

# TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2022, Volume 11

October 3, 2022

[@triwestsports](#)

[Tri-West Athletic Website](#)

## MESSAGE FROM THE ATHLETIC DIRECTOR

### Big Picture Mentality

As we move towards the end of our regular Fall season, I want to encourage all of us to embrace a "Big Picture" mentality. We have talked about goal setting and where we want to be when tournament season comes. Along the road, we have to ask ourselves questions like "Will this help me reach my goal in the end?" and "How does this play into the 'Big Picture' that we are focused on?". I assure you that decisions about which uniforms we will wear, who will start in the game, and which field we will be playing on grass vs. turf are all minor issues that have no effect on the "Big Picture". Do not get caught up in the dramatics. I think of all those high schools in south Florida who have lost everything: facilities, equipment, and the ability to complete their season. I have to believe all the Florida student-athletes would tell you that simply being able to play the game is a privilege and to not take it for granted. As Steven Covey put it in his book *Seven Habits of Highly Effective People*, let's continue to "...keep the main thing the main thing." Let's have a great week, Bruins!



Mr. Scott Knapp  
Tri-West Athletic Director

### Girls Soccer Senior Night

This past Monday, we celebrated our Senior Girls Soccer players. Congratulations to our Seniors: **Claire Donald, Emma Decker, Reagan Engels, Sammy Winsor, Kate Hardin, Kylie Hardin, Kelly Lyon, and Kendall Williams**. We are grateful for your dedication to and leadership of the Tri-West Soccer program.



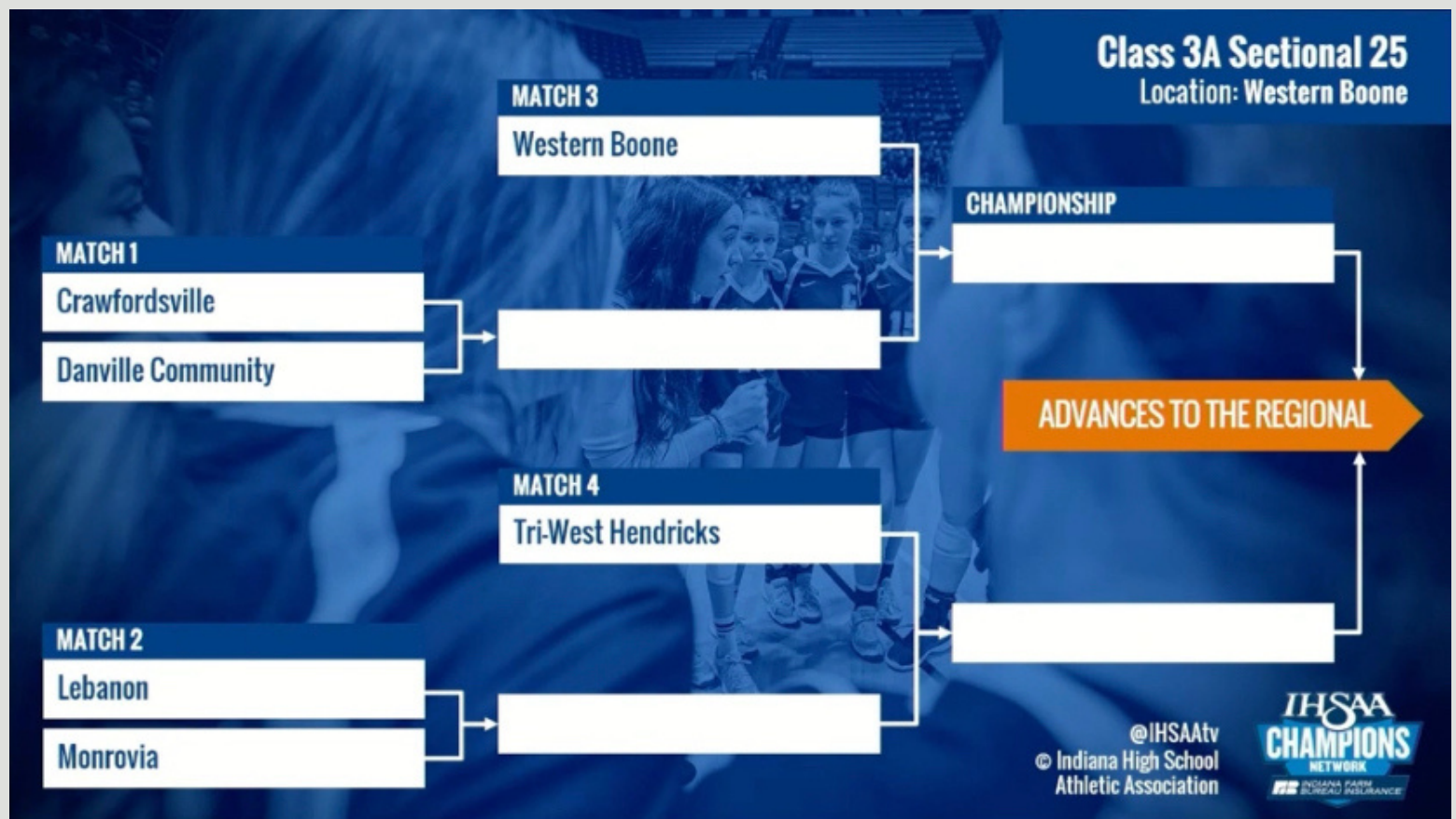
# UPCOMING DATES TO REMEMBER

Please note the following dates regarding the 1st College Signing Ceremony and our Fall Sports Awards Program. More information will be distributed as we approach these events, but please note these dates on your calendar.

**1st College Signing Ceremony- November 9th at 4:30 PM, location TBD**  
**Fall Sports Awards Program- November 17th at 6:30 PM in the Main Gym**

## IHSAA VOLLEYBALL SECTIONAL DRAW

The IHSAA Sectional drawing for volleyball took place on Sunday. Tri-West will play the winner of the Lebanon vs. Monrovia match at host school Western Boone. Tri-West will play the second match on Thursday October 13th, time TBD.





# TW BANANA BALL WORLD SERIES

Our Tri-West Baseball will be hosting another fun free event for our community. If you haven't heard of Banana Ball, simply Google the Savannah Bananas. This fun baseball game includes costumes, music, and crowd involvement (i.e. if a fan catches a ball, it's an out!). Come support your Bruins this Tuesday, October 4th at 6:00 PM and bring the whole family.



① EVERY INNING COUNTS

② TWO HOUR TIME LIMIT

③ NO STEPPING OUT

④ NO BUNTING

⑤ BATTERS CAN STEAL FIRST

⑥ NO WALKS ALLOWED

⑦ 1 ON 1 SHOWDOWN TIEBREAKER

⑧ NO MOUND VISITS ALLOWED

⑨ IF A FAN CATCHES A FOUL BALL, IT'S AN OUT

# WEEK IN REVIEW

- Freshman Volleyball lost to Brownsburg, 0-2
- JV Volleyball lost to Brownsburg, 0-2
- Varsity Volleyball lost to Brownsburg, 0-3
- Girls Varsity Soccer defeated Crawfordsville, 9-0
- Girls JV Soccer (1 Half) defeated Crawfordsville, 5-0
- Boys Varsity Soccer defeated Western Boone, 3-0
- Boys JV Soccer (1 Half) defeated Western Boone, 5-0
- Girls JV Soccer lost to McCutcheon, 0-5
- Girls Varsity Soccer defeated McCutcheon, 2-1
- Freshman Volleyball lost to Lawrence North, 1-2
- JV Volleyball defeated Covenant Christian, 2-0
- Varsity Volleyball defeated Covenant Christian, 3-0
- Boys Varsity Soccer lost to Brebeuf Jesuit, 1-4
- Boys JV Soccer (1 Half) lost to Brebeuf Jesuit, 0-5
- Varsity Football defeated North Montgomery, 40-8
- Competition Cheer won 1st Place at the Pendleton Invitational
- Freshman Volleyball went 1-3 at the Carmel Freshman Invitational, defeating Ben Davis and losing to North Central, Westfield, and Carmel.
- Boys Cross Country finished 7th in the Sagamore Conference Meet. Varsity Boy Finishers: Bison Lowe 22nd, Stone Robinson 27th, Jayson Shores 44th, Xzavier Ingram 48th, Brock DeBello 50th, Troy Jones 53rd, and Brody Elliott 55th. In the JV race, Keegan Merriman finished 22nd, Trevor Jones finished 25th, and Christian James finished 29th.
- Girls Cross Country had an incomplete team at the Sagamore Conference Meet. Finishing runners: Hannah Townsend 29th, Lucy Waters 33rd, Emma Hull 36th, and Kassie Jackson 41st
- JV Football defeated North Montgomery, 16-0



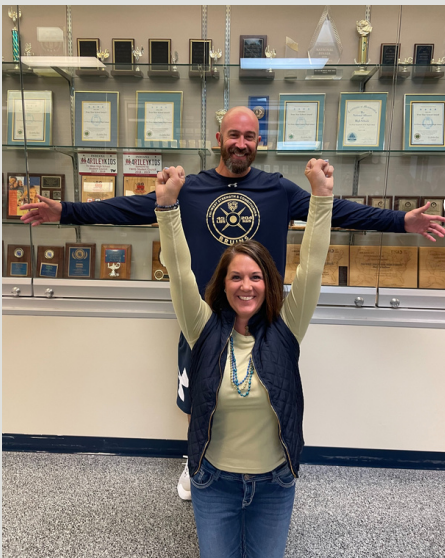
## Weight Room Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
APE: MAX Week  After School: Strength Training 3:50 - 5p	APE: MAX Week  After School: Strength Training 3:50 - 5p  Cheer/Girls Hoops 5p - 6p	APE: MAX Week  After School: Athletic Enhancement 3:50 - 4:30p	APE: Strength Training  After School: Strength Training 3:50 - 5p	APE: Team Comp Day  After School: CLOSED	
					Sunday

Date: Week of October 3rd

APE (Advanced Physical Education)

MAX WEEK TESTING  
CONTINUES THIS WEEK



Get excited to  
MAX OUT!

WEEKLY  
THEME:

FINISH  
WHAT  
YOU  
STARTED



# CONGRATULATIONS TO THESE BRUINS



**Congratulations Competition Cheer for winning the Pendleton Invitational**



**Congratulations Varsity Volleyball for defeating Covenant Christian**



**Congratulations Varsity Boys Soccer for defeating Western Boone**





**Congratulations to Girls Varsity Soccer for defeating  
Crawfordsville and McCutcheon**



**Congratulations to Varsity Football for defeating North Montgomery on  
Homecoming**



**Congratulations to Karan Deep (Varsity Football) and Claire Donald (Girls Varsity Soccer) on being voted Tri-West Homecoming King and Queen**





# UPCOMING EVENTS

## Monday, October 3

- 5:00 PM IHSAA Boys Soccer Sectional Cardinal Ritter vs. Heritage Christian, **HOME (State Bank Stadium)**
- 6:00 PM Freshman Volleyball vs. Lafayette Central Catholic, **HOME (Main Gym)**
- 7:15 PM IHSAA Boys Soccer Sectional Tri-West vs. Brebeuf Jesuit, **HOME (State Bank Stadium)**

## Tuesday, October 4

- 5:30/6:45 PM JV/Varsity Volleyball vs. Western Boone, **HOME (Main Gym), Breast Cancer Awareness-Pink Out**
- 6:00 PM Baseball Fall World Series (Banana Ball), **HOME**
- 7:30 PM IHSAA Girls Soccer Sectional vs. Crawfordsville @ Danville

## Wednesday, October 5

- 5:00 PM IHSAA Boys Soccer Sectional Game 1 Winner vs. Game 2 Winner, **HOME (State Bank Stadium)**
- 7:15 PM IHSAA Boys Soccer Sectional Guerin Catholic vs. Hamilton Heights, **HOME (State Bank Stadium)**
- 6:00/7:15 PM JV/Varsity Volleyball vs. Center Grove, **HOME (Main Gym) Senior Night**

## Thursday, October 6

- 5:30 PM IHSAA Girls Soccer Sectional Game 1 Winner vs. Game 2 Winner @ Danville
- 6:00 PM Freshman Volleyball @ Mooresville

## Friday, October 7

- 7:00 PM Varsity Football @ Crawfordsville, Theme: **Pink Out!**

## Saturday, October 8

- 9:00 AM Varsity Volleyball @ Carmel Invitational
- 10:00 AM B/G Cross Country @ IHSAA Sectional Championship @ Brownsburg
- 10:00 AM JV Football vs. Crawfordsville, **HOME (State Bank Stadium)**
- 2:00 PM IHSAA Girls Soccer Sectional Championship @ Danville
- 7:00 PM IHSAA Boys Soccer Sectional Championship, **HOME (State Bank Stadium)**





# SPIKE UT CANCER

**VOLLEYBALL BREAST CANCER  
AWARENESS FUNDRAISER**

**Wear pink and come support our  
Tri-West Bruins as they Play for a Cure  
and the Conference Championship  
against Webbo.**



**Silent Auction, Chuck-a-duck,  
Memorial Ribbons**

**Tuesday, October 4, 2022**



**GAMES START AT 5:30PM**

Tri-West High School 7883 IN-39 Lizton, IN 46149