

TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2022, Volume 20

December 5, 2022

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MESSAGE FROM THE ATHLETIC DIRECTOR

Keep Working Hard

Would you consider yourself a successful athlete? Are you where you want to be and satisfied with your current performance? Hopefully, you are always striving to improve. One of the pitfalls that all athletes (but especially young ones) need to avoid is becoming complacent with their progress and achievements. In other words, do not become satisfied with your current performance, even if you are very successful and feel like you are where you want to be. If and when you reach a level of feeling totally satisfied with a good game or performance, know that in athletics, you must continue to perform on a daily basis and fight to keep your position. Legendary basketball coach Don Meyer said, "Complacency is the forerunner of mediocrity. You can never work too hard on attitudes, effort and technique."

This post comes from the IHSAA Student Athlete Tip of the Week.



Mr. Scott Knapp
Tri-West Athletic Director



Fall and Winter Fees

Transportation fees from the Fall season are late. All Fall and Winter transportation fees need to be paid ASAP prior to Christmas Break.

Seniors: If you have not paid for your senior banner, fall or winter, this also needs to be paid for ASAP.

Fall uniforms, warm-ups etc. are late and need to be turned in ASAP to avoid being charged as we do our inventories.



TW S&C After School Training Schedule

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

ADVANCED PHYSICAL EDUCATION

PERFORMERS OF THE WEEK



Gaining Weight 101

@Nutrition_with_Wendi

RULE 1: You have got to EAT

You must take in more calories than you burn off.

1 lb. equals 3,500 calories.

To gain one pound you must consume 3,500 MORE calories than what is burned off.

You can gain about 1 lb. per week if you add in a consistent 500 calories daily.

Eat 3-4 meals + 2-3 snacks

Eat larger portions (double protein + carbs when you can!)

Breakfast daily + a second breakfast!

Do not skip weight training sessions, your goal is to gain muscle not fat.

STOP SKIPPING MEALS!



www.nutritionwithwendi.com



NUTRITION TIPS

WEEK IN REVIEW

- Boys Freshman Basketball defeated North Montgomery
- Girls JV Basketball lost to Brownsburg, 21-59
- Girls Varsity Basketball lost to Brownsburg, 28-58
- Boys Swimming & Diving defeated Cardinal Ritter (144-123) & South Putnam (134-120)
- Girls Swimming & Diving defeated Cardinal Ritter (127-126) & South Putnam (140-82)
- Boys Swimming & Diving defeated Western Boone, 105-71
- Girls Swimming & Diving lost to Western Boone, 118-62
- Boys Freshman Basketball defeated Western Boone, 39-22
- Boys JV Basketball lost to Western Boone, 34-35
- Girls JV Basketball defeated Western Boone, 57-29
- Girls Varsity Basketball lost to Western Boone, 75-76
- Boys Varsity Basketball defeated Western Boone, 50-44
- Wrestling went 3-2 at the Western Boone Duals

CONGRATULATIONS TO THESE BRUINS



Congratulations to our Girls Swim & Diving team for defeating Cardinal Ritter and South Putnam

Congratulations to our Boys Swim & Diving team for defeating Cardinal Ritter, South Putnam and Western Boone





Congratulations to our Boys Basketball team for defeating Western Boone

ATHLETIC OFFICE AIDES

A huge thank you to the outstanding Athletic Office Aides! Our Athletic Office Aides do so much work behind the scenes to help keep the Athletic Department organized and efficient. Thank you to all of our Athletic Office Aides that serve throughout all periods of the day!



UPCOMING EVENTS

Monday, December 5
No Events

Tuesday, December 6
5:30 PM Boys & Girls Swimming & Diving vs. Speedway, **HOME**
6:00 PM Boys Freshman Basketball vs. Southmont, **HOME, TWHS Auxiliary Gym**
7:00 PM Girls Varsity Basketball vs. North Montgomery, **HOME, TWHS Main Gym**

Wednesday, December 7
6:00 PM Wrestling vs. Parke Heritage, **HOME, TWHS Main Gym**

Thursday, December 8
5:30 PM Boys & Girls Swimming & Diving @ North Montgomery
6:00 PM Boys Freshman Basketball @ Brebeuf Jesuit
6:00 PM Girls C-Team Basketball vs. Ben Davis, **HOME, TWHS Auxiliary Gym**
6:00 PM Girls JV Basketball vs. Frankfort, **HOME, TWHS Main Gym**
7:30 PM Boys JV Basketball vs. Frankfort, **HOME, TWHS Main Gym**

Friday, December 9
6:00 PM Girls Varsity Basketball @ Frankfort
7:45 PM Boys Varsity Basketball @ Frankfort

Saturday, December 10
9:00 AM Wrestling @ Clinton Prairie Invitational
12:00 PM Boys Freshman Basketball vs. West Lafayette, **HOME, TWHS Auxiliary Gym**
12:00/1:30 PM Boys JV/Varsity Basketball vs. West Lafayette, **HOME, TWHS Main Gym**