

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2023, Volume 38

April 17, 2023

[@triwestsports](#)

[Tri-West Athletic Website](#)

MESSAGE FROM THE ATHLETIC DIRECTOR

Facility Use and Security

We are proud of all the new facility building projects and upgrades. Our campus is growing and all of these projects: soccer, football, softball, baseball, etc., benefit our student-athletes. Facility security is a top priority, not only to keep our facilities free from vandalism, but also to protect our corporation and our student-athletes from a liability standpoint. We take this very seriously. If you come across a locked gate, do not jump a fence or attempt to gain access in any other way. Should you want to schedule a time to practice/work-out, please make contact with your coach, or reach out to me directly at knappsc@hendricks.k12.in.us



Mr. Scott Knapp
Tri-West Athletic Director



3rd and Final Signing Ceremony for the Year

The final College Athletic Signing Ceremony of the year will take place on May 3rd. If you are planning to participate, please fill out the attached form and return to the Athletic Office as soon as possible





TRI-WEST HIGH SCHOOL ATHLETIC DEPARTMENT

2022-23 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 9th~~
____ ~~Wednesday, February 1st~~
____ Wednesday, May 3rd

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

COACH WORL'S WORLD


Part 6 : The Expanded Role of the HS Strength Coach

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

PART 6: DEVELOP TEAMWORK BY ASSESSING TEAM BUILDING STRENGTHS AND WEAKNESSES

ANALYZE FEEDBACK AND
CONDUCT SURVEYS TO HELP
TEAMS UNDERSTAND AREAS
THAT MAY BE PREVENTING
THEM FROM REACHING THEIR
POTENTIAL.

WEEKLY WEIGHT ROOM SCHEDULE

	Monday 4/17	Tuesday 4/18	Wednesday 4/19	Thursday 4/20	Friday 4/21
	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	After School Strength Training 3:50p - 4:45p (All Athletes)

WEEK IN REVIEW

- JV Baseball lost to Zionsville, 1-11
- Varsity Baseball defeated Southmont, 9-8
- Varsity Softball defeated Southmont, 15-1
- JV Softball defeated Southmont, 10-1
- Boys Track & Field lost to Lebanon
- Girls Track & Field lost to Lebanon
- Boys Volleyball lost to McCutcheon, 0-3
- JV Softball defeated Southmont, 15-4
- Varsity Softball defeated Southmont, 10-0
- Varsity Baseball defeated Southmont, 12-0
- Boys Golf defeated South Putnam, 157-250
- Boys Track & Field defeated Speedway and George Washington
- Girls Track & Field lost to Speedway and defeated George Washington
- Varsity Softball lost to Roncalli, 0-3
- JV Softball lost to Roncalli, 0-18
- Boys Volleyball lost to Heritage Christian, 1-3
- JV Softball lost to Brownsburg, 1-9
- Varsity Softball lost to Brownsburg, 2-3
- Boys Golf finished 11 out of 21 teams in the Danville Invitational
- JV Baseball lost to Whiteland, 3-9 and 0-9
- Varsity Baseball defeated Whiteland, 7-5 and 13-9
- JV Softball defeated Decatur Central 8-5 and lost to Lawrence North 2-12 in the Fishers Invitational

CONGRATULATIONS TO THESE BRUINS



Congratulations to Varsity Softball on defeating Southmont (2x) this week



Congratulations to Varsity Baseball on defeating Southmont (2x) and Whiteland (2x)



Congratulations to Boys Golf for defeating South Putnam



Congratulations to Boys and Girls Track & Field for defeating George Washington and the Boys for also defeating Speedway

BRUINS IN THE COMMUNITY

Thank you to the Tri-West Varsity Baseball team for coming out to support the Tri-West Little League Baseball Opening Night!



UPCOMING EVENTS

Monday, April 17

4:30 PM Boys Golf vs North Putnam, **HOME**, *Quail Creek- CANCELLED*

Tuesday, April 18

4:30 PM Boys Golf vs Avon, **HOME**, *Quail Creek*

5:30 PM B/G Track & Field @ North Putnam

5:30 PM Varsity Softball @ Crawfordsville

6:00 PM JV Softball vs Zionsville, **HOME**

6:00 PM Varsity Baseball @ Crawfordsville

6:00 PM JV Baseball vs Crafordsville, **HOME**

6:00 PM Boys Volleyball vs Crawfordsville, **HOME**, *TWHS Main Gym*

Wednesday, April 19

6:00 PM Varsity Softball vs Crawfordsville, **HOME**, *Youth League Night*

6:00 PM Varsity Baseball vs Crawfordsville, **HOME**

6:00 PM JV Baseball @ Crawfordsville

Thursday, April 20

4:00 PM Boys Golf vs Cascade, **HOME**, *Quail Creek*

5:30 PM B/G Track & Field @ Southmont

6:00 PM Boys Volleyball vs Monrovia, **HOME**, *TWHS Main Gym*

6:00/6:00 PM JV/ Varsity Softball vs Plainfield, **HOME**

Friday, April 21

5:30/7:30 PM Varsity/JV Baseball @ Greencastle

5:30/7:00 PM Varsity/JV Softball @ Cascade

Saturday, April 22

9:00 AM Boys Volleyball @ Indianapolis Invitational (The Boiler Juniors Volleyball Club, Lafayette)

9:00 AM Boys Golf @ Mountie Invitational (Crawfordsville Country Club)

11:00 AM Varsity Softball vs Western Boone, **HOME** (Double-Header)

11:00 AM Varsity Baseball vs Western Boone, **HOME**

1:00 PM JV Baseball vs Western Boone, **HOME**

Youth Skills Training

Volleyball

Boys & Girls

Hosted by Megan Spoonemore & our HS Volleyball Athletes

In my recent youth experiences with Volleyball I have realized that our Tri-West kids have to travel great distances to get any background in this ever growing sport. I would like to provide a more convenient opportunity for our kids to get some experience without having to drive all over Indy. Times reflect grade for the 2023-24 School year.

***2nd, 3rd & 4th Graders from 9:00-10:00**

***5th & 6th Grades from 10:00-11:00**

***7th-8th Graders from 11:00-12:00**

All sessions will be held at Tri-West Middle School. (Come in Door 3) Training will include skills that are appropriate for the athlete's grade level. They will need to wear tennis shoes, knee pads are optional and I will have Magic Arm Bands for sale. These take the sting of the ball away and are great for the younger girls.

I know summer is busy and things come up so you can pay as you go.

Each session will be \$15.

If you could please send me a quick email before each session and let me know that your child will be attending that would be helpful.

stimpleton2000@yahoo.com or 317-431-2809

***All dates will be held at the Middle School-Enter Door 3**

***Friday, June 2**

***Friday, July 7**

Tuesday, June 6

Tuesday, July 11

Tuesday, June 13

Tuesday, July 18

Tuesday, June 20

Tuesday, July 25

Tuesday, July 27



Hendricks
Regional Health

Pre-Participation Physicals Registration for 2023-2024

In an effort to help prepare for the 2023-2024 school year, Hendricks Regional Health has set up physical days to provide high quality, low-cost pre-participation physical exams.

A portion of the physical fee goes back to support your school.

IMPORTANT FACTS

Who — 2023-2024 middle school & high school students needing a pre-participation physical.

When/Where-

- Sunday, April 16th at HRH Brownsburg Hospital {Enter Rehab Entrance}
- Sunday, April 23rd at HRH Danville Hospital {Enter through West Entrance}
- Sunday, May 7th at HRH Plainfield Medical Center {Enter through Main Entrance}

*Contact vlteets@hendricks.org with questions. The above locations are only for use of the space and will not be able to answer any questions.

How to schedule a sports physical arrival time:

<https://2023hrhphysicals.my-trs.com/>

Cost — \$25.00 (To be paid online when appointment time is scheduled)

What to Bring –

- **Physical Form** — Completed Printed Paper Copy of the IHSAA Pre-Participation History Form
- **Glasses/Contacts** for vision testing (if necessary)

Plan to arrive at the arrival time. No walk-ups will be permitted.

The complete physical exam will take approximately one hour.