

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 2 - 2024, Volume 42

April 29, 2024

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[Tri-West Athletic Website](#)

Building Tomorrow's Leaders Today

MESSAGE FROM THE ATHLETIC DIRECTOR

KEEP THE FIGHT

I will keep this message short. If you do not love what you are doing, don't do it. Don't waste your time, your parent's time or your coach's time. If you don't want to give a full-hearted effort, then don't commit to being a part of a team. I guess I have never understood going half-speed or being half-hearted about anything, especially when it comes to Athletics. I'm not saying you have to love every moment--there will certainly be times when you do not love the moments. But we are at the crucial part of the Spring Season where it is ending, and we are looking forward to the tournament season. We need to get our mind right. I cannot stress enough about how we must **not** be weak minded. We must not be down on ourselves in the moments of mistakes because you ARE going to make mistakes. But show us your willingness to learn, to grow, to be coachable, to be a good teammate, to fight to be better. As your Athletic Director--I am here to help you. I am here to guide you, but only if you are willing to be guided. Keep the fight, Bruins! You can do this!



Mr. Scott Knapp
Tri-West Athletic Director

PERSPECTIVE

This week's perspective comes from your very own Athletic Director, Mr. Knapp:

"A house divided against itself cannot stand."

IHSAA SECTIONAL DRAW

BASEBALL, SOFTBALL, AND BOYS VOLLEYBALL TOURNAMENT DRAWS

The IHSAA Sectional Drawing took place on Sunday. Good luck to these programs!

Softball



25. Lebanon (6)

G1: Monrovia vs. Lebanon.
G2: Tri-West Hendricks vs. Danville Community.
G3: Western Boone vs. G1 winner.
G4: Crawfordsville vs. G2 winner.
Championship: G3 winner vs. G4 winner.

Baseball



25. Danville Community (6)

G1: Monrovia vs. Danville Community.
G2: Western Boone vs. Lebanon.
G3: G1 winner vs. G2 winner.
G4: Tri-West Hendricks vs. Crawfordsville.
Championship: G3 winner vs. G4 winner.

Boys Volleyball



BOYS TENNIS INFORMATION

Any male student interested in playing Tennis in the Fall, please stop by the Athletic Office to get signed-up.



COACH WORL'S WORLD



Quote

Monday 4/29

Tuesday 4/30

Wednesday 5/1

Thursday 5/2

Friday 5/3

"The harder I train every day on the track and in the gym, the more trust I gain in myself."

-Miguel Cotto

APE: Max Effort
Lower Body

After School: Strength
Training

3:50 - 4:30p

APE: Dynamic Effort
Upper Body

After School: Strength
Training

3:50 - 4:45p

APE: Comp Day

After School:
Speed Training

3:50 - 4:30p

APE: Dynamic Effort
Lower Body

After School: Strength
Training

3:50 - 4:30p

APE: Max Effort
Upper Body

After School: Strength
Training

3:50 - 4:45p

DATES TO REMEMBER

5-9-24, Spring Collegiate Signing Ceremony - 4:30 PM
(*Cafeteria*)

5-30-24, 1st Team Sagamore All-Conference Spring
Banquet - 6:00 PM at Lebanon High School

6-5-24, Spring Athletic Awards Program - 6:30 PM
(*Main Gym*)



TRI-WEST HIGH SCHOOL ATHLETIC DEPARTMENT

2023-24 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 8th
- _____ Wednesday, February 7th
- _____ Thursday, May 9th

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

WEEK IN REVIEW

- Boys Golf defeated Crawfordsville and Lebanon, 162-188-178
- Girls Tennis lost to Ben Davis, 1-4
- JV Baseball lost to Brownsburg, 2-11
- Varsity Baseball lost to Brownsburg, 4-10
- Boys Track & Field lost to Cascade and Danville, 36-49-70
- Girls Track & Field defeated Cascade and Danville, 50.5-46.5-47
- Boys Volleyball lost to Covenant Christian, 0-3
- Boys Golf defeated Greencastle, 167-175
- Girls Tennis lost to Western Boone, 0-5
- JV Softball (DH) defeated Lebanon, 10-0 & 14-0
- Varsity Softball (DH) defeated Lebanon, 14-0 & 7-4
- JV Baseball (DH) defeated Lebanon, 4-0 & 8-5
- Varsity Baseball (DH) lost to Lebanon, 1-4 and won 4-3
- Boys Golf defeated Crawfordsville and Frankfort, 161-192-187
- Boys Track & Field defeated Cascade and Cloverdale, 80-70-13
- Girls Track & Field defeated Cascade and Cloverdale , 68-30-62
- JV Softball defeated Carmel 17-3
- Varsity Softball defeated Carmel, 4-3
- Boys Volleyball defeated Beech Grove, 3-0
- JV Softball lost to Westfield, 2-5
- Varsity Softball lost to Westfield, 2-4
- Boys Volleyball lost to Terre Haute North, 0-3
- Varsity Baseball lost to Indian Creek, 10-18

CONGRATULATIONS TO THESE BRUINS

Congratulations to Boys Golf for defeating Crawfordsville (2x), Lebanon, Greencastle, and Frankfort



Congratulations to Softball for defeating Lebanon (2x) and Carmel

Congratulations to Baseball for defeating Lebanon

Congratulations to Boys Track and Field for defeating Cascade and Cloverdale



Congratulations to Girls Track and Field for defeating Danville, Cascade (2x), and Cloverdale

UPCOMING EVENTS

Monday, April 29

5:00 PM Boys Golf vs Lutheran/Speedway @ Brickyard Crossing Golf Club

5:30 PM B/G Track & Field vs Western Boone, **HOME**

5:30 PM Girls Tennis @ Speedway

6:00/6:00 PM JV/Varsity Softball @ McCutcheon

Tuesday, April 30

6:00 PM JV Baseball vs Frankfort, **HOME**

6:00 PM JV Softball vs Indianapolis Living Water, **HOME**

6:00 PM Varsity Baseball @ Frankfort

6:00 PM Varsity Softball @ Frankfort

6:00 PM Boys Volleyball @ Lutheran

Wednesday, May 1

5:30 PM Girls Tennis vs South Putnam, **HOME**

6:00 PM Varsity Baseball vs Frankfort, **HOME**

6:00 PM Varsity Softball vs Frankfort, **HOME, Senior Night**

6:00 PM JV Baseball @ Frankfort

6:00 PM JV Softball vs Pike, **HOME**

Thursday, May 2

4:30 PM Boys Golf vs Western Boone, **HOME, Quail Creek Golf Club**

5:30 PM B/G Track & Field vs Greencastle, **HOME, Senior Night**

5:30 PM Varsity Softball @ Bishop Chatard

5:30 PM Girls Tennis vs Lebanon, **HOME**

6:00 PM Boys Volleyball @ Center Grove

6:00/6:00 PM JV/Varsity Baseball vs Harrison, **HOME**

Friday, May 3

No Events

Saturday, May 4

10:00 AM Varsity Baseball @ Covenant Christian

12:00 PM JV Baseball @ Covenant Christian

The logo features the letters 'TW' in a large, bold, outlined font. Below it, the word 'STRENGTH' is written in a smaller, outlined, blocky font. A horizontal line separates 'STRENGTH' from 'DO YOUR JOB', which is also in a bold, outlined, blocky font. The entire logo is set against a dark blue background.

TW
STRENGTH
DO YOUR JOB

Summer Series 2024

MS Intro to S&C (6th-8th)

Wednesday's 10-10:45a

TWHS Weight Room

**\$10 cash per session, pay as you
attend**

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STRENGTH
DO YOUR JOB

Summer Series 2024

Bruins Power Club (K-8th)

Wednesday's 9-9:45a

Hendricks Regional Health Field

\$10 cash per session, pay as you attend



PRE-PARTICIPATION PHYSICALS

APRIL 21 • APRIL 28 • MAY 5

Hendricks Regional Health is proud to provide pre-participation physicals for our school partners.

For more information, to secure an arrival time and register visit [HENDRICKS.ORG/SPORTSPHYSICALS](https://www.hendricks.org/sportphysicals)

A portion of the physical fee is donated back to your school

Jeff Gordon Legacy Plaza Bricks

TRI-WEST HIGH SCHOOL

BE A PART OF HISTORY - BUY AN ENGRAVED BRICK TO BE PLACED AT THE MAIN ENTRANCE OF OUR BEAUTIFUL STATE BANK STADIUM

NAME

PHONE

EMAIL



BRICK INFORMATION

Please print legibly. Maximum of 18 characters (including spaces) per line. If you wish to put a corporate logo on your brick order there will be a \$50 service fee. Make checks payable to Tri-West High School Athletics. The Athletic Department will reach out with further information. Please complete the form and return to: Tri-West High School, Attn. Scott Knapp, 7883 North State Rd., 39 Lizton, IN 46149.

LINE 1 TEXT

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----- 8 X 8 BRICK \$500



----- 4 X 8 BRICK \$250



LOGO (8 X 8 BRICK(S) ONLY)

Baseball	Softball	Cross Country	Golf
Soccer	Tennis	Swimming	Volleyball
Wrestling	Cheerleading	Track	Corporate
Basketball	Band	Football	Bruin