

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 2 - 2024, Volume 43

May 6, 2024

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Building Tomorrow's Leaders Today

MESSAGE FROM THE ATHLETIC DIRECTOR

CHANGE IS GOOD

Change can be scary, but it can be a really good thing too! Change can be a catalyst for growth. When things change around us that are out of our control, it can feel uncomfortable. Maybe your Coach is asking you to play a new position. Maybe the role you play has changed within your team. Maybe how you've been coached is changing. The one thing you can always count on about change is that it IS going to happen. One example of a great change we have seen here at Tri-West athletically is adding Tennis. It has been such a blessing to watch our Coaches and athletes dive into this new sport. Try to view change with a positive lens. What is comfortable is not always what is best for us in the long run. Let's focus on embracing change as we head into this week.



*Mr. Scott Knapp
Tri-West Athletic Director*



SENIOR NIGHT CELEBRATIONS

We celebrated our Seniors for Softball, Boys Track & Field, and Girls Track & Field! Congratulations to these Senior Athletes and their families!




BOYS TENNIS INFORMATION

Any male student interested in playing Tennis in the Fall, please stop by the Athletic Office to get signed-up.



COACH WORL'S WORLD



Quote **Monday 5/6** **Tuesday 5/7** **Wednesday 5/8** **Thursday 5/9** **Friday 5/10**

| | | | | | |
|--|---|---|--|---|---|
| <p>"To handle yourself use your head; to handle others, use your heart." Eleanor Roosevelt</p> | <p>APE: Max Effort Lower Body</p> <p>After School: Speed & Strength</p> <p>3:50 - 4:30p</p> | <p>APE: MAX Check-In Push/Pull</p> <p>After School: Plyometrics</p> <p>3:50-4:45p</p> | <p>APE: Speed & Strength</p> <p>After School: Speed & Strength</p> <p>3:50 - 4:30p</p> | <p>APE: MAX Check-In Push/Pull</p> <p>After School: Plyometrics</p> <p>3:50 - 4:30p</p> | <p>APE: Max Effort Upper Body</p> <p>After School: Speed & Strength</p> <p>3:50 - 4:45p</p> |
|--|---|---|--|---|---|

DATES TO REMEMBER

5-30-24, 1st Team Sagamore All-Conference Spring Banquet - 6:00 PM at Lebanon High School

6-5-24, Spring Athletic Awards Program - 6:30 PM
(Main Gym)



TRI-WEST HIGH SCHOOL **ATHLETIC** DEPARTMENT

Collegiate Athletic Signing Ceremony

Thursday, May 9th - 4:30 PM

Braden Brozak
Chase Holland

Baseball
Baseball

Lake Michigan College
Manchester University

➤ **Presenter: Nick Spence**

Ethan Elzey
Noah Lien

Football
Football

Marian University
Taylor University

➤ **Presenter: Jason Ward**

Drew Miller
Max Robertson

Basketball
Basketball

Hanover College
Manchester University

➤ **Presenter: Jay Doane**


Mckinzie Wilhoite

Basketball

Hiram College

➤ **Presenter: Justin Bennett**



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

- Boys Golf lost to Lutheran and Speedway, 177-167-167
- JV Softball lost to Indianapolis Living Water, 6-11
- Boys Volleyball lost to Lutheran, 0-3
- Girls Tennis defeated South Putnam, 4-1
- Varsity Baseball defeated Frankfort (DH), 8-4, and lost, 5-9
- Varsity Softball defeated Frankfort (DH), 18-0 and 17-0
- JV Baseball defeated Frankfort (DH), 8-1 and 23-2
- JV Softball defeated Pike, 15-0
- Boys Golf defeated Western Boone, 154-197
- Boys Track & Field defeated Greencastle
- Girls Track & Field defeated Greencastle
- Varsity Softball defeated Bishop Chatard, 8-3
- Girls Tennis lost to Lebanon, 1-4
- Boys Volleyball lost to Center Grove, 0-3
- JV Baseball lost to Harrison, 0-13
- Varsity Baseball defeated Harrison, 5-4
- Varsity Baseball defeated Covenant Christian, 2-1
- JV Baseball defeated Covenant Christian, 12-0

CONGRATULATIONS TO THESE BRUINS

Congratulations to Girls Tennis for their FIRST HOME WIN in SCHOOL HISTORY defeating South Putnam



Congratulations to Girls Track & Field for defeating Greencastle

Congratulations to Boys Track & Field for defeating Greencastle



Congratulations to Baseball for defeating Frankfort, Harrison, and Covenant Christian



Congratulations to Softball for defeating Frankfort (2x) and Chatard

Congratulations to Boys Golf for defeating Western Boone

UPCOMING EVENTS

Monday, May 6

5:00 PM Boys Golf vs Avon, **HOME, *Quail Creek Golf Club***

5:30 PM Girls Tennis vs Greenwood Christian, **HOME**

6:00 PM Boys Volleyball vs North Putnam, **HOME**

6:00 PM JV Softball @ Noblesville

Tuesday, May 7

5:00 PM Boys Golf vs Lawrence Central/University, **HOME, *Quail Creek Golf Club***

5:30 PM Varsity Softball vs Danville, **HOME**

5:30 PM Girls Tennis @ North Montgomery

5:30 PM JV Softball vs Beech Grove, **HOME**

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

6:00/6:00 PM JV/Varsity Baseball vs Danville, **HOME, *Youth Night***

Wednesday, May 8

5:30 PM Varsity Softball @ Danville

5:30 PM Girls Tennis vs Herron, **HOME, *Senior Night***

6:00 PM Varsity Baseball @ Danville

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

6:00 PM Boys Volleyball @ Perry Meridian

Thursday, May 9

4:30 PM 3rd College Signing Ceremony, ***TWHS Cafeteria***

5:30 PM Girls Tennis vs Clinton Prairie, **HOME**

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

8:00 PM Boys Volleyball Sectional vs Harrison @ Lafayette Jefferson

Friday, May 10

5:30 PM B/G Track & Field Sagamore Conference Meet, **HOME**

6:00/6:00 PM JV/Varsity Baseball vs McCutcheon, **HOME, *Teacher Appreciation Night***

Saturday, May 11

10:00 AM Girls Tennis @ Southmont

10:00 AM JV Softball @ Franklin Central

11:00 AM JV Baseball @ West Lafayette

11:00 AM Varsity Softball @ Linton-Stockton

1:00 PM Varsity Softball vs Corydon Central @ Linton Stockton

1:00/3:00 PM Varsity Baseball @ John R. Howden Memorial Tournament @ Mooreville

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 2024-25 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. *Some athletes may be asked to move up if their skill level exceeds the group they are in. 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**

Thurs. May 30th

Thurs. June 27th

Thurs. June 6th

Thurs. July 11th

Thurs. June 13th

***Fri. July 19th**

***Wed. June 19th**

Thrus. July 25th

The logo features the letters 'TW' in a large, bold, outlined font. Below it, the word 'STRENGTH' is written in a smaller, outlined, blocky font. A horizontal line separates 'STRENGTH' from 'DO YOUR JOB', which is also in a bold, outlined, blocky font. The entire logo is set against a dark blue background.

TW
STRENGTH
DO YOUR JOB

Summer Series 2024

MS Intro to S&C (6th-8th)

Wednesday's 10-10:45a

TWHS Weight Room

**\$10 cash per session, pay as you
attend**

2024 MS Intro to Strength Training

Presented by TW Strength - Do Your Job

Who: Grades 6-8 (boys & girls)

When: Wednesday's (6/5, 6/12, 6/19, 6/26, 7/10 & 7/17)

What: Age Appropriate Exercises

- Fundamental Movement
- Exercise Technique
- Machine Tutorials

Days: Wednesday's

Time: 10 - 10:45a

Where: TWHS - Weight Room (Enter Door #7)

Cost: \$10 cash - pay as you attend

If you have any questions about the Bruins Power Club please contact Coach Worl at Tri-West High School:

Phone - 317.994.4043

Email - worlsc@hendricks.k12.in.us

Registration can be in-person at the beginning of MS Intro to Strength Training.

Sign Up Form

I hereby give consent for my child to participate in the Tri-West Strength and Speed Camp. I agree that any personnel associated with the camp will not be held liable for injury sustained while at camp. In the event of injury, I authorize the staff to act in the best interest of my child and to obtain any medical help needed. I do understand that I am fully responsible for all financial obligations. Furthermore, I do state that my child does have medical insurance in case of such an emergency.

STUDENT NAME _____

GRADE _____

PARENT/GUARDIAN _____

CONTACT # IN CASE OF EMERGENCY/SCHEDULE CHANGES _____

PARENT SIGNATURE _____



TW
STRENGTH

DO YOUR JOB

Summer Series 2024

Bruins Power Club (K-8th)

Wednesday's 9-9:45a

Hendricks Regional Health Field

\$10 cash per session, pay as you attend

2024 Bruins Power Club

Presented by TW Strength - Do Your Job

Who: Grades K-8 (boys & girls)

When: Wednesday's (6/5, 6/12, 6/19, 6/26, 7/10 & 7/17)

What: Long-Term Athletic Development

- Fundamental Movement
- Movement Vocabulary
- Balance & Stability
- Dynamic Movement
- Plyometric Technique
- Speed Technique

Days: Wednesday's

Time: 9:00 - 9:45a

Where: TWHS - State Bank Stadium

Cost: \$10 cash - pay as you attend

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Phone - 317.994.4043

Email - worlsc@hendricks.k12.in.us

Registration can be in-person at the beginning of Bruins Power Club.

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STUDENT NAME _____

GRADE _____

PARENT/GUARDIAN _____

CONTACT # IN CASE OF EMERGENCY/SCHEDULE CHANGES _____

PARENT SIGNATURE _____

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

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 |