



SOUTHWEST PROJECT



Week #

7

The Southwest Project Newsletter Week 7

If I NEVER see mud again after this week, I will be happy! The meets this week went well despite the conditions & I look forward to our biggest week of the regular season. We are making some changes to the practice schedule on the original calendar, so check out the new one below. 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

Canis Lupus Cup Recap

Big congratulations go out to all of the athletes that competed on Wednesday. The course was a little soft & beat up in a few places, but the kids competed well! In the girls race we had 2 medalists. **Lily Hensley** (2nd) & **Rachel Pishney** (3rd) went out with the front runners & pulled away from the rest of the field on their way to a great finish. The girls tied for 2nd, but lost on the tie breaker, but regardless it was a GREAT performance by the team. The boys team was running with a little thinner squad, but that didn't stop them from giving their all & competing with some solid runners. **Jack Gibson** (12th) narrowly missed the podium after another consistent performance. The boys took 3rd finishing behind two full JV teams in Olathe South & Shawnee Mission South. We are incredibly proud of all athletes who competed!

Results: <https://ks.milesplit.com/meets/774460-blue-valley-sw-canis-lupus-cup-2026/results?type=formatted>

Rim Rock Classic Recap

The Rim Rock meet always comes at a tough time in our training as we are reaching out final push to keep pushing our fitness up. The course conditions didn't help with more mud on the course then I have seen in the 20+ years I have been attending the meet. The kids did great dealing with the conditions! In the JV boys' race, **Logan King** (2nd) had a BIG breakthrough race & led the way for the rest of the team. He wasn't our only medalist in the race. **Owen Evans** (9th) & **Jonathan King** (25th) also walked away with some hardware. After the "mud" settled the boys finished 5th.

In the Varsity Races, the course was VERY torn up & it didn't matter how big the spikes were, there was lots of slipping & sliding. On the girl's side, **Campbell Harger** (10th) kept her impressive season with a great performance against a great field. The boys race featured some great teams from Kansas along with a few from Nebraska & Colorado too. **Andrew Claar** (5th) put together a solid performance finishing as the top Junior in the meet & top 5A athlete. **Kai Schallon** (21st) also earned himself a medal as he continues to be at his best when the conditions are at their worst! Boys finished 4th overall but have some work to do to get where we want to go. Great job to everyone & that includes the parents who battled the conditions getting around.

Results: <https://ks.milesplit.com/meets/770421-rim-rock-farm-high-school-cross-country-classic-2026/results?type=formatted>

KC XC Classic & Chile Pepper Festival (Oct 2-3rd)

Like last week, we will be splitting our squads for our racing plans. The JV/C-team runners will be going out to the KC XC Classic meet at Ray-Pec South Middle School for the races. Coache Buehler will take the squad out there on Saturday morning on the bus & return after the races. The Varsity athletes will be heading out to Chile-Pepper on Friday morning & competing down in Fayetteville Arkansas with some of the best teams in the region/country. It will be a fun out of town experience for the athletes & those that will be going will receive a detailed itinerary in a separate communication.

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

Practice adjustments this week (Tuesday, Thursday & Sunday/Monday)

We will continue to have our Tuesday morning quality practice for one more week. This will also mean we will move Thursday's afternoon practice to Heritage Park Shelter #8. We will NOT HAVE PRACTICE on Sunday Oct-4th for **any** athletes. Monday will become a mandatory practice for everyone as we adjust our training to fit the Thursday races the next two weeks.

No Pasta Party This Week

No Pasta Party this week, but I do want to give a HUGE thank you to the Schallon's for hosting last week! We appreciate your hospitality & time that went in to preparing for the event.

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 7

Day	Date	Location	Time – Who	Workout Details
Monday	Sept-28	BVSW*	3:00pm – ALL*	-LL, Recovery Run , 4xBU, HT, Leg Elv
Tuesday	Sept-29	BVSW Track ¹ (BVSW) ¹	5:30am – ALL ¹ 3:00pm – Wht, Elt ¹	-FullWU, CV+ Repts , CD, Roll, Leg Elv -TAPP (PM, Dbl Thrsh)
Wednesday	Sept-30	Verhaeghe Park	3:00pm – ALL	-LL, Recovery , 4xBU, HT, Leg E, Strch
Thursday	Oct-1	(BVSW) ² Heritage Park #8	6:30am – Elite ² 3:00pm – ALL	-TAPP (AM) -1/2WU, Steady Run , 4xBU, HT, Bnd, Roll
Friday	Oct-2	BVSW or Arkansas	3:00pm – ALL	-LL, Recovery , 4xBU, HT, Roll, Leg E, Strch
Saturday	Oct-3	Ray-Pec MS South Fayetteville, AR	7:45am – KC XC 6:00am – Chile Pep	KC XC Classic Boys V – 10:00am Girls JV – 10:30am Boys JV – 11:15am Chile Pepper Festival Girls V – 8:45/9:10? Boys V – 9:40am
Sunday	Oct-4	OFF ³	OFF ³	-Rest Day ³

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

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

³ We will be taking our rest day on Sunday this week, Monday is Mandatory to better prepare for Thursday race days next week.

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