

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 2 - 2024, Volume 40

April 15, 2024

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[Tri-West Athletic Website](#)

Building Tomorrow's Leaders Today

MESSAGE FROM THE ATHLETIC DIRECTOR

A Larger Purpose

We had a great submission for our perspective this week. **Mr. Sullivan**, one of our football coaches and our 6th Grade Social Studies teacher submitted the following Mark Twain quote,

“The two most important days in your life are the day you are born and the day you find out why.”



*Mr. Scott Knapp
Tri-West Athletic Director*

I love this quote and believe that it speaks to finding YOUR purpose in your given sport.

With team sports, it's not just about personal achievements; it's about embracing a purpose larger than yourself. As you step onto the field, court, or track, remember that you represent something bigger – your team, your school, and your family. Every sprint, every jump, every swing is a testament to your commitment to that greater purpose. Let it fuel your determination, drive, and resilience. Together, let's chase victories not just for ourselves, but for the collective spirit that unites us all.

DATES TO REMEMBER

5-9-24, Spring Collegiate Signing Ceremony - 4:30 PM
(Cafeteria)

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)

COACH WORLD'S WORLD



Countdown

Monday 4/15

Tuesday 4/16

Wednesday 4/17

Thursday 4/18

Friday 4/19

Opportunities left to
outwork your talent:

29

APE: MAX Effort
Lower Body

After School: Speed &
Strength Training

3:50 - 4:45p

APE: Dynamic Effort
Upper Body

After School: Strength
Training

3:50-4:30p

APE: Plyometrics

After School:
Speed & Plyometrics

3:50 - 4:30p

APE: Dynamic Effort
Lower Body

After School: Strength
Training

3:50 - 4:30p

APE: MAX Effort
Upper Body

After School: Speed &
Strength Training

3:50 - 4:45

**See below for Middle School and
Elementary Summer Training Opportunities**

WEEK IN REVIEW

- Varsity Baseball defeated Southmont, 20-4
- Varsity Softball defeated Southmont, 5-1
- Boys Track & Field lost to Lebanon, no scores reported
- Girls Track & Field lost to Lebanon, no scores reported
- Girls Tennis lost to Greencastle, 0-5
- Boys JV Volleyball lost to McCutcheon, 0-2
- Boys Varsity Volleyball lost to McCutcheon, 0-3
- Varsity Baseball defeated Southmont, 16-0
- Varsity Softball defeated Southmont, 17-0
- Boys JV Volleyball lost to Lawrence North, 1-2
- Boys Varsity Volleyball lost to Lawrence North, 0-3
- JV Softball defeated Brownsburg, 9-1
- Varsity Softball lost to Brownsburg, 3-4
- Boys and Girls Track & Field competed in the Small School Showcase at Park Tudor; results can be found [here](#)
- Boys Golf finished 6th out of 20 teams in the Danville Invitational
- Girls Tennis defeated Lawrence Central in the Lawrence Central Invitational, 4-1
- Girls Tennis defeated Southridge in the Lawrence Central Invitational, 3-2
- Girls Tennis lost to Mooresville in the Lawrence Central Invitational, 1-4
- JV Softball defeated Lawrence North (Double-Header), 14-0 and 15-3
- JV Baseball split with Whiteland (Double-Header), losing 3-4 and defeating Whiteland, 7-1
- Varsity Baseball lost to Whiteland (Double-Header), 2-3 (10) and 2-15

CONGRATULATIONS TO THESE BRUINS



Congratulations to Girls Tennis on their first wins in school history, defeating Lawrence Central and Southridge



Congratulations to Boys and Girls Track & Field on some fantastic performances at the Park Tudor Small School Showcase



Congratulations to Varsity Baseball for defeating Southmont (2x)



Congratulations to Varsity Softball for defeating Southmont (2x)

UPCOMING EVENTS

Monday, April 15

No Events

Tuesday, April 16

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

5:30 PM Girls Tennis @ Crawfordsville

5:30 PM B/G Track & Field vs Metropolitan/North Putnam, **HOME**

6:00 PM Boys Volleyball @ Crawfordsville

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

6:0 PM Varsity Softball vs Crawfordsville, **HOME**, *Youth League Night*

Wednesday, April 17

5:30 PM JV Softball @ Brownsburg

5:30 PM Varsity Softball @ Crawfordsville

6:00 PM Varsity Baseball @ Crawfordsville

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

6:00 PM Boys Volleyball @ Ben Davis

Thursday, April 18

4:00 PM Boys Golf @ Cascade, *Deer Creek Golf Club*

5:30 PM B/G Track & Field vs Southmont, **HOME**

5:30 PM Girls Tennis vs Danville, **HOME**

5:30 PM Boys Volleyball @ Monrovia

6:00/6:00 PM JV/Varsity Softball @ Plainfield

Friday, April 19

5:30/7:00 PM Varsity/JV Softball vs Cascade, **HOME**

5:30 PM Girls Tennis vs Frankfort, **HOME**

Saturday, April 20

9:00 AM Boys Golf @ Mountie Invitational, *Crawfordsville Country Club*

10:00 AM Girls Tennis @ Covenant Christian

11:00 AM Varsity Baseball @ Western Boone

11:00 AM Varsity Softball @ Western Boone (Double-Header)



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



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



PRE-PARTICIPATION PHYSICALS

APRIL 21 • APRIL 28 • MAY 5

Hendricks Regional Health is proud to provide pre-participation physicals for our school partners.

For more information, to secure an arrival time and register visit [HENDRICKS.ORG/SPORTSPHYSICALS](https://www.hendricks.org/sportphysicals)

A portion of the physical fee is donated back to your school

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