 4th place finish, which is our highest finish in that race ever. The JV boys race got underway well into the darkness of the meet. **Connor Maxfield** (5th) ran with the front pack until the very end & with a strong last mile **Logan King** (7th) made his way up to the front with both boys breaking 18 minutes in the process. They helped the boys to a strong Team finish.

In the Varsity races, the girls held their own against the best teams across 3 different States. Leading the way in a BIG PR was **Campbell Harger** (9th) running 18:32. That time is the fastest "regular season" performance in BVSX history! With a great pack of T-wolves finishing strong the girls were able to finish 8th overall, one of the highest finishes at this meet ever. The Boys race FINALLY kicked off after 10PM, but the delays didn't let that affect them. **Andrew Claar** (2nd) didn't show any fear in racing the best this meet had to offer by clocking a personal best of 15:24. His runner-up finish along with great pack running helped BVSX finish 5th as a team. It was a great outcome across all levels, but we still have work to do as we go into the bye week. Our next meet will not be until Sept 23rd at Canis Lupus Cup for our JV or Sept 26th at Rim Rock for the Varsity.

Results: <https://ks.milesplit.com/meets/773303-olathe-twilight-2026/results>

Southwest Middle School Championship (Wed 9/16)

We will be hosting our BIG middle school Championship meet on the campus of BVSX on Wednesday September 16th. Athletes will meet in the normal spot & run from school on that day but then meet at the XC course to help at different locations/duties. We need all hands on deck, so make your way out there as close to 4pm when races begin.

Parents can also use the link here to help at meets: <https://forms.gle/p9shpCJGBYbABviy9>

More than Miles – Amazon Wish List

With the help of Coach Jurkovac, we have begun a new initiative with our girls' team that will work to improve many aspects of our girls' team & the girls that make it up. With that said, we are 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 purchasing these items.

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

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

Pasta Party Thank You Niermeier's

I wanted to give a BIG thank you to the Niermeier's for hosting our pasta party on Friday! We greatly appreciate you opening up your house to the entire team. No pasta party this week, but we will pick up the week after.

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#/#](https://www.signupgenius.com/go/60B054AA9A828A31-64864583-cross#/)

THINGS THAT STILL APPLY

Parent Square: Team Messaging App

Below is a link to download & signup for Parent Square. It will be our messaging system for the upcoming season. You will need this for ALL district communications for all sports/activities.

Link: <https://www.bluevalleyk12.org/families/parentsquare>

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 5

Day	Date	Location	Time – Who	Workout Details
Monday	Sept-14	BVSW*	3:00pm – ALL*	-LL, Easy Run , 4xBU, HT, Leg Elv
Tuesday	Sept-15	BVSW Track ¹ (BVSW) ¹	5:30am – Et,Bk,Gn ¹ 3:00pm – Wht ¹ Elt	-FullWU, L.T. Reps , CD, Roll, Leg Elv -TAPP (PM, Dbl Thrsh)
Wednesday	Sept-16	BVSW BVSW XC Course	3:00pm – ALL 4:00pm - ALL	-LL, Recovery , 4xBU, HT,Roll,Leg E,Strch Southwest Middle School Championship
Thursday	Sept-17	(BVSW) ² Black Bob Park	6:30am – ALL 3:00pm – ALL	-TAPP (AM) ² -1/2WU, Steady , 4xBU, HT, Band, Roll
Friday	Sept-18	BVSW	3:00pm – ALL	-FullWU, CV+ Reps , CD, Roll, Leg Elv
Saturday	Sept-19	Verhaeghe Park	7:00am – ALL	-LL, Recovery , 4xBU, HT,Roll,Leg E,Strch
Sunday	Sept-20	I-Lan Park*	5:30pm – ALL*	-1/2WU, Long Run , 6xBU, HT, Leg Elv

¹ AM: Quality Practice for Elite, Black & Green Groups. PM: Double for Elite Group & Easy run for White Group

² AM: Morning Double for Elite Athletes. Meet in new Athletic Entrance

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

“Are You on the Journey to the Summit of Great”