

# TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2022, Volume 15

October 31, 2022

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[Tri-West Athletic Website](#)

## MESSAGE FROM THE ATHLETIC DIRECTOR

### Winter Sports Begin

Winter sports begin this week. I am sure you have heard about or read about the shortage of officials in the state of Indiana. I am urging you to be mindful when you are attending a game or meet to refrain from addressing officials from the stands. From the op-ed titled "Dear Mom and Dad: Cool it!" the National Federation of High School Sports comments on fan behavior, *"Make no mistake about it. Your passion is admired, and your support of the hometown team is needed. But so is your self-control. Yelling, screaming and berating the officials humiliates your child, annoys those sitting around you, embarrasses your child's school and is the primary reason Indiana has an alarming shortage of high school officials. It's true. According to a recent survey by the National Association of Sports Officials, more than 75 percent of all high school officials say "adult behavior" is the primary reason they quit. And 80 percent of all young officials hang up their stripes after just two years of whistle blowing. Why? They don't need your abuse."*

Remember, we are here to create an environment for our student-athletes to learn how to win and lose with dignity, grace, and respect. Let's model that same dignity, grace, and respect through our interactions with officials, other teams, and other fans.

Interested in becoming an official? [Click here](#).



Mr. Scott Knapp  
Tri-West Athletic Director



### IHSAA Student-Athlete Tip of the Week

Showing respect and earning respect go hand in hand, both in the classroom and on the athletic field/court. If you show respect to a teacher or coach, chances are you will earn their respect back. The same goes for showing respect to a classmate or teammate. Most athletes are expected to be tough and aggressive. However, a lack of respect is usually displayed by something coming out of your mouth or an after the play reaction. Don't lose your cool when you get frustrated. Move on to the next play or challenge regardless of the circumstance. Showing respect to others in any endeavor will always serve you well!



# FALL AWARDS PROGRAM

## **Fall Sports Awards Program- November 14th at 6:30 PM in the Main Gym**

We will recognize all of our Fall Sports teams at this event. All Fall Athletes should plan to attend.

## **1st COLLEGE SIGNING CEREMONY INFO**

Please note the date for the 1st College Signing Ceremony. More information will be distributed as we approach this event, but please note this date on your calendar.

## **1st College Signing Ceremony- November 9th at 4:30 PM, TWHS Cafeteria**

The College Signing Ceremony is intended to recognize those Senior student-athletes who plan to further their athletic career after graduation. I would encourage you to inform your college coach if you intend to sign at this first ceremony, as they may want to send a representative from your respective college to attend. Please invite your families, friends, and teammates to join us November 9th to be a part of the celebration. You are encouraged to wear apparel from your respective College/University. We will have a photographer on hand to document this special event.



**Below is the form that needs to be filled out and turned into the Athletic Office by Thursday, 11/3 in order to participate in the 11/9 College Signing Ceremony.** This ceremony is open to any Senior who has made a commitment to play a sport at the next level. Please see Mr. Knapp if you have any questions.



# TRI-WEST HIGH SCHOOL **ATHLETIC** DEPARTMENT

## 2022-23 College Athletic Signing Ceremony Information

Name: \_\_\_\_\_

Sport: \_\_\_\_\_

College/  
University: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Future Head Coach: \_\_\_\_\_

**Athletic Scholarship:**

Yes: \_\_\_\_\_ No: \_\_\_\_\_

**Division:**

\_\_\_\_\_ NCAA – Division 1

\_\_\_\_\_ NCAA – Division 2

\_\_\_\_\_ NCAA – Division 3

\_\_\_\_\_ NAIA

\_\_\_\_\_ Junior or Community College

**Signing Ceremony Preference:**

\_\_\_\_\_ Wednesday, November 9th

\_\_\_\_\_ Wednesday, February 1st

\_\_\_\_\_ Wednesday, May 3rd

Superintendent: Dr. Scott Syverson; Principal: Matt Rund; Athletic Director: Scott Knapp; Athletic Secretary: Rebecca Saylor;  
Strength Coach: Scott Worl;  Hendricks Regional Health Trainers: Courtney Crabtree; Brittany Ford

# 1st TEAM ALL-CONFERENCE

Congratulations to our athletes that were named 1st Team All-Conference. These students will be honored at a banquet on Wednesday, November 2nd at Lebanon High School starting at 7:00 PM. Dress is Sunday best. We will depart from Tri-West High School at 6:15 PM via Mid-Bus. This event is for athletes and head coaches only.



**Damon Catt, Football**  
**Ethan Elzey, Football**  
**Noah Lien, Football**  
**Amari McIntosh, Football**  
**Ty Owens, Football**  
**Alex Ziats, Football**  
**Macey Mohr, Girls Golf**  
**Raegan Ramirez, Girls Golf**  
**Nick Merrion, Boys Soccer**  
**Eric Sharer, Boys Soccer**  
**Cortland Williams, Boys Soccer**  
**Claire Donald, Girls Soccer**  
**Kylie Hardin, Girls Soccer**  
**Olivia Malicoat, Girls Soccer**  
**Kate Eastman, Volleyball**  
**Izzy Masten, Volleyball**  
**Elle Patterson, Volleyball**

# COACH WORLD'S WORLD

## TW S&C After School Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
	Strength Training 3:50p - 4:35p (All Athletes)  4:45p - 5:30p (Female Only)	Strength Training 3:50p - 4:35p (All Athletes)  4:45p - 5:30p (Female Only)	Athletic Enhancement  3:50p - 4:35p (All Athletes)	Strength Training 3:50p - 4:35p (All Athletes)  4:45p - 5:30p (Female Only)	Strength Training 3:50p - 4:35p (All Athletes)  4:45p - 5:30p (Female Only)

Meet outside the weight room each day.

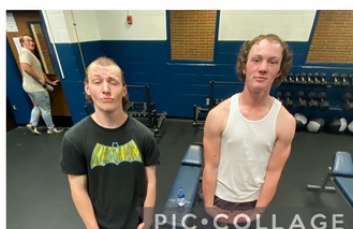
Bring the following:

1. Full water bottle
2. Cell phone (strength training days only)
3. Workout clothes and tennis shoes
  - a. Dress warm as we will be outside Tues/Wed as long as weather permits

Weight Room Structure:

1. Movement Prep = 5 min
2. Strength Training program = 5 stations, 7 min each
3. Groups will be assigned on daily attendance
4. Weight Room clean up = 5 min

## APE PERFORMERS OF THE WEEK



**APE**  
WEEKLY  
THEME

**DO  
YOUR  
JOB**

# UPCOMING EVENTS

## **Monday, October 31**

*Official Start Date for Boys Wrestling*

## **Tuesday, November 1**

6:00/7:30 PM Girls JV/Varsity Basketball vs. Bishop Chatard, HOME (TWHS Main Gym)

6:15 PM Wrestling Parent Meeting (TWHS Cafeteria)

## **Wednesday, November 2**

7:00 PM 1st Team All-Conference Banquet @ Lebanon High School

## **Thursday, November 3**

6:00/7:30 PM Girls JV/Varsity Basketball @ Southmont

## **Friday, November 4**

*No Events*

## **Saturday, November 5**

TBD IASP State Cheerleading Competition @ New Castle High School