

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 2 - 2024, Volume 29

January 22, 2024

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Building Tomorrow's Leaders Today

MESSAGE FROM THE ATHLETIC DIRECTOR

Keep Working

Our weight room attendance has been much improved. This is such a positive sign. While we continue to push through this winter season, keep working. Just because you're wearing a pair of Jordans doesn't make you a great basketball player. Just because you're swinging a \$400 baseball bat doesn't make you a great hitter. You have to put in the work. And it is not always going to be fun. I love to watch you athletes grow and develop. I love to see you find that inner motivation, without someone telling you to do it. I love to see you fight. It is disheartening to see poor body language every time a whistle is blown. Let's be better. Keep working, and the hard work will pay off in progress. Good things will happen.



Mr. Scott Knapp
Tri-West Athletic Director

YOU DON'T
GET WHAT YOU WANT.
YOU GET WHAT
YOU WORK FOR.

PERSPECTIVE

Thank you for those of you that have reached out with Perspective. Keep them coming via email at knappsc@hendricks.k12.in.us. This week's submission comes from **April Lowry**:

You can't let praise or criticism get to you. It's a weakness to get caught up in either one. Criticism and praise are distractions if you let them be. Your focus is what drives results. Positive and negative events will always happen, but your ability to stay focused is what will determine your future. Praise and criticism can influence your self-talk, beliefs, and actions. There is no magic, just the decision on where to focus.

-John Wooden

DATES TO REMEMBER

Please make note of the following upcoming events:

- **Wednesday, February 7** - 2nd Collegiate Signing Ceremony, 4:30 PM. Please fill out the following sign-up sheet.
- **Thursday, March 7** - TW Winter Athletic Awards Program, 6:30 PM in Main Gym
- **Wednesday, March 13** - Sagamore 1st Team All-Conference Banquet, 7:00 PM at Lebanon HS



TRI-WEST HIGH SCHOOL ATHLETIC DEPARTMENT

2023-24 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 8th~~

_____ Wednesday, February 7th

_____ Wednesday, May 1st

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

GIRLS BASKETBALL SECTIONAL DRAW



GIRLS BASKETBALL REC LEAGUE RECOGNIZED



WEEK IN REVIEW

- Boys Freshman Basketball lost to Avon, 31-40
- Boys Swimming & Diving defeated Herron, 125-37
- Girls Swimming & Diving defeated Herron, 85-78
- Wrestling defeated North Vermillion, 38-37
- Boys Freshman Basketball defeated Speedway, 41-32
- Girls Varsity Basketball defeated Arsenal Tech, 64-40
- Boys JV Basketball lost to Westfield, 33-54
- Boys Varsity Basketball lost to Westfield, 27-68

COACH WORLD'S WORLD



Quote

"There are no secrets to success. It is the result of preparation, hard work and learning from failure."

-Colin Powell

Monday 1/22

APE: Max Effort
Lower Body Strength
Training

After School:
Strength Training

3:50 - 4:45p

Tuesday 1/23

APE: Max Effort
Upper Body Strength
Training

After School:
Strength Training

3:50 - 4:45p

Wednesday 1/24

APE: Bruins Team
Competiton
Draft/Athletic
Enhancement

After School:
Athletic Enhancement

3:50 - 4:30p

Thursday 1/25

APE: Dynamic Effort
Lower Body Strength
Training

After School:
Strength Training

3:50 - 4:45p

Friday 1/26

APE: Dynamic Effort
Upper Body Strength
Training

After School:
Strength Training

3:50 - 4:45p



BRUINS IN THE COMMUNITY

A group of our TWHS Softball team volunteered at the Pittsboro Christian Church Food Pantry. We are grateful for them taking time to give back to our community.



CONGRATULATIONS TO THESE BRUINS



Congratulations to Boys & Girls Swimming & Diving for defeating Herron



Congratulations to Girls Basketball for defeating Arsenal Tech



Congratulations to Wrestling for defeating North Vermillion

UPCOMING EVENTS

Monday, January 22

6:00 PM Boys Freshman Basketball vs Lebanon, **HOME, TWHS Main Gym**

Tuesday, January 23

6:00/7:30 PM Girls JV/Varsity Basketball @ Bishop Chatard

Wednesday, January 24

6:00 PM B/G Swimming & Diving vs Fountain Central, **HOME**

Thursday, January 25

7:00 PM Girls Varsity Basketball vs University, **HOME, TWHS Main Gym, Senior Night**

Friday, January 26

6:00/6:00/7:30 PM Boys Freshman/JV/Varsity Basketball @ Danville

Saturday, January 27

9:00 AM Wrestling @ Sectional Championship @ Avon

6:00/7:30 PM Boys JV/Varsity Basketball vs Greencastle, **HOME, TWHS Main Gym, Alumni Recognition Night**

Boys Volleyball Open Gym
Wednesday @ 6:30 PM in
the Auxiliary Gym for those
interested in playing Boys
Volleyball this Spring!



Hey, parents!

Look alive. Your student is watching you at high school athletic events.

Would you want them to behave the way YOU do?

If not, then #BenchBadBehavior for good!



National
Girls & Women
in Sports Day®
Powered by USF

02.07.2024

#NGWSD2024

WomensSportsFoundation.org/NGWSD

SAVE THE DATE:

On February 7th, we will celebrate National Girls & Women in Sports Day with an assembly before school for our female athletes. More information to come!

Tri-West Youth Volleyball



Calling all Girls in 4th, 5th & 6th Grades



**COST WILL BE: 1 child \$65, 2 children \$120
(Checks payable to TWYVL)**

All meetings will be held at TWMS. We will begin the league with a clinic type format ending with our last few meetings attempting game type play that parents will be able to attend.

*Fee will include a T-Shirt and Magic arm bands if wanted.

****For more specific dates and times please see the back of this form.****



Forms due by Friday, February 2nd:

Please have your students turn their form and money into the secretary at their child's building or directly to Mrs. Spoonemore.

Please email me @ stimpleton2000@yahoo.com with any questions.

Child's Name: _____ Grade _____ School: _____

Contact Parents Name: _____

e-mail: _____ Phone #: _____

Uniform Shirt Size: YS YM YL AS AM AL AXL

My signature below indicates that we have adequate health insurance and will not hold the NWHSC or the TWYVL liable for any injuries associated with participation.

Parent/Guardian Signature _____ Date: _____

>>>>> OVER

Scheduled Dates for Practices and Games

5:00-6:30

Wed. Feb. 21

Mon. Feb. 26

Wed. Feb. 28

Mon. Mar. 4th

Wed. Mar. 6th

Mon. Mar. 11th

Wed. March 13

Mon. March 18

Wed. March 20

(We will not be meeting)

Mon. March 25 (Games)

Wed. March 27 (Games)

Practices will include skill introduction and development for serving, passing, and setting. We will work on these skills each time advancing from the last meeting. The last 2 meetings will be modified game play. Coaches will initiate free balls and kids will get the opportunity to serve. This format will hopefully lead us to a little more excitement.



Tumbling Clinics

The Tri-West High School Cheer Program is excited to once again host tumbling clinics to K-5th grade Bruins who want to learn more about cheerleading and tumbling.



Date/Time/Location:

- January 22, 6-7:30pm
- January 29, 6-7:30pm
- February 5, 6-7:30pm
- February 12, 6-7:30pm

Tri-West High School
Upper Gym

Wear athletic attire, tennis shoes, and bring a water bottle.

*Attention incoming 6-8th graders: Contact the Middle School coach for sideline and competition try out information.




Cost:

- \$15 each child, each session
- Do not pay the school, Pay as you come at check in
- Cash or check made out to Tri-West Cheerleading

Contacts:

- * Christy Rose - Head Coach
317-306-9501
indycheerstars@yahoo.com
- * Carissa Kahl - Youth Coach
317-554-9344
twylfcheer@gmail.com
- * Kodi Lee - Middle School Coach
317-491-0085
burdsallk@hotmail.com

Follow Us on Social Media

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-  @tdubcheerleading

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