

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2023, Volume 42

May 15 2023

[@triwestsports](#)

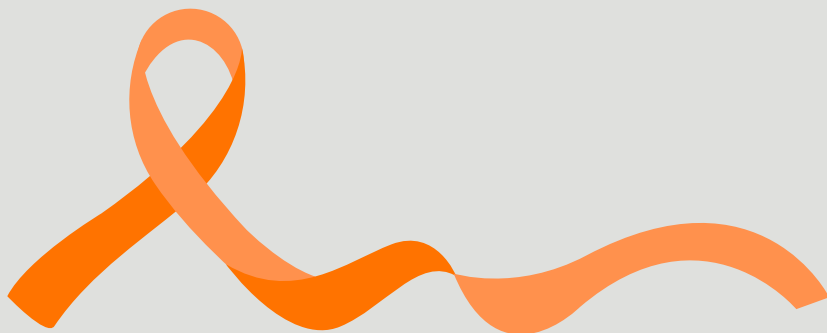
[Tri-West Athletic Website](#)

MESSAGE FROM THE ATHLETIC DIRECTOR

Life is a precious
gift. Use yours
wisely and never
take it for granted.
#bbbrookbrave



Mr. Scott Knapp
Tri-West Athletic Director



BASEBALL TEACHER APPRECIATION NIGHT



BASEBALL SENIOR NIGHT



ALL-CONFERENCE HONORS

Congratulations to the Tri-West Boys Golfers and Boys and Girls Track & Field Athletes that earned 1st Team All-Conference Honors:


Jack Oldham	1st Team	Boys Golf
Landon Gardner	1st Team	Boys Golf
Stone Robinson	1st Team	Boys Golf
Kylee Regalado	1st Team	Girls Track & Field
Brock DeBello	1st Team	Boys Track & Field
Nick Merrion	1st Team	Boys Track & Field

Congratulations to the Tri-West Boys Golfers and Boys Track & Field Athletes that earned 2nd Team All-Conference Honors:

Jack Mondary	2nd Team	Boys Golf
Brock Thompson	2nd Team	Boys Golf
Malachi Walden	2nd Team	Boys Track & Field
Nick Merrion	2nd Team	Boys Track & Field
Landon Waling	2nd Team	Boys Track & Field
Brock DeBello	2nd Team	Boys Track & Field
Brody Saylor	2nd Team	Boys Track & Field



COACH WORL'S WORLD

	Monday 5/15	Tuesday 5/16	Wednesday 5/17	Thursday 5/18	Friday 5/19
	After School Strength Training 3:50p - 4:45p (All Athletes)	After School Strength Training 3:50p - 4:45p (All Athletes) Cheer 5p - 5:45p	After School Athletic Enhancement 3:50p - 4:30p (All Athletes)	After School Strength Training 3:50p - 4:45p (All Athletes) Cheer 5p - 5:45p	<u>CLOSED</u>

MAX WEEK



SUMMER BRUIN POWER CLUB

Who: Grades K - 8 (boys & girls)

When: May 30th - July 20th (minus Moratorium Week July 4th & 6th)

What: Long-Term Athletic Development

- Fundamental Movement
- Movement Vocabulary
- Balance & Stability
- Dynamic Movement
- Plyometric Technique
- Speed Technique

Days: Monday & Wednesday ONLY

Time: 9:00a - 9:45a

Where: TWHS Turf Field - State Bank Stadium
(please bring water)

If you have any questions about the Bruins Power Club please contact Coach Worl
at Tri-West High School:

Phone - 317.994.4043

Email - worlsc@hendricks.k12.in.us

Registration can be in-person at the beginning of Bruins Power Club.

Sign Up Form

I hereby give consent for my child to participate in the Tri-West Strength and
Speed Camp. I agree that
any personnel associated with the camp will not be held liable for injury sustained
while at camp. In the
event of injury, I authorize the staff to act in the best interest of my child and to
obtain any medical help
needed. I do understand that I am fully responsible for all financial obligations.
Furthermore, I do state
that my child does have medical insurance in case of such an emergency.

STUDENT NAME _____

GRADE _____

PARENT/GUARDIAN _____

CONTACT # IN CASE OF EMERGENCY _____

PARENT SIGNATURE _____



WEEK IN REVIEW

- Boys JV Golf lost to Avon, 210-201
- Varsity Baseball lost to Avon, 3-9
- JV Baseball lost to Avon, 5-6
- Varsity Softball defeated Speedway, 17-1
- Boys Volleyball defeated Wabash Valley, 2-0 and North Putnam, 2-0
- Boys Golf defeated Lawrence Central and University, 166-194-188
- Varsity Softball defeated Danville, 9-2
- JV Softball defeated Danville, 9-6
- Varsity Baseball defeated Danville, 9-5
- JV Baseball lost to Danville, 1-11
- Boys Volleyball defeated Lawrence Central, 3-0
- Varsity Baseball defeated Danville, 11-1
- JV Baseball defeated Danville, 6-5
- JV Softball lost to Roncalli, 0-2
- Boys Golf defeated Bethesda Christian, 157-209
- Boys Track & Field finished in 4th place out of 8 teams in the Sagamore Conference Championship
- Girls Track & Field finished in 5th place out of 8 teams in the Sagamore Conference Championship
- Varsity Baseball defeated Lawrence North, 10-7
- Boys Volleyball lost in the Sectional to Brownsburg, 0-3
- Boys Golf finished 2nd out of 8 teams in the Sagamore Conference Championship
- Varsity Softball defeated defeated Linton-Stockton, 3-0
- Varsity Softball defeated Corydon Central, 7-1
- JV Baseball lost West Lafayette, 6-13
- Varsity Baseball defeated Pike, 3-2

CONGRATULATIONS TO THESE BRUINS



Congratulations to Varsity Softball on defeating Speedway, Danville, Linton-Stockton, and Corydon Central



Congratulations to Varsity Baseball on defeating Danville (2x), Lawrence North and Pike



Congratulations to Boys Golf for defeating Lawrence Central, University, and Bethesda



Congratulations to Boys Volleyball for defeating Wabash Valley, North Putnam, and Lawrence Central



Congratulations to Kylee Regalado for winning the 100, 200, and 400 Meter Dash in the Sagamore Conference Meet



Congratulations to Nick Merrion for winning the 800 Meter Run in the Sagamore Conference Meet



Congratulations to Brock DeBello for winning the 400 Meter Dash in the Sagamore Conference Meet

UPCOMING EVENTS

Monday, May 15

- 4:30 PM Boys Golf @ Danville/North Montgomery, *Rocky Ridge Golf Club*
- 6:00/6:00 PM JV/Varsity Baseball @ North Montgomery
- 6:00 PM Varsity Softball @ North Montgomery

Tuesday, May 16

- 5:00 PM Boys Golf @ Southmont, *Crawfordsville Country Club*
- 5:30 PM Girls Track & Field IHSAA Sectional @ Zionsville
- 6:00/6:00 PM JV/Varsity Baseball vs North Montgomery, **HOME**
- 6:00 PM JV Softball vs Zionsville, **HOME**
- 6:00 PM Varsity Softball vs North Montgomery, **HOME, Senior Night**

Wednesday, May 17

- 4:15 PM Boys Golf @ Western Boone, *Cool Lake Golf Club*
- 6:00/6:00 PM JV/Varsity Softball vs Center Grove, **HOME**
- 6:00/6:00 PM JV/Varsity Baseball vs Brebeuf, **HOME**

Thursday, May 18

- 4:00 PM Boys Golf @ Monrovia, *Deer Creek Golf Club*
- 5:30 PM Boys Track & Field IHSAA Sectional @ Plainfield
- 6:30 PM Girls Basketball Parent Meeting, **TWHS Cafeteria**

Friday, May 19

- 5:30 PM JV/Varsity Baseball @ Western Boone

Saturday, May 20

No Events