

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 2 - 2024, Volume 28

January 15, 2024

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Building Tomorrow's Leaders Today

MESSAGE FROM THE ATHLETIC DIRECTOR

I have had a few parents from various sports reach out regarding usage of the weight room. The weight room should be a priority for ALL student-athletes. The idea that the weight room is not accessible is ludicrous. In the section titled "Worl's World" the weekly weight room schedule is posted. If a coach or team would like to work out a specific time, the coach can work that out with Coach Worl. It is my experience that Championships are won and lost in the weight room. I recently had a great conversation with the Head Strength and Conditioning Coach at Avon High school where they just built a new state-of-the-art, brand-new custom weight room. He was the first to say you can have all the nice and new equipment in the world, but unless the athletes are willing to put in the work, it is worthless. So in answer to the questions regarding the weight room, YES! Athletes should be utilizing it and embracing it whether it be new or old! In closing, I was able to purchase three additional squat racks equipped with plates, three regular benches, three bumper trees equipped with bumpers, and six additional bars. Let's stop talking about it and be about it!



Mr. Scott Knapp
Tri-West Athletic Director



PERSPECTIVE

Thank you for those of you that have reached out with Perspective. Keep them coming via email at knappsc@hendricks.k12.in.us. This week's submission comes from Dale Breedlove:

“It’s not the load that breaks you down, it’s the way you carry it.” -*Lena Horne (1917-2010; dancer, actress, singer, and civil rights activist*

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

- Girls JV Basketball defeated Brebeuf, 44-22
- Girls Varsity Basketball lost to Brebeuf, 46-50
- Wrestling defeated Speedway, 43-33
- Girls JV Basketball defeated Lebanon, 30-17
- Boys JV Basketball defeated Lebanon, 39-30
- Girls Varsity Basketball defeated Lebanon, 37-31
- Boys Varsity Basketball defeated Lebanon, 65-55
- Boys Swimming & Diving finished in 3rd place at the Sagamore Conference Championship
- Girls Swimming & Diving finished in 6th place at the Sagamore Conference Championship
- Wrestling finished in 4th at the Sagamore Conference Championship

COACH WORL'S WORLD



Quote **Monday 1/15** **Tuesday 1/16** **Wednesday 1/17** **Thursday 1/18** **Friday 1/19**

| | | | | | |
|--|--|--|--|--|--|
| <p>"We must live together as brothers or perish together as fools."</p> <p>-Dr. Martin Luther King Jr.</p> | <p>Rev. Dr. Martin Luther King, Jr.</p> <p>CLOSED</p> | <p>APE: Strength Training</p> <p>After School: Strength Training</p> <p>3:50 - 4:45p</p> | <p>APE: Strength Training</p> <p>After School: Strength Training</p> <p>3:50 - 4:45p</p> | <p>APE: Speed</p> <p>After School: CLOSED</p> | <p>APE: Strength Training</p> <p>After School: Strength Training</p> <p>3:50 - 4:45p</p> |
|--|--|--|--|--|--|

CONGRATULATIONS TO THESE BRUINS

Congratulations to Wrestling for defeating Speedway



Congratulations to Jack Ward, Wrestling Sagamore Conference Champion in the 120 lb Weight Class

Congratulations to Boys Basketball for defeating Lebanon



Congratulations to Quinn Dempsey, Sagamore Conference Champion in Diving



Congratulations to Girls Basketball for defeating Lebanon



Congratulations to Rush Curry, Sagamore Conference Champion and NEW School Record in the 50 Freestyle

UPCOMING EVENTS

Monday, January 15

No School, No Events

Tuesday, January 16

6:00 PM Boys Freshman Basketball vs Avon, **HOME, TWHS Main Gym**

Wednesday, January 17

No Events

Thursday, January 18

6:00 PM B/G Swimming & Diving vs Herron, **HOME**

6:00 PM Wrestling @ North Vermillion

7:00 PM Girls Varsity Basketball vs Arsenal Tech, **HOME, TWHS Main Gym**

Friday, January 19

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

Saturday, January 20

9:00 AM Girls JV Basketball @ Danville JV Invitational

10:30 AM Boys Freshman Basketball @ Danville Invitational

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

TWO PARENTS WATCHING JUNIOR BASKETBALL

"Which one is your boy?"

"Why?"

*"I wanted to tell him how
rubbish he is"*

*"You cant say that he is
only a kid, how would
you like it if i said that to
your boy?"*

*"You have done that all
game"*

"Who is your boy?"

"The referee"

**THINK BEFORE YOU
SPEAK**



Tri-West Youth Volleyball



Calling all Girls in 4th, 5th & 6th Grades



**COST WILL BE: 1 child \$65, 2 children \$120
(Checks payable to TWYVL)**

All meetings will be held at TWMS. We will begin the league with a clinic type format ending with our last few meetings attempting game type play that parents will be able to attend.

*Fee will include a T-Shirt and Magic arm bands if wanted.

****For more specific dates and times please see the back of this form.****



Forms due by Friday, February 2nd:

Please have your students turn their form and money into the secretary at their child's building or directly to Mrs. Spoonemore.

Please email me @ stimpleton2000@yahoo.com with any questions.

Child's Name: _____ Grade _____ School: _____

Contact Parents Name: _____

e-mail: _____ Phone #: _____

Uniform Shirt Size: YS YM YL AS AM AL AXL

My signature below indicates that we have adequate health insurance and will not hold the NWHSC or the TWYVL liable for any injuries associated with participation.

Parent/Guardian Signature _____ Date: _____

>>>>> OVER

Scheduled Dates for Practices and Games

5:00-6:30

Wed. Feb. 21

Mon. Feb. 26

Wed. Feb. 28

Mon. Mar. 4th

Wed. Mar. 6th

Mon. Mar. 11th

Wed. March 13

Mon. March 18

Wed. March 20

(We will not be meeting)

Mon. March 25 (Games)

Wed. March 27 (Games)

Practices will include skill introduction and development for serving, passing, and setting. We will work on these skills each time advancing from the last meeting. The last 2 meetings will be modified game play. Coaches will initiate free balls and kids will get the opportunity to serve. This format will hopefully lead us to a little more excitement.



Tumbling Clinics

The Tri-West High School Cheer Program is excited to once again host tumbling clinics to K-5th grade Bruins who want to learn more about cheerleading and tumbling.



Date/Time/Location:

- January 22, 6-7:30pm
- January 29, 6-7:30pm
- February 5, 6-7:30pm
- February 12, 6-7:30pm

Tri-West High School
Upper Gym

Wear athletic attire, tennis shoes, and bring a water bottle.

*Attention incoming 6-8th graders: Contact the Middle School coach for sideline and competition try out information.

Cost:

- \$15 each child, each session
- Do not pay the school, Pay as you come at check in
- Cash or check made out to Tri-West Cheerleading

Contacts:

* Christy Rose - Head Coach
317-306-9501
indycheerstars@yahoo.com


* Carissa Kahl - Youth Coach
317-554-9344
twylfcheer@gmail.com

* Kodi Lee - Middle School Coach
317-491-0085
burdsallk@hotmail.com

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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 |