

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

Edition 2 - 2023, Volume 21

November 27, 2023

[@trivestsports](#)

[Tri-West Athletic Website](#)

*Building Tomorrow's Leaders Today*

## MESSAGE FROM THE ATHLETIC DIRECTOR

### ACCOUNTABILITY CONTINUED

Last week's newsletter talked about accountability. I want to continue that conversation this week. What you do outside of school hours does matter. The choices you make affect not only your own future in athletics, but it also affects your teammates, coaches, and parents. Our school handbook clearly states the consequences for various offenses. If you aren't going to follow the rules, don't bother participating. Remember, athletics is a privilege, not a right.



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

### PROPER NUTRITION

The holiday season is upon us. In this holiday season, lots of events are focused around food. I wanted to give some reminders for the importance of nutrition for high school athletes.

- Eat to compete: Eat breakfast, lunch, and dinner with snacks in between to be properly fueled for practice or games.
- Color your plate: Load your plate with different colored foods to provide your body with different nutrients.
- Fill your plate with fresh food: limit foods that come in packages and focus on fresh, wholesome foods.
- Keep healthy snacks handy in the athlete's backpack, locker, vehicle, or in the house.
- Reload for rapid recovery: refuel your body after exercise to help recovery.
- Include some protein in every meal and snack to help muscles recover.
- Eat about 20 grams of protein following exercise to help with muscle repair and growth.

# COACH WORL'S WORLD



## Quote

"The quality of our relationships determines the quality of our lives."

-Kevin Vanderbush

## Monday 11/27

APE: Max Effort Lower Body

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

(Boys Basketball)

## Tuesday 11/28

APE: Max Effort Upper Body

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

(Girls Soccer)

## Wednesday 11/29

APE: Athletic Enhancement

After School:  
Athletic Enhancement  
3:50 - 4:30p

## Thursday 11/30

APE: Dynamic Effort Lower Body

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

## Friday 12/1

APE: Dynamic Effort Upper Body

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

## INTRODUCTION: THREE MOST IMPORTANT POINTS

The Rule of Three is a term coaches in the former Soviet Union used for the general physical preparedness (GPP) training for boys and girls from seven to 10. To successfully participate in sports today, it is extremely important for all children in this age group to develop coordination, flexibility, general strength, endurance, hand and eye coordination and the ability to perform athletic feats.

In the United States, the training of boys and girls seven to 10 years old was unheard of for weightlifting. L.S. Duorkin states that prior to the 1930s, the rules permitted that only males who were 20 years old and up could train and compete. Then, in the 1950s, it was lowered so that 15- to 16-year-olds could compete in the sport of weight lifting.

A. I. Kurachinkov studied junior weight lifters from 14 to 16 years of age focusing on weight lifting's effects on their physical development and how physical stress can affect the child. The results of the study showed only positive contributions to bone

This Week's  
Reading

## WEEK IN REVIEW

- Girls JV Basketball defeated Cascade, 45-27
- Girls Varsity Basketball defeated Cascade, 48-44
- Boys & Girls Swimming & Diving: Boys defeated Southmont, 117-55 and Danville, 88-87. Girls lost to Danville, 64-104 and defeated Southmont, 80-65
- Boys JV Basketball defeated Cascade, 51-40
- Boys Varsity Basketball defeated Cascade, 75-55
- Girls JV Basketball defeated Plainfield, 30-24
- Girls Varsity Basketball lost to Plainfield, 35-59
- Boys Freshman Basketball lost to Plainfield, 32-33
- Boys JV Basketball lost to Plainfield, 26-48
- Boys Varsity Basketball lost to Plainfield, 57-83

## WINTER SPORT PROGRAM

The 2023-2024 Winter Sport Program advertisements are available for purchase. The Winter Sport Program is also a perfect place to put a Senior Shout-Out for your favorite Senior. See the attached form to purchase yours today! Deadline for purchase is **TODAY, November 27th.**

## 2023-2024 Winter Sports Program

Thank you for considering placing an advertisement in our Winter Sports Program. Your generous support of our student-athletes and athletic programs is greatly appreciated by the Athletic Department. The Winter Sports Program will be available at all home athletic events this winter including Boys & Girls Basketball, Boys & Girls Swimming, and Boys & Girls Wrestling. The full page, half page, quarter page, and business card sized advertisements will be placed throughout the program among the Winter Sport team photos, rosters, schedules, and other information. This is also an excellent way to post a Senior shout-out. Please select from the following options:

### ADVERTISEMENT SIZES & RATES

Selection <input checked="" type="checkbox"/>	Size	Dimensions	Black & White Pricing	Color Pricing
	Business Card	Approximately 1 ½" x 3"	\$40.00	\$50.00
	¼ Page	Approximately 4" x 5"	\$70.00	\$80.00
	½ Page	Approximately 5" x 8"	\$125.00	\$140.00
	Full Page	Approximately 8" x 11"	\$225.00	\$250.00

### CONTACT INFORMATION

Name \_\_\_\_\_

Business Name (if applicable) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Please contact the Athletic Department with any questions. You can send Advertisement/Senior Shout-Out layouts directly to Mr. Knapp, [knappsc@hendricks.k12.in.us](mailto:knappsc@hendricks.k12.in.us)

## Submissions are due by November 27, 2023

Please make checks payable to the Tri-West Athletic Department. Forms and checks can be dropped off at the Athletic Office. Please contact the Athletic Department to make other arrangements if necessary.

# CONGRATULATIONS TO THESE BRUINS



**Congratulations to Boys Basketball for defeating Cascade**



**Congratulations to Girls Basketball for defeating Cascade**



**Congratulations to Boys Swimming for defeating Danville and Southmont**



**Congratulations to Girls Swimming for defeating Southmont**

# UPCOMING EVENTS

## **Monday, November 27**

*No Events*

## **Tuesday, November 28**

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

6:00 PM Boys & Girls Swimming & Diving vs Cardinal Ritter/South Putnam, **HOME**

## **Wednesday, November 29**

*No Events*

## **Thursday, November 30**

5:30 PM Boys & Girls Swimming & Diving vs North Montgomery/Western Boone, **HOME**

6:00 PM Boys Freshman Basketball vs Western Boone, **HOME, TWHS Auxiliary Gym \*Subject to Change**

6:00 PM Girls JV Basketball vs Western Boone, **HOME, TWHS Main Gym**

7:30 PM Boys JV Basketball vs Western Boone, **HOME, TWHS Main Gym**

## **Friday, December 1**

6:00 PM Girls Varsity Basketball @ Western Boone

7:45 PM Boys Varsity Basketball @ Western Boone

## **Saturday, December 2**

8:30 AM Wrestling @ Western Boone Duals

# 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