



SOUTHWEST PROJECT



Week #

4

The Southwest Project Newsletter Week 4

We are being rewarded for last week's heat with... MORE heat this week. If we can get through Wednesday, it should feel a lot more reasonable. Olathe Twilight, new meeting location after school & spiritwear closes all things this week. I am very excited about what is to come. To stay up to date & follow us on Instagram (@BVSWDistance & @bvsx_c_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

Basehor-Linwood Recap

This meet has been our schedule since the building opened & it is a great rust buster for our athletes. In the girls race we had 11 medalists. **Rachel Pishney** (26th), **Lily Hensley** (19th), **Adeline Niermeier** (17th) & **Samantha Dinger** (16th) finished outside of our top 7 but still were able to make the top 30 to earn medals against Varsity competition. **Katie Carioscia** (13th) & **Finnleigh Wocken** (11th) took the 6th & 7th spot on the team, while our top 5 girls all finished in the top 7 of the race. **Ella Maier** (7th) & **Hadley Ross** (6th) excelled in their debut high school races, while **Maddie Baxter** (5th) made her Southwest debut a fantastic one! The podium was swept by TWO BVSX Timberwolves. **Avery Reynolds** (2nd) gapped the rest of the field while friend & teammate **Campbell Harger** (1st) improved on both her time from last season & her PR to win in 18:56. The Girls set a new BVSX team Record scoring 18 points, only 3 points away from a perfect score!

The boys also showed off how deep their program is with 10 boys in the top 30. Making the podium was **Jonathan King** (30th) & **Logan King** (28th) (*No Relation*), along with **Owen Evans** (22nd). The top 7 Timberwolves on the day were **Zeke VanGilder** (17th), **Paul Trausch** (14th) & **Tyler Hammar** (13th). The next 4 BVSX boys ran controlled effort as they returned later in the day to complete more work. **Kodi Wilson** (7th), **Kai Schallon** (6th) & **Caleb King** (5th) ran side by side for the whole race while **Andrew Claar** (1st) took the victory in his first ever win in a high school Cross Country race. The boys went on to defend their title with a score of only 32 points.

Results: <https://ks.milesplit.com/meets/772187-basehor-linwood-bobcat-invite-2026/results?type=formatted&event=5000m&level=1>

Olathe Twilight Preview

This will be a night meet that will take place under the lights of the ODAC stadium, giving it a unique & fun environment. We will meet at the school on Saturday at 4:00pm & take a bus to ODAC where we will set up a team camp to kill time between races. Athletes should stick around to watch the Varsity run in what will be one of the most competitive & fun meets in the Kansas City Metro. Times are usually fast & nearly every school in the KC area will be there. This will be our chance to see how we stack up against the best competition in the Metro. The JV & Varsity Races are separated into Blue & Red divisions in which the later races (Red) are for the "Faster" teams/individuals. We don't know which group we are in yet but I expect it will be Red

BVSX Entries: https://www.bvsx.com/_files/ugd/ab0cb5_50c7566955f947be996d2c0bcefc7997.pdf

Meet Information: <https://sites.google.com/site/olathenorthcrosscountry/more/home-meet-info/olathe-twilight>

New Meeting Place after school

Moving forward, we are going to meet after school in the South Lobby of the Athletic Entrance for our team meetings. Any day we have school we will meet in this location instead of the commons.

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

Parent Help!!

We really need some help with a few things coming up. Please check out the Booster Club email to find ways to help the program. You can also use the link here to help at meets: <https://forms.gle/p9shpCJGBYbABviy9>

Spiritwear Store LAST CALL

All items on the link are optional, but the Store Closes **Tuesday September 8th**.

Link to Store: <https://bsnteamsports.com/shop/jaSHbqKgpu>

Pasta Party Friday (9/11) at the Niermeier's

We will have our second Pasta Party on Friday September 11th. We will meet in South Lobby for a team meeting then head out to the Niermeier's home & run there. After the run/workout we will eat & be merry!

Address: 14283 W 157th St Olathe

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 4

Day	Date	Location	Time – Who	Workout Details
Monday	Sept-7	Verhaeghe Park*	6:00pm – ALL*	-LL, Easy Run , 4xBU, HT, Leg Elv
Tuesday	Sept-8	BVSW Track ¹ (BVSW) ¹	6:00am – Et,Bk,Gn ¹ 3:00pm – Wht ¹ Elt	-FullWU, Tempo Reps , CD, Roll, Leg Elv -TAPP (PM, Dbl Thrsh)
Wednesday	Sept-9	BVSW	3:00pm – ALL	-LL, Recovery , 4xBU, HT,Roll,Leg E,Strch
Thursday	Sept-10	(BVSW) ² Heritage Park #8	6:30am – ALL 3:00pm – ALL	-TAPP (AM) ² -1/2WU, Steady , 4xBU, HT, Band, Roll
Friday	Sept-11	Niermeier's Home	3:00pm – ALL	-LL, Recovery Run , 4xBU, HT, Band, Roll
Saturday	Sept-12	ODAC	4:00pm – ALL	Olathe Twilight Girls C – 5:00pm Boys C – 5:55pm Girls JV – 7:30pm Boys JV – 8:00pm Girls V – 9:15pm Boys V – 9:40pm
Sunday	Sept-13	Quivira Park*	6:00pm – ALL*	-LL, Easy Long , 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

³ PM: Pasta Party will be at the home of the Niermeier's. We will meet in the commons, then head to their house to run there.

Address: **14283 W 157th St Olathe**

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