

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2023, Volume 37

April 10, 2023

[@triwestsports](#)

[Tri-West Athletic Website](#)

MESSAGE FROM THE ATHLETIC DIRECTOR

Spring Transportation and Banner Fees

If you have not done so already, the Spring Transportation Fee of \$25 is due. Please get this taken care of as soon as possible. Also, if you are a Senior and have not paid for your Senior Banner, please bring your \$50 to the Athletic Department as soon as possible. Thank you for your assistance. Furthermore, there are still FALL and WINTER Athletes who have not paid the transportation fee. This is past-due and needs to be paid ASAP. We rely on these funds in order to provide our teams the transportation they need. Please, do your part. If you have questions regarding payment, or are unsure of your payment status, please contact me directly at knappsc@hendricks.k12.in.us



*Mr. Scott Knapp
Tri-West Athletic Director*



Kenny Cook Softball Field Dedication Day

Saturday morning, the new **Kenny Cook Softball Field** was dedicated. Members of the Cook Family along with North West Hendricks Superintendent Mr. Scott Syverson and Tri-West Principal Mr. Matt Rund threw out the ceremonial first pitches. Thank you to our supporters, especially to **Alexander Contractors** for their sponsorship.



COACH WORL'S WORLD


Part 5 : The Expanded Role of the HS Strength Coach

- Kevin Vanderbush, Head Strength Coach - Ben Davis HS, CSCS

PART 5: TEACH CHARACTER DEVELOPMENT THROUGH WEEKLY THEMES

COLLECTING QUOTES, PHRASES AND THOUGHTS CONCERNING ATTRIBUTES LIKE DISCIPLINE, CHARACTER, EFFORT, PRIDE, ETC. WILL ALLOW YOU TO INTEGRATE CHARACTER DEVELOPMENT INTO THE PROGRAM

WEEKLY WEIGHT ROOM SCHEDULE

	Monday 4/10	Tuesday 4/11	Wednesday 4/12	Thursday 4/13	Friday 4/14
	After School Strength Training 3:50p - 4:45p (All Athletes)	After School Strength Training 3:50p - 4:45p (All Athletes) Cheer 5p - 5:45p	After School Athletic Enhancement 3:50p - 4:30p (All Athletes)	After School Strength Training 3:50p - 4:45p (All Athletes) Cheer 5p - 5:45p	After School Strength Training 3:50p - 4:45p (All Athletes)

WEEK IN REVIEW

- Varsity Baseball lost to McCutcheon, 3-16
- Varsity Softball defeated Bishop Chatard, 13-6
- Boys Volleyball defeated Lawrence North, 3-1
- Varsity Baseball lost to Center Grove, 0-10
- Varsity Baseball defeated Cascade, 7-3
- JV Baseball defeated Cascade, 8-0
- Boys Volleyball defeated Harrison, 3-1
- Boys Golf finished 5th out of 9 teams in the Brownsburg Shootout
- Varsity Softball defeated Benton Central, 12-2

CONGRATULATIONS TO THESE BRUINS



Congratulations to our Boys Volleyball team for defeating Lawrence North and Harrison



Congratulations to our Baseball team for defeating Cascade



Congratulations to our Softball team for defeating Bishop Chatard and Benton Central. Congrats to **Emma Frye** for hitting the 1st HOME RUN at Cook Field

UPCOMING EVENTS

Monday, April 10

5:30 PM JV Baseball @ Zionsville

Tuesday, April 11

5:30 PM Varsity Baseball @ Southmont

5:30/7:00 PM Varsity/JV Softball @ Southmont

5:30 PM B/G Track & Field vs Lebanon, **HOME, State Bank Stadium**

6:00 PM Boys Volleyball @ McCutcheon

Wednesday, April 12

5:30/5:30 PM JV/Varsity Softball vs Southmont, **HOME**

5:30 PM Varsity Baseball vs Southmont, **HOME**

Thursday, April 13

4:30 PM Boys Golf vs South Putnam, **HOME, Quail Creek**

5:30 PM B/G Track & Field @ Speedway

6:00 PM Varsity Softball @ Roncalli

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

6:00 PM Boys Volleyball @ Heritage Christian

Friday, April 14

5:30 PM JV Baseball @ Clinton Central

5:30/5:30 PM JV/Varsity Softball vs Brownsburg, **HOME**

6:00 PM Varsity Baseball vs Lawrence Central, **HOME**

Saturday, April 15

8:30 AM Boys Golf @ Danville Invitational (Twin Bridges Golf Club)

10:00/10:00 AM JV/Varsity Baseball @ Whiteland, Double-Headers

10:00 AM Boys Volleyball @ Viking Invitational (Blue River Valley High School)

10:00 AM JV Softball @ Fishers Invitational

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 2023-24 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. 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**

***Friday, June 2**

***Friday, July 7**

Tuesday, June 6

Tuesday, July 11

Tuesday, June 13

Tuesday, July 18

Tuesday, June 20

Tuesday, July 25

Tuesday, July 27



Hendricks
Regional Health

Pre-Participation Physicals Registration for 2023-2024

In an effort to help prepare for the 2023-2024 school year, Hendricks Regional Health has set up physical days to provide high quality, low-cost pre-participation physical exams.

A portion of the physical fee goes back to support your school.

IMPORTANT FACTS

Who — 2023-2024 middle school & high school students needing a pre-participation physical.

When/Where-

- Sunday, April 16th at HRH Brownsburg Hospital {Enter Rehab Entrance}
- Sunday, April 23rd at HRH Danville Hospital {Enter through West Entrance}
- Sunday, May 7th at HRH Plainfield Medical Center {Enter through Main Entrance}

*Contact vlteets@hendricks.org with questions. The above locations are only for use of the space and will not be able to answer any questions.

How to schedule a sports physical arrival time:

<https://2023hrhphysicals.my-trs.com/>

Cost — \$25.00 (To be paid online when appointment time is scheduled)

What to Bring –

- **Physical Form** — Completed Printed Paper Copy of the IHSAA Pre-Participation History Form
- **Glasses/Contacts** for vision testing (if necessary)

Plan to arrive at the arrival time. No walk-ups will be permitted.

The complete physical exam will take approximately one hour.



Lessons Schedule for April and May

Lessons are for ages 2-10 years old. They are three days, 30 minute sessions, with no more than two swimmers to one instructor. \$50.00 per week. We will work with the swimmer at their level and progress from there.

Register at triwestswimclub.org. You may register for one week or multiple weeks.

April

Week #2

Class #1 April 11, 12 & 13 at 6:30 PM

Class #2 April 11, 12 & 13 at 7:00 PM

Week #3

Class #3 April 18, 19 & 20 at 6:30 PM

Class #4 April 18, 19 & 20 at 7:00 PM

Week #4

Class #5 April 25, 26 & 27 at 6:30 PM

Class #6 April 25, 26 & 27 at 7:00 PM

May

Week #2

Class #7 May 9, 10 & 11 at 6:30 PM

Class #8 May 9, 10 & 11 at 7:00 PM

Week #3

Class #9 May 16, 17 & 18 at 6:30 PM

Class #10 May 16, 17 & 18 at 7:00 PM

Week #4

Class #11 May 23, 24 & 25 at 6:30 PM

Class #12 May 23, 24 & 25 at 7:00 PM

More Lessons will be provided in June and July.
Questions please email triwestswimclub@gmail.com