

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 2 - 2024, Volume 38

March 25, 2024

[@trivestsports](#)

[Tri-West Athletic Website](#)

Building Tomorrow's Leaders Today

MESSAGE FROM THE ATHLETIC DIRECTOR

Spring Break Approaching

Spring Break is next week. It is a time to recharge. Use this time to relax, get away from school, and have fun with family and friends. Keep in mind you are an athlete 365 days a year, and being an athlete is a privilege not a right. Make good choices so you can be on top of your game when you return to school. I hope you have a safe, fun, restful, and relaxing Spring Break!



Mr. Scott Knapp
Tri-West Athletic Director



COACH WORL'S WORLD



Quote

Monday 3/25

Tuesday 3/26

Wednesday 3/27

Thursday 3/28

Friday 3/29

"RESILIENCE - You are not what happened to you...You are what you choose to become."

-GYMAHOLIC

APE: Strength Training
- Eccentric Block

After School:
Strength Training

3:50 - 4:45p

APE: Turf Training

After School: Turf
Training

3:50 - 4:45p

APE: Strength Training
- PR Day

After School:
Strength Training

3:50 - 4:45

APE: Turf Training

After School: Turf
Training

3:50 - 4:45p

APE: Strength Training
- Eccentric Block

After School:
Strength Training

3:50 - 4:45p

IBCA HONORS

Congratulations to **Drew Miller** and **Max Robertson** on being named IBCA Senior Honorable Mention All-State.



WEEK IN REVIEW

- JV Softball lost to Fishers, 6-19
- Varsity Softball lost to Fishers, 0-1
- Boys JV Volleyball lost to Southport, 0-2
- Boys Varsity Volleyball lost to Southport, 0-2
- Boys JV Volleyball lost to Whiteland, 0-2
- Boys Varsity Volleyball lost to Whiteland, 0-2
- Boys JV Volleyball lost to Harrison, 0-2
- Boys Varsity Volleyball lost to Harrison, 0-3
- B/G Varsity Track competed in the HSR Indoor Track & Field State Finals; results can be found [here](#).

CONGRATULATIONS TO THESE BRUINS



Congratulations to TW Boys 4x200 Meter Relay for placing 3rd at the HSR Indoor State Championships with a NEW School Record!



Congratulations to TW Girls 4x200 Meter Relay for setting a NEW School Record at the HSR Indoor State Championships



Congratulations to current School Record holder, Malachi Walden, on finishing 5th at the HSR Indoor State Championships!

UPCOMING EVENTS

Monday, March 25

No Events

Tuesday, March 26

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

6:00 PM Football Parent Meeting, TWHS Auditorium

Wednesday, March 27

5:00 PM Girls Tennis vs Guerin Catholic, **HOME**

5:30 PM JV/Varsity Baseball @ Plainfield

Thursday, March 28

No Events

Friday, March 29

5:30 PM Varsity Baseball vs Lawrence North, **HOME**

Saturday, March 30

No Events





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