

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 2 - 2024, Volume 27

January 8, 2024

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[Tri-West Athletic Website](#)

Building Tomorrow's Leaders Today

MESSAGE FROM THE ATHLETIC DIRECTOR

Back to school for a full week this week. Be sure you are starting off this semester on the right foot. Talk to your teachers if you have questions. Be sure to participate in class. Stay on top of your homework. Set the tone for the semester by starting good habits now. Make time to study, to plan your nutrition, to lift, to practice, and to rest. Let's press on in this Winter Season by giving our best. Let's go Bruins!



*Mr. Scott Knapp
Tri-West Athletic Director*

PERSPECTIVE

This is a new section we are launching called "Perspective." If anyone has any words of wisdom or newsletter-worthy ideas to share, you can submit it to me via email at knappsc@hendricks.k12.in.us. This week we had no submissions.

WRESTLING SENIOR NIGHT

Congratulations to our Senior Wrestlers as we celebrated Senior Night last week.

Congratulations to our entire Wrestling team for defeating Indian Creek and Danville last week as well.



DATES TO REMEMBER

Please make note of the following upcoming events:

- **Wednesday, February 7** - 2nd Collegiate Signing Ceremony, 4:30 PM. Please fill out the following sign-up sheet.
- **Thursday, March 7** - TW Winter Athletic Awards Program, 6:30 PM in Main Gym
- **Wednesday March 13** - Sagamore 1st Team All-Conference Banquet, 7:00 PM at Lebanon HS



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

_____ Wednesday, May 1st

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

- Wrestling defeated Indian Creek, 48-30
- Boys Swimming & Diving lost to Cascade, 88-91
- Girls Swimming & Diving lost to Cascade, 53-125
- Boys Freshman Basketball lost to Covenant Christian, 29-43
- Wrestling defeated Danville, 45-36
- Girls Varsity Basketball lost to Danville in the Hendricks County Tournament, 44-54
- Boys Varsity Basketball lost to Danville in the Hendricks County Tournament, 38-53
- Girls Varsity Basketball lost to Brownsburg in the Hendricks County Tournament, 53-74
- Boys Varsity Basketball lost to Plainfield in the Hendricks County Tournament, 60-76

COACH WORL'S WORLD



Quote

"Whatever your life's work is, do it well."

-Dr. Martin Luther King Jr.

Monday 1/8

APE: Snap Downs, Clean & Squat Progressions

After School: Strength Training

3:50 - 4:45p

Tuesday 1/9

APE: Snap Downs & Bench Press Progressions

After School: Strength Training

3:50 - 4:45p

Wednesday 1/10

APE: Classroom Day - Conjugate Method Bruins Team Comp Captains Voting

After School: Athletic Enhancement (Aux Gym - Coach Mendenhall)

3:50 - 4:30p

Thursday 1/11

APE: Strength Training

After School: Strength Training

3:50 - 4:45p

Friday 1/12

APE: Strength Training

After School: Strength Training

3:50 - 4:45p

UPCOMING EVENTS

Monday, January 8

No Events

Tuesday, January 9

6:00/7:30 PM Girls JV/Varsity Basketball vs Brebeuf, **HOME, TWHS Main Gym**

Wednesday, January 10

6:00 PM Wrestling @ Speedway

Thursday, January 11

5:30 PM B/G Swimming @ Sagamore Conference Meet Prelims @ Crawfordsville

6:00/7:30 PM Girls/Boys JV Basketball vs Lebanon, **HOME, TWHS Main Gym**

Friday, January 12

6:00/7:45 PM Girls/Boys Varsity Basketball @ Lebanon

Saturday, January 13

8:30 AM B/G Diving @ Sagamore Conference Championship @ Crawfordsville

9:00 AM Wrestling @ Sagamore Conference Championship @ North Montgomery

1:30 PM B/G Swimming & Diving @ Sagamore Conference Championsip @ Crawfordsville

★ Hitting Camp ★

KNOCK THE

DUST OFF



@BRUIN ACTIVITY CENTER
(NORTH END OF FOOTBALL STADIUM)

saturday, january 13th 4-6 PM

ALL AGES (4-12) CHECK IN AT 3:30, DOOR 1

\$25 FOR FIRST CHILD

• **\$20 EVERY OTHER SIBLING**



SIGN UP TODAY-

REGISTRATION ENDS JAN 10TH

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