

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2022, Volume 17

November 14, 2022

[@triwestsports](#)

[Tri-West Athletic Website](#)

MESSAGE FROM THE ATHLETIC DIRECTOR

1st College Signing Ceremony

Last Wednesday, seven (7) Tri-West athletes signed their letter of intent to play at the next level. Congratulations to these athletes:

Claire Donald, Soccer, Saint Mary-of-the-Woods College

Kate Hardin, Soccer, Indiana University-Purdue University Columbus

Kylie Hardin, Soccer, Indiana University-Purdue University Columbus

Elle Patterson, Volleyball, Fairfield University

Lainey Price, Softball, Danville Area Community College

Ava Sullivan, Softball, Purdue University Fort Wayne

Nicole Mathews, Softball, Lincoln Trail College



Mr. Scott Knapp
Tri-West Athletic Director

FALL AWARDS PROGRAM

The Fall Awards Program is **TONIGHT**, November 14th beginning at 6:30 PM in the TWHS Main Gym. All Fall coaches, athletes, and parents should plan to attend.

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. Workout clothes and tennis shoes
 - a. Dress warm as we will be outside Wednesday's 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

ADVANCED PHYSICAL EDUCATION

PERFORMERS OF THE WEEK

IF YOU RUN
WITH THE LAME,
YOU WILL
DEVELOP A
LIMP...

- LOUIE SIMMONS



**APE WEEKLY
THEME:
CHOICES**

WEEK IN REVIEW

- Girls JV Basketball defeated Chatard, 41-37
- Girls Varsity Basketball lost to Chatard, 60-76
- Girls JV Basketball defeated Southmont, 43-14
- Girls Varsity Basketball defeated Southmont, 51-45
- Girls JV Basketball lost to Westfield, 20-48
- Girls Varsity Basketball lost to Westfield, 15-55
- Girls JV Basketball defeated Crawfordville, 51-18
- Girls Varsity Basketball defeated Crawfordville, 60-33

BRUINS IN THE COMMUNITY

I am continually impressed by all that our student-athletes juggle. They work hard in the classroom, in the weight room, and at practices. Several of our student athletes also have part time jobs outside of all their other responsibilities. Here are just a couple students I have seen working in the community. If you have a photo of your student-athlete working in the community, please email it to me at knappsc@hendricks.k12.in.us

Cheerleaders
Rylen Slagle and
Madi Parker
working their
weeknight shift at
Subway



UPCOMING EVENTS

Monday, November 14

6:30 PM Fall Sports Awards Program, TWHS Main Gym

Tuesday, November 15

6:00 PM Girls C-Team Basketball vs. Pike, **HOME, (TWHS Main Gym)**

6:00 PM Girls Swimming & Diving vs. International School of Indiana, **HOME**

Wednesday, November 16

6:00 PM Boys Varsity Basketball Scrimmage @ Cardinal Ritter

Thursday, November 17

6:00 PM Girls Swimming & Diving @ North Putnam

Friday, November 18

6:00/7:30 PM Girls JV/Varsity Basketball vs. Danville, **HOME, Youth Night #1, (TWHS Main Gym)**

Saturday, November 19

No Events