TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2023, Volume 34
March 13, 2023

@triwestsports

Tri-West Athletic Website

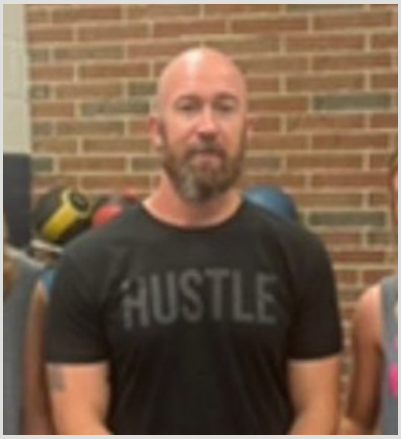
MESSAGE FROM THE ATHLETIC DIRECTOR

March is Athletic Trainer Month

March is National Athletic Trainer Month! We want to celebrate and show appreciation for all that our athletic trainers do for our athletes. Thank you **Courtney Crabtree** and **Brittany Ford** for all of your hard work in keeping our athletes safe and healthy.

Mr. Scott Knapp
Tri-West Athletic Director

Spring Sports Event Supervisor



This spring, **Coach Worl** will venture outside the weight room to serve as the Spring Sports Event Supervisor. We appreciate Coach Worl assisting the Athletic Department in this capacity this spring.

Winter Sports Awards Program

We had a wonderful evening honoring all of our winter sports athletes. Congratulations to **Mrs. Tammy Smith** for being selected as the Bruin Service Award winner for the 2022-23 Winter Season. We appreciate all Mrs. Smith does to keep our events running smoothly. She is always willing to jump in and lend a hand when we need someone. Thank you, Mrs. Smith.

Winter Sports 1st Team All-Conference

Congratulations to our athletes that were named 1st Team All-Conference. These students will be honored at a banquet on **Wednesday, March 15** at Lebanon High School starting at 7:00 PM. Dress is Sunday best. We will depart from Tri-West High School at 6:20 PM by way of Mid-Bus. This event is for athletes and head coaches only.

Girls Basketball - Lauren Bear
Boys Basketball - Max Roberton
Boys Swimming - Logan Curran
Wrestling - Spencer Watson

COACH WORL'S WORLD

	Monday 3/13	Tuesday 3/14	Wednesday 3/15	Thursday 3/16	Friday 3/17
TW STRENGTH DO YOUR JOB	After School Strength & Speed 3:50p - 4:45p (All Athletes) Power Club 5:45 - 6:30p	After School Strength & Speed 3:50p - 4:45p (All Athletes)	After School Speed Training 3:50p - 4:30p (All Athletes) Power Club 5:45p - 6:30p	After School Strength & Speed 3:50 - 4:45p (All Athletes)	After School Strength & Speed 3:50 - 4:45p (All Athletes)

Part 2: The Expanded Role of the HS Strength Coach

- Kevin Vanderbush, Head Strength Coach - Ben Davis HS, CSCS

PART 2: TEACH THE BASICS OF SPORT PSYCHOLOGY TO THE ATHLETES/COACHES

MANY COACHES TALK ABOUT THE IMPORTANCE OF THE MENTAL ASPECTS OF SPORT, BUT GET TOO CAUGHT UP IN THE STRATEGY AND TECHNIQUE OF THEIR SPORT TO FIT IN THE TIME NECESSARY TO ADDRESS THE MENTAL COMPONENTS. THE STRENGTH COACH IS IN A NATURAL POSITION TO FILL THE VOID.

WEEK IN REVIEW

- Boys/Girls Track & Field Competed in the Golden Eagle Relays at Anderson University. Complete results can be found **HERE**.

CONGRATULATIONS TO THESE BRUINS

Congratulations to Bennett Schirmer on winning the Pole Vault at the Golden Eagle Relays Indoor Meet

UPCOMING EVENTS

Monday, March 13
Baseball Official Start Date
Boys Golf Official Start Date
6:00 PM Boys Volleyball Parent Meeting, ***TWHS Cafeteria***

Tuesday, March 14
6:00 PM Boys Volleyball @ Martinsville (Scrimmage)

Wednesday, March 15
7:00 PM 1st Team All-Conference Banquet @ Lebanon High School

Thursday, March 16
6:00 PM Varsity Softball @ Pendleton Heights (Scrimmage)
6:00 PM Boys Volleyball vs. Indy Genesis, **HOME**, ***TWHS Main Gym***
6:30 PM Baseball Parent Meeting, ***TWHS Cafeteria***

Friday, March 17
No Events

Saturday, March 18
9:00 AM Boys Volleyball @ Monrovia Tournament
10:00 AM B/G Track & Field @ Red Devil Last Chance Indoor Qualifier (University of Indianapolis)

TRI WEST
SWIM CLUB

USA Swimming 2022-2023 Season

An inclusive swim program that promotes youth and adults the opportunity to enhance their physical, mental and social development in and outside the pool in a fun, structured and supportive environment.

GROUPS	FEE	SHORT & LONG COURSE	FREQUENCY
Bruins (High School)	4 Months of $100	April-July	6 Days a Week
Cubs (Middle School)	4 Months of $100	April-July	6 Days a Week
Gold (9 and over)	4 Months of $85	April-July	5 Days a Week
Navy (8 and under)	4 Months of $75	April-July	4 Days a Week
Masters	$30 a Month	Tuesday & Thursday	2 Days a Week
Bruins & Cubs Conditioning	$75 a Month	Monday, Wednesday & Friday	3 Days a Week

2023 Long Course Season Starts on April 3, 2023!

Check the Monthly Calendar on the Website for Group times!

Register @ triwestswimclub.org

Current Short Course Swimmers do not need to register.

For Bruins, Cubs, Gold and Navy USA Swimming Groups

1. Registration Fee $30 per Athlete, all swimmers receive a new Club T-Shirt
2. Seasonal USA Swimming Membership Fee $46
3. After initial payment with Registration Fee and USA Swimming Membership Fee, monthly fee will be automatically charged on the 1st of each Month
4. Discount for Multiple Children - $20 Off **First Month** for each Additional Child

*** New Swimmers**

1. email **triwestswimclub@gmail.com** for an evaluation before registering. Swim Team levels are based on age, swimming endurance and skill level.

REFERRAL PROGRAM – Bring in a NEW swimmer to Tri West Swim Club and earn $50 credit

Tri-West High School Presents

March 16-18 @ 7:00 PM

March 19 @ 2:00 PM

Children 5 and Under: Free

Students/Seniors: $12 Adults: $15

Tri-West High School Auditorium

For Tickets...Visit us at www.eventlink.com OR (317) 994-4090

Book by: Lynn Ahrens & Stephen Flaherty Music by: Stephen FlahertyLyrics by: Lynn Ahrens Co-Conceived by: Lynn Ahrens, Stephen Flaherty, and Eric Idle
Based on the Works of Dr. Seuss Seussical is presented through special arrangment with Music Theater International (MTI) All authorized performance materials are also supplied by MTI