

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2022, Volume 14

October 24, 2022

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[Tri-West Athletic Website](#)

MESSAGE FROM THE ATHLETIC DIRECTOR

Focusing on the Future for our Fall Sport Athletes

With football concluding last Friday night in a tough loss to Danville, our Fall sport season here at Tri-West has come to an end. I know many of you are disappointed and left wanting more. My challenge to you is to use this disappointment to drive your work in the off-season. You cannot show up week 1 next year expecting a State Championship if you do nothing to make next year different. It starts in the weight room. Utilize your time between sports to work with Coach Worl. He is a huge asset to our athletic programs. It is also important to be mindful of how you care for your body. Adequate sleep and proper nutrition not only helps you grow as an athlete, but will also improve your work in the classroom. It truly is the little things that matter. Though this season is over, do not be complacent. Let's be ready to go, and let's start right now. As I have said many times before, what you put in is what you will get out. It starts now if you want to get the most out of next season.



Mr. Scott Knapp
Tri-West Athletic Director

Social Media and the Student Athlete

One bad Tweet can ruin you. What you post on social media is a reflection of you. What you post on social media in a Tri-West uniform is a reflection of our school. In my 20 years in high school athletics, I have seen athletes lose scholarships over social media posts. I have had to field phone calls from college coaches regarding questionable social media posts by potential recruits. In the article titled "*What Your Players Will Wish You'd Told Them About Social Media (When Their Next Offer Is Rescinded)*" author Scott Cornell states, "**Student-athletes must understand that free speech on social media has consequences, including rescinded scholarships & loss of recruitment offers.**" I encourage you to take a moment to read the rest of the article linked [here](#).



What you post does not go away. What your friends post about you or "tag" you in does not go away. Think before you Tweet, post, like, and tag. Make sure it's something you, your parents, and our school can be proud of and stand behind. Make sure what you portray on social media is something you can defend if and when your character comes in to question. It could cost you in the long run.

FALL AWARDS PROGRAM UPDATE

There is a change to the date of our Fall Athletic Awards Program.

Fall Sports Awards Program- November 14th at 6:30 PM in the Main Gym

Please note this change on your calendars as this date works better from a facilities and scheduling standpoint. We will recognize all of our Fall Sports teams at this event.

1st COLLEGE SIGNING CEREMONY INFO

Please note the date for the 1st College Signing Ceremony. More information will be distributed as we approach this event, but please note this date on your calendar.

1st College Signing Ceremony- November 9th at 4:30 PM, location TBD

The College Signing Ceremony is intended to recognize those Senior student-athletes who plan to further their athletic career after graduation. I would encourage you to inform your college coach if you intend to sign at this first ceremony, as they may want to send a representative from your respective college to attend. Please invite your families, friends, and teammates to join us November 9th to be a part of the celebration. You are encouraged to wear apparel from your respective College/University. We will have a photographer on hand to document this special event.



Below is the form that needs to be filled out and turned into the Athletic Office by Thursday, 11/3 in order to participate in the 11/9 College Signing Ceremony. 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

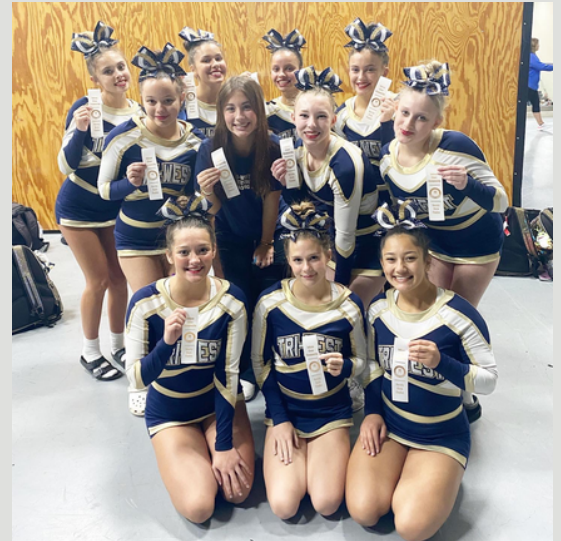
Superintendent: Dr. Scott Syverson; Principal: Matt Rund; Athletic Director: Scott Knapp; Athletic Secretary: Rebecca Saylor;
Strength Coach: Scott Worl;  Hendricks Regional Health Trainers: Courtney Crabtree; Brittany Ford

WEEK IN REVIEW

- Varsity Football lost to Danville, 21-40
- Varsity Competition Cheerleading will advance to the State Finals

CONGRATULATIONS TO THESE BRUINS

Congratulations to our Competition Cheerleading Squad for advancing to the State Finals. They will compete in the State Finals on November 5th at New Castle High School. Good Luck to our Competition Cheerleaders!




FIRST TEAM ALL-CONFERENCE

Congratulations to our athletes that were named 1st Team All-Conference. These students will be honored at a banquet on Wednesday November 2nd at Lebanon High School starting at 7:00 PM. Dress is Sunday best. *Please note, the selections for Football have not been released.*



Macey Mohr, Girls Golf
Raegan Ramirez, Girls Golf
Nick Merrion, Boys Soccer
Eric Sharer, Boys Soccer
Cortland Williams, Boys Soccer
Claire Donald, Girls Soccer
Kylie Hardin, Girls Soccer
Olivia Malicoat, Girls Soccer
Kate Eastman, Volleyball
Izzy Masten, Volleyball
Elle Patterson, Volleyball

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



UPCOMING EVENTS

Monday, October 24

Official Start Date for Girls Swimming

Tuesday, October 25

No Events

Wednesday, October 26

6:00 PM Girls Varsity Basketball vs. Cardinal Ritter (Scrimmage), **HOME (TWHS Main Gym)**

Thursday, October 27

No Events

Friday, October 28

No Events

Saturday, October 29

No Events