



# SOUTHWEST PROJECT



Month  
**Dec**

## The Southwest Project Newsletter: December

I hope everyone had a wonderful Thanksgiving. We will begin our winter conditioning program after school starting December 1<sup>st</sup>. All athletes NOT in a winter sport are encouraged to attend to maintain & grow their fitness. To stay up to date & follow us on Instagram ([@BVSWDistance](#) & [@bvs\\_wc\\_boosters](#)) where we will send out information about the season.

For more information about the BVSX XC team checkout the Website! [www.bvsx.com](http://www.bvsx.com)

### NEW INFORMATION

#### NXR-Heartland Trip (Nov 8-9<sup>th</sup>)

The NXR Meet was one that will be remembered for many years to come! If you weren't there, we had 3 inches of snow, 20-degree temperatures & wind gusts up to 30 mph. Even with the frigid conditions the Timberwolves didn't come to make show angles & drink hot chocolate. In the Boys Open Race 3, **Zeke Van Gilder (84<sup>th</sup>)** & **Austen Niermeier (85<sup>th</sup>)** were the top two boys crossing the line nearly together. They helped the boys JV 14<sup>th</sup> of 36 in their open race in a mix of JV & varsity teams. When the six Open Division Races were combined the Boys finished 106<sup>th</sup> out of 292 teams. With the competitors being a mix of JV & Varsity, I did some deeper dives in my analysis & found that they finished 14<sup>th</sup> of all JV programs at this event & first among Kansas teams.

On the girls side, we competed in the Open Division Race #2. Four of the top 6 girls in the race were Kansas runners, **Campbell Harger (4<sup>th</sup>)** & **Avery Reynolds (6<sup>th</sup>)** led the Timberwolves to a 4<sup>th</sup> place finish as a team with the help of the entire girl's team battling the snow & slush. When the four Open Division Races were combined, the girls team finished 10<sup>th</sup> out of 192 teams (2<sup>nd</sup> Kansas Team). I was so happy with the growth & comradery that the girls team showed this season as they grew together not just as runners, but as a TEAM. We will be losing a great group of seniors next fall, but the returning runners we have will pick up the baton & continue "On The Journey!"

The day ended with the Boys Championship race. By then, the sun started to peak out, but the wind was picking up. The boys started off back in the pack back in 10<sup>th</sup> place & 130 points back of a qualifying spot for NXN. With a lot of ground to make up the boys moved up in the pack later into 7<sup>th</sup> at the two-mile but simply ran out of course & finished 6<sup>th</sup> place, only 23 points away from 2<sup>nd</sup>. Some runners felt they could have done better, while others ran some of the best races of their lives. **Kai Schallon (136<sup>th</sup>)** was tripped in the early part of the race, falling all the way to the ground & broke his glasses. Despite the setback, he got back up & moved up in the race nearly running a PR in far from ideal circumstances. The top boy was **Alex Roberts (7<sup>th</sup>)** earned All-Regional First team honors & was only one spot away from qualifying for Nike Cross Nationals individually. Despite the letdown of missing out on a national bid, the boys learned a lot about themselves & will use this as motivation for the winter & spring. Link to Results: <https://sd.milesplit.com/meets/715182-nxr-heartland-regional-championships-2025/results>

#### XC Team Banquet Thank You's

The team Banquet was a huge success mostly due to the help & planning of our amazing Booster Club! Big Thank You to Jen Claar who helped order, setup the food & decorations. Thank You to the parents that help set up & clean up after the event. Big thank you to the seniors who had such kind words to say during their speeches & to the coaches for making this tough season a lot of fun!

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

### Winter Conditioning Program

We will begin our winter training program **Monday December 1<sup>st</sup>**. It is open to ALL athletes NOT in a winter sport regardless of whether you are doing track or not & will be after school All days we have school through the winter (until Spring Sports begin). Training over the winter will take on more of a “personal” role in that meetups will be limited outside of school days & weather will throw some curve balls at us. We will adjust or cancel practices when school is canceled due to severe weather.

Running in the cold/snow/ice is usually only dangerous if you are NOT prepared for the conditions. Gloves & Hats are mandatory for all outdoor runs when the weather is cold. Long sleeve tops & pants are VERY important during training to avoid exposed skin to the cold wind for extended periods of time. Please come prepared to run outside, as indoor space is limited. The first few meets of the outdoor season can be cold, so we do need to acclimate to the weather in the same way we do in the summer for the heat.

### Winter 1-on-1's (Meetings with Coach)

This winter I am wanting to sit down for 15-20 minutes & discuss the goods, bads & future of their running careers. This will go a long way to helping athletes meet their personal needs for the upcoming year. This includes Seniors!

Fill out the google form below with thoughtful answers and we will have a meeting to go through the answers & I will add in my thoughts on what you put down. This is your first way to express your concerns to me & help the entire coaching staff get you ready for a great 2026 season.

Link: <https://forms.gle/trvw8FprS9HAX7yo7>

### Summer- Rocky Mountain Road Trip (July 18-23<sup>rd</sup>)

We are asking you to save the date for our Rocky Mountain Road XC Trip this summer. We are inviting some of our top returners on the trip. More details will come out as we are able to finalize details about the Trip. In the meantime, we are looking for a list of returning athletes that are interested. Please fill out the Form Below. Thanks!

Link: <https://forms.gle/cTpR6ozE1p8uCj1H9>

#### **Scheduled Trip Outline/Itinerary**

- Day 1 – Drive to Colorado Springs
- Day 2 – Spend the day in Colorado Springs
- Day 3 – Drive to American Fork, UT
- Day 4 – Spend the day in Utah
- Day 5 – Drive to Denver/Golden area
- Day 6 – Climb Greys Peak then Denver/Golden area
- Day 7 – Drive back home

The Cost of the trip will be based on the number of athletes we are able to get signed up. We will also be in need of a parent/helper to drive a van on the VERY LONG trip through the rocky mountains.

Itinerary (Work in Progress):

[https://docs.google.com/spreadsheets/d/10tgqw2a\\_Kh0BBbGUhvguWDTAeuVSNhEhn8qLySmrTwQ/edit?usp=sharing](https://docs.google.com/spreadsheets/d/10tgqw2a_Kh0BBbGUhvguWDTAeuVSNhEhn8qLySmrTwQ/edit?usp=sharing)

### Uniform Check-in (ASAP)

Please turn in your uniform & bag to Coach Ballew (Room 705) ASAP if you haven't done so already!

### **Items ALL athletes need to turn in**

Bag, Warmup Top, Warmup Bottom, 4-Uniform tops (Black, Gray, White, Green), Shorts (Green)

\*Additional Girls items – Rain Jacket, Uniform top (Black SWP logo), Shorts (Green pros, Pink pros)

\*Additional Boys items – Rain Jacket, Uniform top (Mint), Shorts (White, Neon, Green half tights)

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

# Daily Conditioning Schedule for December

Day	Date	Location	Wt	Gr	Blk	Elt	WU	Workout Details	BU's	HTwalk	Band	Roll	Strc
Monday	1-Dec	BVSW	2	3	5	6	SPD	<u>Speed Work #1</u>					
Tuesday	2-Dec	BVSW	0	5	6	7	FULL	<u>Fartlek #1</u>				Roll	
Wednesday	3-Dec	BVSW	3	3	4	5	LL	Recovery Run	4BU	HT	Band		Strc
Thursday	4-Dec	BVSW	0	4	5	7	HALF	Broken Steady Run	2-StL	HT		Roll	
Friday	5-Dec	BVSW	2	3	4	5	LL	Recovery Run	4BU	HT	Band		Strc
Saturday	6-Dec	OYO	0	6	7	8	HALF	Long Run	6BU	HT			
Sunday	7-Dec		0	0	0	0		OFF					
Monday	8-Dec	BVSW	3	4	5	6	HALF	Steady Run	4BU	HT	Band	Roll	
Tuesday	9-Dec	BVSW	0	5	6	7	FULL	<u>Tempo Run #1</u>				Roll	
Wednesday	10-Dec	BVSW	2	4	5	6	LL	Recovery Run	4BU	HT	Band		Strc
Thursday	11-Dec	BVSW	0	5	6	8	HALF	Broken Steady Run	2-StL	HT		Roll	
Friday	12-Dec	BVSW	3	3	4	5	LL	Recovery Run	4BU	HT	Band		Strc
Saturday	13-Dec	OYO	0	6	8	9	HALF	Long Run	6BU	HT			
Sunday	14-Dec		0	0	0	0		OFF					
Monday	15-Dec	BVSW	3	4	5	6	SPD	<u>Speed Work #2</u>					
Tuesday	16-Dec	BVSW	0	5	6	7	FULL	<u>Fartlek #2</u>				Roll	
Wednesday	17-Dec	BVSW-TBD	3	4	5	6	LL	Recovery Run	4BU	HT	Band		Strc
Thursday	18-Dec	BVSW-TBD	0	5	6	8	HALF	Broken Steady Run	2-StL	HT		Roll	
Friday	19-Dec	BVSW-TBD	3	4	5	6	LL	Recovery Run	4BU	HT	Band		Strc
Saturday	20-Dec	OYO	0	7	8	10	HALF	Long Run	6BU	HT			
Sunday	21-Dec		0	0	0	0		OFF					
Monday	22-Dec		2	5	6	7	HALF	Steady Run	4BU	HT	Band	Roll	
Tuesday	23-Dec		0	5	7	8	FULL	<u>Tempo Run #2</u>				Roll	
Wednesday	24-Dec		3	3	5	6	LL	Recovery Run	4BU	HT	Band		Strch
Thursday	25-Dec		0	0	0	3		rec run or OFF					
Friday	26-Dec		3	4	5	6	LL	Recovery Run	4BU	HT	Band		Strch
Saturday	27-Dec		0	7	9	10	HALF	Long Run	6BU	HT			
Sunday	28-Dec		0	0	0	0		OFF					
Monday	29-Dec		3	4	5	6	LL	Recovery Run	4BU	HT	Band		Strch
Tuesday	30-Dec		0	5	6	7	FULL	<u>Fartlek #3</u>				Roll	
Wednesday	31-Dec		3	3	5	6	LL	Recovery Run	4BU	HT	Band		Strch

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