



SOUTHWEST PROJECT



Week #

5

The Southwest Project Newsletter Week 5

After two back-to-back weeks of racing the full 5k distances we will take a short break from racing to refocus on training for the next 2 weeks. I am already pleased with what this team has accomplished, but I know we are poised to be even better in the weeks to come. Time to focus on doing the little things right as we get some uninterrupted training. To stay up to date & follow us on Instagram (@BVSWDistance & @bvs_wxc_boosters) where we will send out information about the season.

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

NEW INFORMATION

Olathe Twilight Meet Recap

The Timberwolves had some great performances at the Olathe Twilight. As I said in my preview, this meet has an environment like no other! The heat & a few modifications to the course made it a bit slower than years past, but there were still a LOT of PR's! This year they broke up the Varsity & JV races into 2 divisions (Red-Fast & Blue-Slow). Blue Valley Southwest was the only EKL team to make it in Red in both divisions. To kick off our meet, the girls JV race was first up. The heat & sun was still a factor at this point in the evening, but they competed their heart out! **Rachel Pishney** (19th) was our top girl and medalists in the strongest JV race you will find in the State. The Girls finished 9th as a team & look to improve on their spot as the season goes! The next race up was the JV Boys. I knew this was going to be a deep & strong race! Despite moving 2 JV runners up to the Varsity race, the squad we put out there was going to rise to the challenge. Two boys ran the best race of their lives (so far) & finished in the medal spots. **Zeke Van Gilder** (17th) & **Austen Niermeier** (9th) got out well & kept pushing the pace moving up the whole race! The boys ended the race in 7th place, ahead of all 5A competition.

As for the Varsity races, we had our worked cut out for us. The girls' squad was missing our top runner from the week before, but I knew we had a solid group even if we were a little inexperienced collectively. The Top runner for the Timberwolves was Junior **Avery Reynolds** (41st) who dropped her time from the week before. The girls finished 14th as a team against the best competition we will see outside of the Nike Heartland Regional in November. The meet concluded with the Boys-Red Division race. After a quick restart (sorry Eugene) the competition was underway. I think the boys would say it was a mix of good, great & sub-par performances, but despite the ups & downs the Timberwolves were able to put 2 runners in the medal's spots before any other team. **Cameron Paschke** (8th) & **Alex Roberts** (4th) were the best duo of the meet. The depth of the BIG schools from Missouri were too much to overcome this week & we finished 3rd as a team. Overall, it was a good night, but I think everyone left thinking we have a lot more to accomplish. I know that our fitness is strong & we will use the next few weeks to build it a bit more. After that, we will fine tune & be in the best shape to race some unbelievable performances! Meet Results: <https://ks.milesplit.com/meets/698771-olathe-twilight-2025/results>

No High School Meet this Week

We will be taking the week off from racing. The next race on the schedule is either the Canis Lupus Cup (9/25) for our JV/C-team kids or the Varsity race at Rim Rock Farm (9/27). Our focus for the next 10-14 days will be to execute a quality block of training to prepare for the most important meets of the season.

Southwest Middle School Championship (9/17)

We are hosting our first cross country meet on **Wednesday September 17th**. The fun part is that it is NOT for the high school athletes. We are hosting our +30-school middle school meet which is one of the best in the state for that level. **BVSX XC Athletes will be helping run the event.** We need volunteers/helpers who could help supervise the course & monitor for athletes in need. Contact Coach Ballew (ajballew@bluevalleyk12.org) if you can help!

"Are you On the Journey to the Summit of Great"

THINGS THAT STILL APPLY

Snack Bin & Pasta Party Signup

PARENTS! We can use some help with snacks for our snack bin! Please check out the link below. Your snacks/drinks can be dropped off in the front office & we will get them where they need to be. Link:

<https://www.signupgenius.com/go/30E0D4FA9AA2FA7FD0-58030743-2025#/>

We can use some help with this pasta party & others. Please click the link to help out with food &/hosting duties. Link: <https://www.signupgenius.com/go/10C0F4CACAE23A31-57056919-state#/>

BVSW XC Social Media

We will begin posting pictures, videos & results from our meets/races & practices periodically through the season on both **@BVSWDistance** & **@bvsw_xc_boosters** Instagram. You can also check out the BVSW XC Booster Club on Facebook for more fun posts.

New Group Messaging - Remind

We have switched to **Remind**. It works similar to GroupMe, all you must do is click the link below or send the message “**@f92cd2e**” to the number **81010**

Link to signup: https://www.remind.com/join/f92cd2e?utm_medium=ios

Daily Schedule for Week 5

Day	Date	Location	Time – Who	Workout Details
Monday	Sept-15	BVSW*	3:00pm – ALL*	-LL, Recovery Run , 4xBU, HT, Roll
Tuesday	Sept-16	BVSW ¹ BVSW ²	5:30am – Elt/Blk/Gr ¹ 3:00pm – Wt, Elt/Bl ²	-FullWU, CV+ Reps , CD, Leg Elv -Double (PM)
Wednesday	Sept-17	BVSW BVSW XC Course	3:00pm – ALL 4:00pm – MS Meet	-LL, Recovery Run , 4xBU, HT, Band, Leg E SW Middle School Champ. 4:00 – Green Girls 4:20 – Green Boys 4:40 – Black Girls 5:10 – Black Boys 5:40 – Gold Girls 6:10 – Gold Boys
Thursday	Sept-18	BVSW ³ Black Bob Park	6:40am – Elt/Blk ³ 3:00pm – ALL	-Double (AM) -1/2WU, Steady Run , BU, HT, Band, Lg Elv
Friday	Sept-19	BVSW	3:00pm – ALL	-Full WU, 5k Pace , CD, Roll, Leg Elv
Saturday	Sept-20	Heritage Park #8 On Your Own ³	7:00am - ALL TBD (PM) – Elite ³	-LL, Recovery Run , 4xBU, HT, Band, Leg E -Double (PM)
Sunday	Sept-21	Deanna Rose*	5:00pm – ALL*	-1/2WU, Long Run , 6xBU, HT, Leg Elv

¹ Morning Workout at 5:30am meet at Concession stand for Elite, Black & Green athletes

² Afternoon Run for White group athletes. Elite & Black will do their afternoon double.

³ Doubles for Elite (Black Group on Thursday), On Your Own Saturday

* Athletes attending Sunday practice will take off Monday (day after)