

# TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 2 - 2024, Volume 41

April 22, 2024

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[Tri-West Athletic Website](#)

*Building Tomorrow's Leaders Today*

## MESSAGE FROM THE ATHLETIC DIRECTOR

### Benefits of a Role Model

High school is a pivotal time in your life where having a mentor or role model can make a significant difference, especially in athletics. A mentor can provide valuable guidance, helping you navigate the complexities of high school sports and offering insights into balancing academics, athletics, and personal growth. They can share their own experiences, offering practical advice on training, mindset, and goal-setting to help you excel both on and off the field. Moreover, a mentor can serve as a source of inspiration, demonstrating the importance of hard work, perseverance, and resilience in achieving success. I had the privilege to meet one of my biggest role models of my career this past Saturday night. Jack Swarbrick is the former Athletic Director of Notre Dame. He has impressed me over the years with the way he runs his department, always aspiring to be better than before. He has set the standard, and it was the honor of a lifetime to get to talk with him.

Think about who you consider a mentor. Who is someone you can go to that is a little further along in life than you that can offer support and guidance? Embracing the wisdom and guidance of a mentor during your high school years can set you on a path to success, instilling valuable life skills and shaping your character for years to come.



*Mr. Scott Knapp*  
*Tri-West Athletic Director*



# 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)*

## COACH WORL'S WORLD



Countdown

Monday 4/22

Tuesday 4/23

Wednesday 4/24

Thursday 4/25

Friday 4/26

Opportunities left to outwork your talent:

24

APE: Strength Training

After School: Speed & Strength Training

3:50 - 4:45p

APE: Speed & Flexibility

After School: Dot Drill, Plyometrics & Flexibility

3:50 - 4:30p

APE: Strength Training

After School: Speed & Strength Training

3:50 - 4:45p

APE: Dot Drill & Plyometrics

After School: Speed & Plyometrics

3:50 - 4:30p

APE: Strength Training

After School: Strength Training

3:50 - 4:45p

**See below for Middle School and Elementary Summer Training Opportunities**

# WEEK IN REVIEW

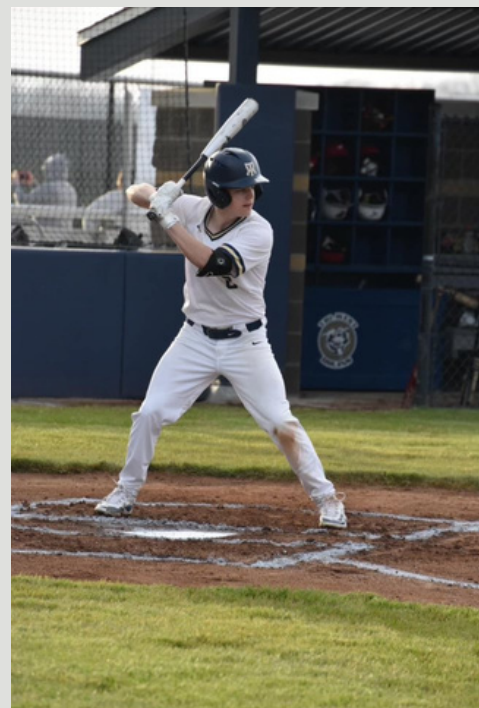
- Boys Golf defeated Bethesda, 158-198
- Girls Tennis lost to Crawfordsville, 0-5
- Boys Track & Field defeated Metropolitan and North Putnam, 102-8-46
- Girls Track & Field defeated Metropolitan and lost to North Putnam, 51-2-101
- Boys Volleyball lost to Crawfordsville, 0-3
- JV Baseball defeated Crawfordsville, 11-2
- Varsity Baseball lost to Crawfordsville, 2-13
- Varsity Softball defeated Crawfordsville, 18-0
- JV Softball lost to Brownsburg, 9-13
- Varsity Softball defeated Crawfordsville, 16-1
- Varsity Baseball lost to Crawfordsville, 5-14
- JV Baseball defeated Crawfordsville, 6-2
- Boys Volleyball lost to Ben Davis, 0-3
- Boys Golf defeated Cascade, 168-211
- Boys Track & Field lost to Southmont, 55-76
- Girls Track & Field defeated Southmont, 70-62
- Girls Tennis lost to Danville, 0-5
- Boys Volleyball lost to Monrovia, 0-3
- JV Softball lost to Plainfield, 2-7
- Varsity Softball defeated Plainfield, 1-0
- Varsity Softball defeated Cascade, 3-1
- JV Softball defeated Cascade, 3-2
- Girls Tennis lost to Frankfort, 1-4
- Boys Golf won the Mountie Invitational out of 9 teams with a score of 328
- Girls Tennis lost to Covenant Christian, 0-5
- Varsity Baseball defeated Western Boone, 9-3
- Varsity Softball defeated Western Boone, 4-0
- Varsity Softball lost to Western Boone, 9-10



# CONGRATULATIONS TO THESE BRUINS



Congratulations to Boys Golf for defeating Bethesda and Cascade, and winning the Mountie Invitational



Congratulations to Varsity Baseball for defeating Western Boone



Congratulations to Boys Track & Field for defeating Metropolitan and North Putnam



Congratulations to Girls Track & Field for defeating Southmont



Congratulations to Varsity Softball for defeating Crawfordsville (2x), Plainfield, Cascade, and Western Boone

# UPCOMING EVENTS

## Monday, April 22

5:00 PM Boys Golf vs Crawfordsville/Lebanon @ Crawfordsville Municipal Golf Club

5:30 PM Girls Tennis vs Ben Davis, **HOME**

6:00/6:00 PM JV/Varsity Baseball @ Brownsburg

## Tuesday, April 23

5:30/5:30 PM JV/Varsity Softball @ Lebanon

5:30 B/G Track & Field vs Cascade/Danville @ Cascade

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

6:00 PM Varsity Baseball @ Lebanon

6:00 PM Boys Volleyball vs Covenant Christian, **HOME**

## Wednesday, April 24

4:30 PM Boys Golf vs Greencastle @ Tiger Pointe Country Club

5:00 PM Girls Tennis @ Western Boone

5:30/5:30 PM JV/Varsity Softball vs Lebanon, **HOME, NWHSC Administration Night**

5:30 PM JV Baseball @ Lebanon

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

## Thursday, April 25

5:00 PM Boys Golf vs Crawfordsville/Frankfort @ Crawfordsville Municipal Golf Club

5:30 PM B/G Track & Field vs Cascade/Cloverdale @ Cloverdale

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

6:00/6:00 PM JV/Varsity Softball @ Carmel (Cherry Creek Elementary School)

6:00 PM Boys Volleyball vs Beech Grove, **HOME**

## Friday, April 26

6:00/6:00 PM JV/Varsity Softball vs Westfield, **HOME**

## Saturday, April 27

10:00 AM Boys Volleyball @ Terre Haute North

10:00 AM Varsity Baseball @ Indian Creek (*Double-Header*)

10:00 AM Girls Tennis vs Greenwood Christian Academy, **HOME**





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





**TW**  
**STRENGTH**  

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**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

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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/sportspysicals)

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

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