

# **TW** TRI-WEST HIGH SCHOOL **ATHLETICS** **NEWSLETTER**

Edition 2 - 2023, Volume 22

December 4, 2023

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[Tri-West Athletic Website](#)

*Building Tomorrow's Leaders Today*

## MESSAGE FROM THE ATHLETIC DIRECTOR

### STUDENT ATHLETES AND STRESS

Student-athletes are often subjected to a substantial amount of pressure, having to successfully balance their academic studies with their sporting commitments. This greater level of stress experienced by student-athletes may in part be due to the small amount of free-time or time outside of sports that they have to complete what feels like an increased set of responsibilities from their peers..



*Mr. Scott Knapp*  
*Tri-West Athletic Director*

What can athletes do to avoid being overwhelmed?

- Focus (athletes should focus on one key priority at a time.) Stress and depression have been found to be closely linked. As opposed to extensive multi-tasking, student-athletes should aim to focus on one goal at a time. They should determine their top priorities and focus on giving each one the time it deserves.
- Identity (construct an identity outside of sport.) Student-athletes often believe their identity is only their identity as an athlete. This has the potential to be beneficial to the athlete, leading to high performance, yet also the possibility of high levels of stress and depression. Look for other activities or interests to engage in outside of athletics.
- Time Management (including breaks.) One of the greatest sources of stress is the feeling of being out of control and overwhelmed by commitments. Parents and coaches should be in tune with their student/child's behaviors and recognize when they may need a break.

# COACH WORL'S WORLD



## Quote

"A little improvement each day makes a big difference over time."

- Tony Dungy

## Monday 12/4

APE: MAX WEEK

After School:  
Sprints & Strength  
Training  
3:50 - 4:45p

## Tuesday 12/5

APE: MAX WEEK

After School:  
Sprints & Strength  
Training  
3:50 - 4:45p

(Girls Soccer)

## Wednesday 12/6

APE: MAX WEEK

After School:  
Speed Circuit  
3:50 - 4:30p

## Thursday 12/7

APE: MAX WEEK

After School:  
Jumps & Strength  
Training  
3:50 - 4:45p

(Girls Soccer)

## Friday 12/8

APE: MAX WEEK

After School:  
Jumps & Strength  
Training  
3:50 - 4:45p



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### Lazy People vs. Winners.

Lazy people do a little work and think they should be winning, but winners work as hard as possible and still worry if they're being lazy. This means that—if you're a winner—you're not comfortable. Ever.

In my opinion, the reason this video and quote has gone so viral is the fact that most people don't work hard but expect the same results as the ones that do. The truth is, if you're not paranoid about your own work ethic and potential, you'll never reach your potential. Why doesn't everyone write a book? Why doesn't everyone go pro? Why doesn't everyone get straight A's? Because lazy people do a little work and think they should be winning, and winners work as hard as possible and still worry if they're being lazy.

Credit without the work is too commonly sought after. Keep outworking people no matter what success you have and you'll always be different. Stay paranoid about your potential and you'll most likely reach it. Have you done enough today? Is it ever enough?

Have a great day.

*Thought to action:*

*How are you going to separate from others with your work ethic?*

*What are you working towards where you have to constantly ask the question, "Have I done enough?"*

*Who needs to ask themselves that question more often?*



PIC·COLLAGE

# WEEK IN REVIEW

- Girls JV Basketball lost to Brownsburg, 10-35
- Girls Varsity Basketball lost to Brownsburg, 28-48
- Boys Swimming defeated Cardinal Ritter, 113-44, and lost to South Putnam, 82-93
- Girls Swimming defeated Cardinal Ritter, 92-32, and lost to South Putnam, 70-99
- Boys Swimming defeated North Montgomery, 110-50, and Western Boone, 100-68
- Girls Swimming lost to North Montgomery, 56-113, and Western Boone, 58-104
- Girls JV Basketball defeated Western Boone, 37-18
- Boys JV Basketball defeated Western Boone, 58-16
- Girls Varsity Basketball defeated Western Boone, 69-37
- Boys Varsity Basketball defeated Western Boone, 59-46
- Wrestling went 3-2 at the Western Boone Duals, losing to Crawfordsville & Lebanon, and defeating North Montgomery, Southmont, and Frankfort

# CONGRATULATIONS TO THESE BRUINS



**Congratulations to Boys Basketball for defeating Western Boone**



**Congratulations to Girls Basketball for defeating Western Boone**



**Congratulations to Boys Swimming for defeating Cardinal Ritter, North Montgomery, and Western Boone**



**Congratulations to Girls Swimming for defeating Cardinal Ritter**



**Congratulations to Wrestling for defeating North Montgomery, Southmont, and Frankfort**

# UPCOMING EVENTS

## **Monday, December 4**

*No Events*

## **Tuesday, December 5**

5:30 PM Boys & Girls Swimming & Diving @ Speedway

6:00 PM Boys Freshman Basketball @ Southmont

6:00/7:00 PM Girls JV (1-Half)/Varsity Basketball @ North Montgomery

## **Wednesday, December 6**

6:00 PM Wrestling @ Park Heritage

## **Thursday, December 7**

6:00 PM Boys & Girls Swimming & Diving @ Lebanon

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

6:00 PM Girls JV Basketball @ Frankfort

7:30 PM Boys JV Basketball @ Frankfort

## **Friday, December 8**

6:00 PM Girls Varsity Basketball vs Frankfort, **HOME, TWHS Main Gym, Teacher Appreciation Night**

7:45 PM Boys Varsity Basketball vs Frankfort, **HOME, TWHS Main Gym**

## **Saturday, December 9**

9:00 AM Wrestling @ Clinton Prairie Invitational

12:00/1:30 PM Boys JV/Varsity Basketball @ West Lafayette

# 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

LINE 1 TEXT

----- 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