



SOUTHWEST PROJECT



Week #

11

The Southwest Project Newsletter Week 11

The State meet week is upon us! I have been so proud of how much work this entire team has put in & I will be proud no matter what the outcome is. This team has been #OnTheJourney, and our journey is NEVER about the destination, but instead it's about what we learn about ourselves along the way. To stay up to date & follow us on Instagram ([@BVSWDistance](#) & [@bvsw_xc_boosters](#)) where I will send out information about the season. For more information about the BVSX XC team checkout the Website! www.bvswxc.com

NEW INFORMATION

“Sub-State” (Regional) Recap

The meet may have a new name, but the outcome stays the same. Both Boys & Girls teams punched their tickets to the State meet this week. Sickness & injuries took their toll on the girls team this week. Despite that, the athletes who were called upon to step-up & race in (literally) the last minute did amazing! I want to give a special shoutout to **Rachel Pishny** (18th), who was told she was running 2 minutes before the gun went off. Even with that shock to the system, she went out & set a new PR! At the front of the race, a recovering **Campbell Harger** (2nd) tempo'd her way to a runner-up finish. The next 4 BVSX athletes were able to finish in the top 15 & earn All-Regional honors. **Lily Hensley** (5th) set a new PR while **Ella Maier** (11th), **Hadley Ross** (12th) & **Finnleigh Wocken** (14th) all medaled. The girls lost a close race against UKC champions Spring Hill taking 2nd overall. By the time the boys race started, it was starting to get a bit warm, but that didn't affect the runners. With a very controlled start to the race, the boys moved up in the field taking 5 of the top 8 spots. **Andrew Claar** (1st) won the race overall. Shortly behind was **Caleb King** (3rd), **Kai Schallon** (4th) & **Kodi Wilson** (5th). We also had All-Regional performances by two freshman **Tyler Hammar** (8th) & **Logan King** (14th). The boys dominated the race as a team winning with only 21 points. Everyone survives & advances! Results: <https://ks.milesplit.com/meets/788037-kshsaa-5a-sub-state-st-thomas-aquinas-2026/results/1336401/formatted?type=formatted>

5A State Preview

It's the Week of State, what else is there to say? The past 20 weeks of summer & fall training has come down to this week. I mentioned to the kids that the week of State is NOT the week to do anything new, but it is time to cut out the things you know will keep you from being your best. Sacrifice is our 2nd tentpole & in championship week it becomes the most important. The Boys will race first on Saturday & we will be going into our sixth straight year where they are competing for a Team State title. Medals & an individual champion will also be on the line. The girls will be outside looking in on a podium spot. The girls are seeded 4th in the State in the latest coach's poll. If we can get the best from everyone on Saturday, we can see how close to the top is possible. We will also have multiple girls competing for top 20 spots on the All-State team.

Link to State Page: <https://www.kshsaa.org/react/activity/tournament/info/cross%20country/state/60/0>

Team Meeting Mon/Tue – State Strategy

The boys State team will meet in my room 705 at 3:00pm for a State Strategy meeting. Everyone else will have normal practice. The Girls State team will meet on Tuesday after school with our weekly “More than Miles”.

Trunk or Treat – Tuesday

We are having Trunk or Treat on Tuesday. Athletes need to show up to hand out candy & parents, we need help with collecting large bags of candy. Please see the booster club email for how to help!

“Are You on the Journey to the Summit of Great”

Shoe Tree – Thursday (10/29)

On Thursday, please bring a pair of OLD running shoes/spikes to add to the shoe tree on the BVSX XC Course. It is a tradition to add to the tree shortly before the State meet. Bring as many pairs as you are willing to part with.

Pasta Party Friday Delayed Start – Friday (10/30)

We will have our FINAL Pasta Party on Friday October 30th at the home of the Hammar's. The State team will have practice at Rim Rock, so we will **MEET AT THE Hammar's AT 5:00PM** for just the Pasta & Food!

Address: 10508 W. 163 st. Overland Park, 66221

Post EKL Plans

Those who decide to go to the NXR-Heartland meet in November, it is EXPECTED that they will continue to train with us every day. Getting the additional month of training, especially for our younger runners, is a HUGE asset to their improvement from season-to-season or year-to-year. They will still be a part of the team in most events & we encourage them to make their way to the post-season meets as well. Please make sure you have filled out the form.

Link to Register: <https://forms.gle/BNibYn3HUqu6cPLEA>

XC Banquet (Nov 17)

We will have our end of season Banquet November 17th at 6pm in the BVSX commons. Please check out the Booster Club email for details. We will need some help from parents, so please check it out.

THINGS THAT STILL APPLY

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 11

Day	Date	Location	Time – Who	Workout Details
Monday	Oct-26	BVSX* Room 705	3:00pm – ST, NXR* 3:00pm – State Boys	-LL, Easy Run , 4xBU, HT, Band, Roll (Boys State Team Meeting)
Tuesday	Oct-27	(BVSX) ¹ BVSX	6:30am – Elite ¹ 3:00pm – ST, NXR	-TAPP (AM) -1/2WU, Steady Run , 4BU, HT, Roll, Band
Wednesday	Oct-28	Heritage Park #8	3:00pm – ST, NXR	-FullWU, @5k+ Reps , CD, Roll, Leg Elv
Thursday	Oct-29	(BVSX) ¹ BVSX Shoe Tree ⁴	6:30am – Elite ¹ 3:00pm – ST, NXR 3:15pm – ALL ⁴	-TAPP (AM) -LL, Recovery Run , 4xBU, HT, Leg Elv (Shoe Tree)
Friday	Oct-30	Rim Rock ² / BVSX Hammar's Home ³	3:00pm – ST / NXR 5:00pm – ST, NXR ³	-LL, Pre-Meet , 4xBU, HT, Leg E, Strch Pasta Party (Late)
Saturday	Oct-31	Rim Rock Farm	7:00am - State	5A State Championship Boys – 10:35am Girls – 12:20pm Awards - 1:05pm
Sunday	Nov-1			OFF

¹ AM: Morning Double for Elite Athletes. Meet in new Athletic Entrance

² PM: State team will go to Rim Rock in Vans after school Friday. Other runners will run from school.

³ PM: Pasta Party at the home of the Hammar's Address: **10508 W. 163 st. Overland Park, 66221**

⁴ PM: Bring an OLD pair of shoes to "donate" to the shoe tree on the BVSX XC Course.

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