

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2022, Volume 12

October 10, 2022

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MESSAGE FROM THE ATHLETIC DIRECTOR

Fall Break and Fall Season Finales

Fall Break is upon us. For many of our athletes, this doesn't change much from your normal routine as Volleyball and Football are still competing. This past week we saw the season end for Boys and Girls Cross Country, Boys Soccer, and Girls Soccer. Our Cross Country teams worked incredibly hard and improved while competing in some of the best invitationals week to week. Both Boys and Girls Soccer teams played challenging schedules and showed great competitiveness and athleticism. To our Volleyball team and Football team: keep working hard and focusing on the big picture this week. Take time to rest and enjoy the time off of school. Spend time with your family and friends, but continue to work hard at practices as you would any other week. There is still much to accomplish this season.

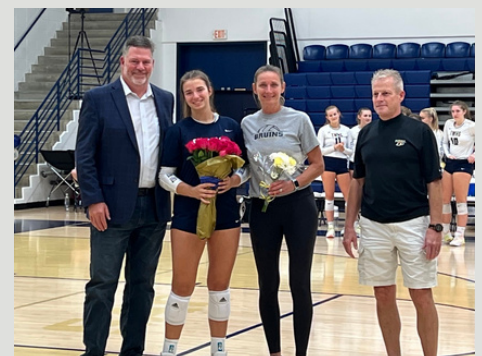
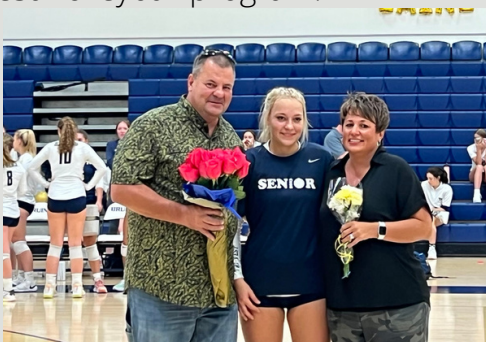


Mr. Scott Knapp
Tri-West Athletic Director

Senior Nights

Senior Night is intended to be a celebration of our Senior athletes and their families for their years of service and dedication to our sports programs. Senior Night is special and we use it as an opportunity to publicly thank these athletes. With more competitions to be had, Senior Night is not goodbye, and it's definitely not the end! While emotions can sometimes run high, there is still a match/game/contest to be played. We want to continue to compete deep into the tournament season.

This past week, we celebrated our Senior Volleyball players. **Laine Milbourne** and **Elle Patterson** have been instrumental in leading our Volleyball team. We are grateful for your dedication to and leadership of the Tri-West Volleyball program.



IHSAA FOOTBALL SECTIONAL DRAW

The IHSAA Sectional drawing took place this past Sunday. Tri-West will play Danville at Danville on Friday, October 21st in the first round of IHSAA Sectional Play. Ticket information will be provided in the near future.



UPCOMING DATES TO REMEMBER

Please note the following dates regarding the 1st College Signing Ceremony and our Fall Sports Awards Program. More information will be distributed as we approach these events, but please note these dates on your calendar.

1st College Signing Ceremony- November 9th at 4:30 PM, location TBD
Fall Sports Awards Program- November 17th at 6:30 PM in the Main Gym

Below is the form that needs to be filled out and turned into the Athletic Office in order to participate in one of our three College Signing Ceremonies. 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

WEEK IN REVIEW

- Boys Soccer lost in the IHSAA Sectional to Brebeuf Jesuit, 0-7
- JV Volleyball lost to Western Boone, 0-2
- Varsity Volleyball lost to Western Boone, 0-3
- Girls Soccer Sectional defeated Crawfordsville in the IHSAA Sectional, 7-0
- JV Volleyball lost to Center Grove, 0-2
- Varsity Volleyball lost to Center Grove, 0-3
- Girls Soccer defeated Frankfort in the IHSAA Sectional Semifinal, 7-1
- Freshman Volleyball lost to Mooresville, 0-2
- Varsity Football defeated Crawfordsville, 53-0
- Varsity Volleyball competed in the Carmel Invitational, losing to Brownstown Central and Floyd Central, and defeating Bloomington South and Mount Vernon
- Boys Cross Country finished 10th in the IHSAA Sectional Meet. Placing for the Boys: Bison Lowe 41st, Stone Robinson 45th, Jayson Shores 63rd, Brock DeBello 72nd, Troy Jones 74th, and Trevor Jones 80th
- Girls Cross Country competed in the IHSAA Sectional Meet. Placing for the Girls: Elyzabeth Waters 54th, Emma Hull 62nd, and Kassandra Jackson 65th
- JV Football defeated Crawfordsville, 34-0
- Girls Soccer lost to Danville in the IHSAA Girls Soccer Sectional Championship, 1-2 (OT - PKs)

TW S&C After School Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
	Strength Training 4p - 4:45p (All Athletes) 4:45p - 5:30p (Female Only)	Speed Training/Athletic Enhancement 4p - 5p (All Athletes)	Flexibility/Mobility 4p - 4:45p (All Athletes)	Strength Training 4p - 4:45p (All Athletes) 4:45p - 5:30p (Female Only)	Strength Training 4p - 4:45p (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

CONGRATULATIONS TO THESE BRUINS



Congratulations to Girls Soccer for defeating Crawfordsville and Frankfort in IHSAA Sectional play



Congratulations to Varsity Football for defeating Crawfordsville

UPCOMING EVENTS

Monday, October 10

Fall Break, No Events

Tuesday, October 11

Fall Break, No Events

Wednesday, October 12

Fall Break, No Events

Thursday, October 13

Fall Break, No Events

Friday, October 14

7:00 PM Varsity Football vs. Southmont, **HOME (State Bank Stadium), Senior Night; Theme: Construction**

Saturday, October 15

10:00 AM JV Football @ Southmont

12:00 PM Volleyball IHSAA Sectional vs. TBD @ Western Boone

6:00 PM Volleyball IHSAA Sectional Championship @ Western Boone

