



SOUTHWEST PROJECT



Month
Nov

The Southwest Project Newsletter Post Season November

Congratulations to everyone in the program for a successful season! What a fantastic State Championship meet the entire BVSW program had! I am so happy that on the biggest day of the season that our athletes performed at their best! It is a tribute to the Buy-in, Sacrifice, & commitment to Family everyone ON THE JOURNEY has. Stay up to date follow us on Twitter & Instagram (@BVSWDistance & @bvsw_xc_boosters) we will send out information about the season. BVSW XC Website updated, check it out! www.bvswxc.com

NEW INFORMATION

KSHSAA State Recap – BACK-TO-BACK CHAMPIONS!

Despite the cold conditions, the course was ON FIRE for the KSHSAA State XC championships. The girls 5A race was the 2nd race of the day & it didn't disappoint. The times in the front of the pack were absolutely flying, but our front pack of girls went out smart & controlled. Each of the top 3 came through the 1 mile & 2-mile markers moving up maintaining pace & moving up in spots. After our front pack, our #4-7 runners kept to their race plan coming through the 2 mile in times FASTER than they did at the Regional meet the week before. As the athletes made their way up cemetery hill onto the skyline, our girls finished strong with Izzy Ross leading the way (4th place), followed by Alex Laurie (12th place) & Avery Reynolds (14th place). Each of those 3 earned All-State honors which ties the most BVSW has ever had on the girl's side. The scoring 5 was rounded out by Stella Malinowski (73rd) & Katie Schallon (83rd) and Skyler Fisher (88th) & Maryam El-Demerdash (91st) finished strong to secure a FIFTH-place finish as a team! The girls exceeded their coaches ranking by 5 spots & 2 spots ahead of the Regional-merged projections. This girls team set out early in the year to qualify for State & they exceeded expectations by finishing as one of the best teams in 5A! Fun fact, the girls have NEVER finished outside of the top 5 at the State Championships.

This boy's season started with already sky-high expectations! As the defending State Champions, who only graduated one boy off that team, the pressure was on us to keep improving & hold the title. Despite a few rough spots to start the season, the Timberwolves were ranked #1 in the coaches poll all season. The Boys team was undefeated against ALL 5A competition through the entire season. Being the hunted can be difficult since everyone is trying to key off your performances. The one advantage to being the favorite in a meet/game is that you do not have to perform outside of your current capabilities to achieve your goals. The messaging to the kids at the end of the season was that we needed to do our job & if we do, we will be very difficult to beat. The boys went out through the mile in a very controlled effort with a lot of our competitors directly in our sites. We had some of the fastest 2nd miles of the entire year where some kids were setting 2-mile PR's as they came to the Billy Mills Ascent. The last mile is nearly all up-hill & is the toughest part of the course. No team in 5A has seen the Rim Rock Course as much as us between previous meets & going out there for practices. The boys moved up in the last mile as they made their way to the skyline! The top runner for BVSW was Canyon Buehler (4th) who ran the fastest time on Rim Rock in school history of 15:49! We continued to be led by Buehler's as Crew crossed the line in 16:11, good for (8th Place). The pack of Timberwolves kept coming as we closed out the top 20 with 3 more medalists, Alex Roberts (11th), Cooper Reeves (17th), & Elijah Chavez (19th). Cameron Paschke made a 38-place improvement (30th) from last year followed then by Gabe Lewis (64th).

The boys team NOT ONLY won the 5A State Championship (back-to-back years) but in a combined/merged results with 6A (& other classes) BVSW would STILL walk away as champions! The 16:13 top-5 average was only 1s off the 5A State record at Rim Rock (& 7s off of the all-time record). This was a special year for the Timberwolves!

<https://ks.milesplit.com/meets/579285-kshsaa-5a-state-championship-2023/results/986544/formatted?type=formatted&event=>

Team Banquet (November 28th)

Banquet is set for November 28th. It will be in the BVSW commons starting at 6:00pm. We will recognize all letter winners, participants & individual awards along with food, speeches & pictures/videos of the year. Come celebrate the year. All athletes, Parents & Families are invited. More information will come out shortly.

“Are you on the Journey to the Summit of Great?”

Uniform Check-in Room 705 – (Nov 14-15th)

We will be doing uniform check-in in waves this season. We will be doing these by grades. Either during AST, TIPS, or After school. Please make sure you have your uniform top (White & Green), Warmups (Top, Bottom, Rain jacket) & bag
Freshmen & Seniors – Nov 14th Juniors & Sophomores – Nov 15th

NXR Heartland & Preview

For our final experience of the XC season we will be heading out to Sioux Falls, SD to take on the best teams that KS, NE, SD, ND, IA, MN, & WI have to offer. I cannot talk enough about how great & unique an experience the Nike Cross Country Heartland Regional Championship is for our athletes. I like to call it the “Comic-Con” of distance running. It is an incredibly well-run meet with so many people & experiences, you don’t want to miss it. We need to finalize the rosters so make sure you are coming to practice so you are on our list.

The Cost of the trip will be **\$210 per athlete**. You can either Venmo the booster club the money (@Southwestproject) or check made out to me “Aaron Ballew.” You can check out the details of what is planned on the BVSW NXR Heartland website. We will provide Transportation, Lodging, Dinner & Breakfast, Entry into the meet. The NXR Heartland Dinner is BACK this year, so start planning your outfit now! Link for Details

<https://docs.google.com/spreadsheets/d/1Fua5qamTwcH-QM82eSHcoIJXtEFDj1GYdfnvCeMhgJo/edit?usp=sharing>

NXN Watch Party (December 2nd)

In the “chance” we DON’T make it to the Nike Cross Country National Meet, we will have a watch party for the event at BVSW. We will send out information about snacks & drinks.

DAILY SCHEDULE FOR NOVEMBER

Day	Date	Location	Time – Who	Workout Details
Tuesday	Oct 31	Room 705	3:00pm – NXR Group	-Steady
Wednesday	Nov 1	On Your Own	TBD – Leader Lead	-5k Race Pace
Thursday	Nov 2	On Your Own Room 705	TBD(am) - Elite/Black 3:00pm – NXR Group	-rec run (Dbl) -Recovery
Friday	Nov 3	Room 705	3:00pm – NXR Group	-Recovery
Saturday	Nov 4	On Your Own	TBD AM – Athlete Lead	- Long Run
Sunday	Nov 5	On Your Own	TBD PM – Athlete Lead	-Recovery or OFF
Monday	Nov 6	Room 705	3:00pm – NXR Group	-OFF or Recovery
Tuesday	Nov 7	On Your Own Room 705	TBD(am) – Elite/Black 3:00pm – NXR Group	-rec run (Dbl) -Steady
Wednesday	Nov 8	Room 705	3:00pm – NXR Group	-Recovery Run
Thursday	Nov 9	Room 705	3:00pm – NXR Group	-Tempo+5k
Friday	Nov 10	Room 705	3:00pm – NXR Group	-Recovery Run
Saturday	Nov 11	BVSW – Parking Lot Leave for SD	TBD am – NXR Group	-Pre-Meet
Sunday	Nov 12	Sioux Falls, SD	8:00am – Home “Late”	<u>NXR Heartland</u> Race Times - TBD

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