



SOUTHWEST PROJECT



Week #

9

The Southwest Project Newsletter Week 9

The EKL Championship will be the last time the entire 2025 BVSX Cross Country team will be together for this wonderful season. We have had a lot of fun & had some impressive accomplishments so far. This meet will be our final meet for the JV/C teams who are not going to NXR-Heartland. Make sure you are staying healthy. To stay up to date & follow us on Instagram (@BVSXDistance & @bvsx_xc_boosters) where we will send out information about the season.

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

NEW INFORMATION

Heartland Relays Recap

After a last-minute change of venue moved the Heartland Relays to our home course at BVSX I was nervous about how it would go, but the event was a fun filled spectacle that every enjoyed. In the boys 4x1mi relay the BVSX Timberwolves took the top 3 spots & 5 of the top 7 overall! Big congratulations to **Cameron Paschke, Connor Maxfield, Eugene Giam & Jack Gibson** on their 1st place finish as a relay team. On the girls side late in the meet the team of **Erica Black, Erica Walker & Hazel Dillavou** took the 3x1mi relay title! The girls also took 1st, 2nd & 3rd in that relay race! It was a fun experience for us as coaches to see the athletes take on the responsibility & leadership roles making sure the campsite & warm-ups were done on time.

Link to Results: <https://www.heartlandtiming.com/results/2025/Final%20Results.pdf>

EKL Championship Preview (10/16)

The EKL championship will be our last meet as a complete team for the season. This will be the last official race for JV & C-team runners (NXR is still an option for those moving forward with us). This is why the JV races are my favorite part of this meet. On the girls' side we finished 3rd last year as a team & I would like to improve on that result with the solid group of runners we have this season. The Boys JV will have big shoes to fill this year to repeat what they did last season. When you only score 16 points, only perfection lies in front of you. The league has improved from last year, so we look to drop our team average under 18 mins for the first time in school history. On the Varsity side, this meet last year may have been one of my biggest highlights as a coach. We not only won the girls team race, won the boys race, had the individual boys champion, but also perfect scored the boys race as a team with 15 points. The league took a big leap forward with multiple teams looking to make the podium on both the boys & girls' side in both the 5A & 6A races later this season. Please come out & support all the Timberwolves in what will be a very competitive race.

Following the conclusion of the meet, I will talk with a few runners about who our "top 10" athletes will officially be listed on the Regional team for the following week. All athletes on the Regional team & anyone going on to NXR will continue to practice with us as a team for the remainder of the season.

Pasta Party Wednesday (10/15)

We will have our Pasta Party on Wednesday October 15th at the home of the Collins. We will meet in the commons at 3pm have a quick meeting then head over to their house for our run. After we are done, food will be ready.

We can use some help with this pasta party & others. Please click the link to help with food &/hosting duties.

Link: <https://www.signupgenius.com/go/10C0F4CACAE23A31-57056919-state#/>

Address: **16500 Goddard St, Overland Park, KS**

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

NXR – Heartland Regional Meet (November 8-9th)

Below is a link to register for the NXR-Heartland trip. PLEASE fill out the link even if you don't plan on attending. Athletes who will go on the trip will CONTINUE TO TRAIN with the team through the meet!

Link to Register: <https://forms.gle/JdcSErggqLwk2UKA>

Sunday/Monday Practice - Back to Normal

We will be going back to a “normal” Sunday/Monday-either/or schedule for the last two weeks of the season. Please see the schedule below for time & location details.

THINGS THAT STILL APPLY

XC Team Banquet (November 17th)

Please check out the link below to sign up for the BVSX XC team banquet on November 17th at 6:00pm.

Link: https://www.evite.com/event/0065CU33CH3KVE73OEPQTSR4YX26OA?utm_campaign=send_sharable_link&utm_source=evitelink&utm_medium=sharable_invite

Senior & Parents: Please upload photos of our senior runners so we can put together a slide show for the banquet.

Link: <https://drive.google.com/drive/folders/1pPEPYlijgtGrBQUm-YN4AMfNgUX8NEPF>

BVSX XC Social Media

We will begin posting pictures, videos & results from our meets/races & practices periodically through the season on both @BVSXDistance & @bvsx_xc_boosters Instagram. Check out the BVSX XC Booster Club on Facebook.

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 9

Day	Date	Location	Time – Who	Workout Details
Monday	Oct-13	BVSX	3:00pm – ALL	-FullWU, 5k Pace +Reps , ExCD, Leg Elv
Tuesday	Oct-14	BVSX ³ Black Bob Park	6:40am – Elt/Blk ³ 3:00pm – ALL	-Double (AM) -LL, “ Rec ” Run , 4xBU, HT, Roll, Leg Elv
Wednesday	Oct-15	Collins Home ⁴	3:00pm – ALL ⁴	-LL, Pre-Meet Run , 4xBU, HT, Roll, Str
Thursday	Oct-16	BVSX ³ JCCC	6:40am – Elt ³ 1:25pm – ALL	-Double (AM) EKL Championship JV Girls – 3:30 JV Boys – 4:15 V Girls – 5:00 V Boys – 5:30 All Awards to Follow
Friday	Oct-17	BVSX	3:00pm – ALL	-LL, Recovery Run , 4xBU, HT, Roll, Leg Elv
Saturday	Oct-18			OFF
Sunday	Oct-19	Quivira Park ⁵	5:00pm – ALL ⁵	-1/2WU, Long Run , 4xBU, HT, Band, Roll

³ Doubles for Elite (Black Group on Tu)

⁴ Collins Home: **16500 Goddard St, Overland Park, KS**

⁵ Athletes attending Sunday practice will take off Monday (day after)

“Are you On the Journey to the Summit of Great”