



SOUTHWEST PROJECT



Week #
10

The Southwest Project Newsletter Week 10

The Cross Country post season is officially up & running! The EKL Championship will be a race I will remember for many years to come! In my 17 years of coaching XC plus 6 years of running in high school & college I have NEVER seen a course as muddy & wet as Thursday. Despite the conditions we had multiple kids medaling in every race & we competed with some of the best teams in both 5A & 6A. We must keep our focus going into the Regional race 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 I will send out cool information about the season.

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

NEW INFORMATION

EKL Championship Recap

There are courses we've run that were muddy... then there was the course Thursday that just WAS mud! There was nowhere to run where you weren't constantly going through standing water or mud so thick it would steal a shoe (or both, sorry Lily). What made me so proud was that the BVSX runners didn't let them dampen their attitude & they decided to have fun & compete hard. In one of the last firsts in BVSX XC history, the Girls JV team took the EKL title! **Hadley Ross** (1st) managed the course better than anyone. Shortly behind her came a deep pack of BVSX runners **Rachel Pishny** (3rd) & **Tara Misterek** (6th) also earning medals at the meet. In the Boys JV, BVSX will keep it's 6 year streak of having the individual Champion. **Paul Trausch** (1st) took the meet out from the start & didn't let go! **Connor Maxfield** (4th) & **Jonathan King** (5th) also medaled for the Timberwolves to help us to a 2nd place team finish.

In the Varsity races, we have multiple Podium & State Championship contenders in both 5A & 6A coming together to battle on a course that was chewed up bad by the time they raced. In the Girls race, **Campbell Harger** (2nd) held her own against an incredibly tough field to be our highest finisher at EKL in a few years. Despite being a bit banged up & fighting some illnesses the girls held on for a 5th place finish as a team. By the time the boys' race was set, the course was already in irrecoverable condition. When conditions are tough, I knew that the BVSX runners would be at their best! After losing to BV High by 40, 60 & 100 points in the last three meets, our guys didn't back down. When the dust (mostly mud) settled, the boys finished 2nd by only ONE point. It was a gutsy & tough race that will give us the confidence we need for the rest of the season. **Andrew Claar** (2nd) was our top runner again. **Kai Schallon** (5th), **Kodi Wilson** (6th) & **Zeke VanGilder** (11th) finished on the podium earning ALL-EKL honors in the process.

Results: <https://ks.milesplit.com/meets/774293-eastern-kansas-league-championship-2026/results?type=formatted>

5A Regional Preview

There is a new format for how Regional races are assigned. After classifications are determined, the 36 schools in 5A are divided east & west (18 each). The 18 eastern teams are then assigned to a single venue (JCCC). Each team submits their top 2 fastest team races to the KSHSAA website. Those top 2 times are then ranked in order & a seeding list is then determined. The 18 teams are then divided into 2 regionals (9 teams each) based on the time rankings (1st-A, 2nd-B, 3rd-B, 4th-A...etc). Because of this odd, but effective, ranking system, we earned the #1 seed in both the boys & girls' races. Both teams should be able to qualify if we go out & take care of business on the day. Exact lineups will be determined later in the week.

Link to Page: <https://www.bvswxc.com/meet-info-2026#anchor10>

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

Post EKL Plans

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. Please make sure you have filled out the form. Link to Register: <https://forms.gle/BNibYn3HUqu6cPLEA>

Pasta Party Friday – No School (10/23)

We will have our Pasta Party on Friday October 23rd at the home of the Pishny's. Because we don't have school that day, we will **MEET AT THE PISHNY'S 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.
Address: 18750 Antioch, Overland Park, KS 66013

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#/)

Parent Teacher Conferences Wednesday & Thursday (10/21-22)

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.

THINGS THAT STILL APPLY

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 10

Day	Date	Location	Time – Who	Workout Details
Monday	Oct-19	BVSW*	3:00pm – Reg,NXR*	-LL, Easy Run , 4xBU, HT, Band, Roll
Tuesday	Oct-20	(BVSW) ¹ Verhaeghe Park	6:30am – Elite ¹ 3:00pm – Reg/NXR	-TAPP, Dbl Thresh (AM) -FullWU, LT Reps , CD, Roll, Leg Elv
Wednesday	Oct-21	BVSW	3:00pm – Reg/NXR	-LL, Recovery Run , 4xBU, HT, Leg Elv
Thursday	Oct-22	(BVSW) ¹ BVSW	6:30am – Elite ¹ 3:00pm – Reg/NXR	-TAPP (AM) -1/2WU, Steady Run , 4BU, HT, Roll, Band
Friday	Oct-23	Pishny's Home ³	3:30pm – Reg/NXR ³	-LL, Pre-Meet , 4xBU, HT, Leg E, Strch
Saturday	Oct-24	JCCC XC Course	8:30am - Reg	5A Regional Girls– 11:00am Boys– 12:00pm
Sunday	Oct-25	Deanna Rose*	5:30pm – ST/NXR*	- LL, Easy Long Run , 4xBU, HT, Band, Roll

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

³ PM: Pasta Party at the home of the Pishny's Address: **18750 Antioch, Overland Park, KS 66013**

* 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”