

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2022, Volume 19

November 28, 2022

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MESSAGE FROM THE ATHLETIC DIRECTOR

Sometimes You Lose

If you are participating in sports, the losing experience may be all too familiar. You know why? It is impossible to participate in sports without experiencing losses.

Losing is not fun, but to be honest, it is part of the game. In order to move on to the next game or event, you must put the negative experience in the rear-view mirror and focus on your future games/matches. Basketball star Steph Curry said he actually finds losing to be "a more motivating feeling" than winning.

In reality, when you are playing your team sport or your individual sport, it is more about giving your all and enjoying your chosen sport. While you worry about the outcome, it should not be your total focus.

Remember this, learning from your teachers and coaches, relationships with teammates and respect for your opponents are all valuable aspects of athletics that don't always depend on the final score!

This post comes from the IHSAA Student Athlete Tip of the Week. There are no truer words with regards to education-based athletics.



Mr. Scott Knapp
Tri-West Athletic Director




Staying Healthy

We have had a number of student-athletes out due to illness. As cold and flu season settles in, now is the time to focus on your well-being so that you can have a healthy athletic experience now and in the months ahead. Here are a few tips:

1. **Avoid sharing items with others** - Never share water bottles
2. **Watch where you put your backpack** - Your backpack and bag can carry germs
3. **Get enough sleep** - Staying well-rested will boost your immune system and help fight winter illnesses.
4. **Drink more water** - Increasing your fluid intake during the colder months prevents dry nose and throat.
5. **Dress appropriately for the weather** - Under or overdressing can affect your health.
6. **Practice self-care** - If you happen to catch that pesky winter bug, take care of yourself

TW S&C After School Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
	Strength Training 3:50p - 4:35p (All Athletes)	Strength Training 3:50p - 4:35p (All Athletes)	Athletic Enhancement 3:50p - 4:35p (All Athletes)	Strength Training 3:50p - 4:35p (All Athletes)	Strength Training 3:50p - 4:35p (All Athletes)
	4:45p - 5:30p (Female Only)	4:45p - 5:30p (Female Only)		4:45p - 5:30p (Female Only)	4:45p - 5:30p (Female Only)

Meet outside the weight room each day.

Bring the following:

1. Full water bottle
2. Workout clothes and tennis shoes
 - a. Dress warm as we will be outside Wednesday's 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

ADVANCED PHYSICAL EDUCATION

APE WEEKLY

THEME:

**SHOVELING
DIRT**



WEEK IN REVIEW

- Girls JV Basketball lost to Cascade, 29-45
- Girls Varsity Basketball lost to Cascade, 25-65
- Boys Swimming & Diving defeated Danville, 55-46 & Southmont, 74-23
- Girls Swimming & Diving defeated Danville, 54-43 and lost to Southmont, 44-57
- Boys JV Basketball defeated Cascade, 42-37
- Boys Varsity Basketball defeated Cascade, 49-48
- Boys Freshman Basketball lost to Plainfield, 28-41
- Boys JV Basketball lost to Plainfield, 25-55
- Boys Varsity Basketball lost to Plainfield, 59-75
- Girls JV Basketball defeated Plainfield, 36-34
- Girls Varsity Basketball lost to Plainfield, 42-65

CONGRATULATIONS TO THESE BRUINS



Congratulations to our Girls Swim & Diving team for defeating Danville

Congratulations to our Boys Swim & Diving team for defeating Danville and Southmont





Congratulations to our Boys Basketball team for defeating Cascade



Good luck to our Senior Boys and Girls Basketball Players and Cheerleaders

HISTORY OF NORTH WEST HENDRICKS SCHOOLS

Our trophy case featuring our three founding high schools, Lizton High School, North Salem High School, and Pittsboro High School, is coming together. If you or someone you know have any additional historical memorabilia items to honor these schools, please contact Mr. Knapp in the Athletic Office. Anyone donating items will be acknowledged with a placard in the trophy case.



UPCOMING EVENTS

Monday, November 28

No Events

Tuesday, November 29

6:00 PM Boys Freshman Basketball @ North Montgomery

6:00/7:30 PM Girls JV/Varsity Basketball vs. Brownsburg, **HOME, TWHS Main Gym, Youth Night #2**

6:00 PM Boys & Girls Swimming & Diving vs. Cardinal Ritter & South Putnam, **HOME**

Wednesday, November 30

6:30 PM Girls Basketball Parent Meeting

Thursday, December 1

5:30 PM Boys & Girls Swimming & Diving @ Western Boone

6:00/7:30 PM Boys Freshman/JV Basketball @ Western Boone

6:00 PM Girls JV Basketball @ Western Boone

Friday, December 2

6:00 PM Girls Varsity Basketball vs. Western Boone, **HOME, TWHS Main Gym, Teacher Appreciation Night**

7:45 PM Boys Varsity Basketball vs. Western Boone, **HOME, TWHS Main Gym**

Saturday, December 3

8:30 AM Wrestling @ Western Boone Duals