

# TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2023, Volume 40

May 1, 2023

[@triwestsports](#)

[Tri-West Athletic Website](#)

## MESSAGE FROM THE ATHLETIC DIRECTOR

### Softball & Baseball Sectional Parings

Sunday was the IHSAA Sectional drawing for both Softball and Baseball. Tri-West will serve as the host for the Softball Sectional. Our Bruin Softball team will play Danville in Game 1 on May 22nd at 5:30 PM.



*Mr. Scott Knapp*  
Tri-West Athletic Director

Our Bruin Baseball team will play Crawfordsville at Crawfordsville on May 24th at 5:00 PM.



### 3rd and Final Signing Ceremony for the Year

Friends, family, and community are all welcome to attend the final College Athletic Signing Ceremony of the year. It will take place **this Wednesday, May 3rd in the TW Cafeteria at 4:30 PM.**



## Collegiate Athletic Signing Ceremony

Wednesday, May 3<sup>rd</sup> - 4:30 PM

Nick Merrion

Soccer

Marian University

➤ Presenter: Braun Mendenhall


Karan Deep

Football

DePauw University

➤ Presenter: Jason Ward



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

 [Triwestbruins.com](http://Triwestbruins.com)  [@triwestsports](https://twitter.com/triwestsports)

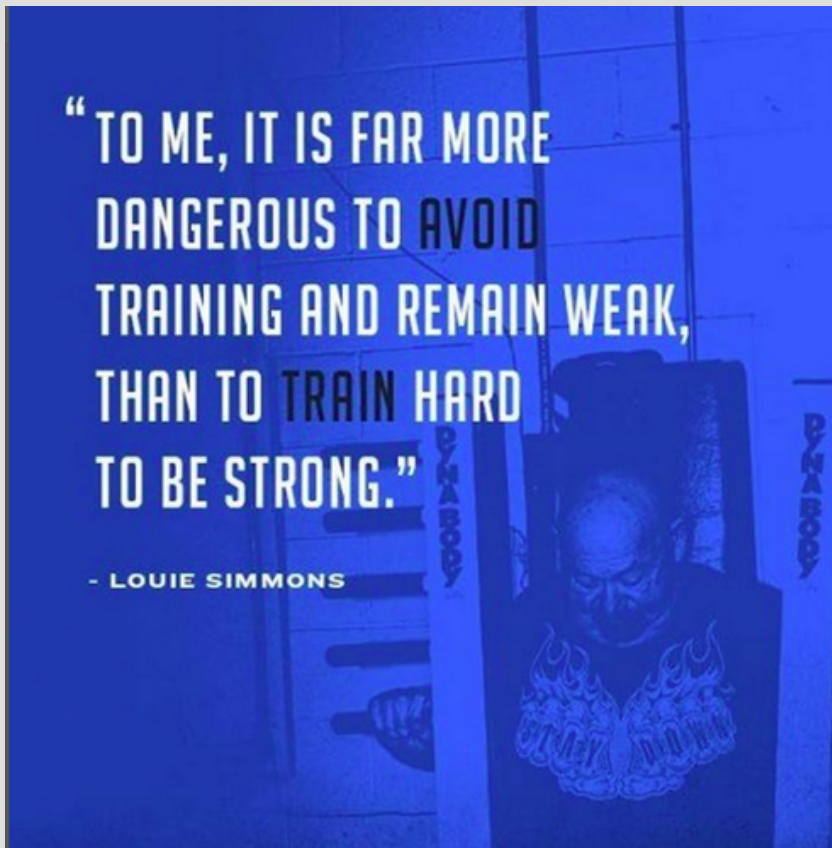
# COACH WORL'S WORLD

## WEEKLY WEIGHT ROOM SCHEDULE

	Monday 5/1	Tuesday 5/2	Wednesday 5/3	Thursday 5/4	Friday 5/5
	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)

“TO ME, IT IS FAR MORE DANGEROUS TO AVOID TRAINING AND REMAIN WEAK, THAN TO TRAIN HARD TO BE STRONG.”

- LOUIE SIMMONS





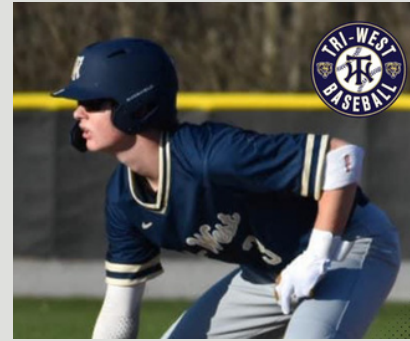
# WEEK IN REVIEW

- Boys Golf defeated Crawfordsville & Lebanon, 168-182-184
- Varsity Baseball lost to Brownsburg, 3-5
- JV Baseball lost to Brownsburg, 3-9
- JV Baseball lost to Lebanon, 3-6
- Varsity Softball defeated Lebanon, 9-0
- JV Softball defeated Lebanon, 8-3
- Boys Track & Field defeated Cascade and lost to Danville, 56-48-63
- Girls Track & Field defeated Cascade and lost to Danville, 54.5-37-72.5
- Varsity Baseball defeated Lebanon in a forfeited game
- Boys Volleyball lost to Covenant Christian, 0-3
- Boys Golf defeated Greencastle, 163-180
- Varsity Softball defeated Lebanon, 15-4
- JV Softball lost to Lebanon, 1-3
- Varsity Baseball defeated Lebanon, 3-0
- JV Baseball lost to Lebanon, 13-15
- Boys Golf defeated Crawfordsville & Frankfort, 162-206-176
- Boys Track & Field lost to Cascade and defeated Cloverdale, 61.5-86.5-18
- Girls Track & Field lost to Cascade and defeated Cloverdale, 61-76-37
- Boys Volleyball defeated Beech Grove, 3-2
- JV Softball defeated Carmel, 17-3
- Varsity Softball defeated Carmel, 7-0
- Varsity Softball lost to Westfield, 0-5
- Boys Volleyball lost to Terre Haute North, 1-3

# CONGRATULATIONS TO THESE BRUINS



Congratulations to Varsity Softball on defeating Lebanon (2x) and Carmel



Congratulations to Varsity Baseball on defeating Lebanon



Congratulations to Boys Golf for defeating Crawfordsville (2x), Lebanon, Greencastle, and Frankfort



Congratulations to Boys and Girls Track & Field for defeating Cascade and Cloverdale

## BRUINS IN THE COMMUNITY

**Tri-West Girls Soccer** spent time volunteering with Habitat for Humanity. Along with several other volunteers, they were able to get all the walls built for a new homeowner.



**Tri-West Baseball** celebrated Youth Night last week. Thank you to all the Youth Coaches and Volunteers for all you do for our future Bruins.



# UPCOMING EVENTS

## Monday, May 1

*All Events Cancelled Due to Weather*

## Tuesday, May 2

6:00 PM Varsity Softball vs Frankfort, **HOME, National Guard Night**

6:00 PM Varsity Baseball vs Frankfort, **HOME, National Guard Night**

6:00 PM JV Baseball @ Frankfort

6:00 PM Boys Volleyball vs Lutheran, **HOME, TWHS Main Gym, Senior Night**

## Wednesday, May 3

6:00 PM Varsity Softball @ Frankfort

6:00 PM Varsity Baseball @ Frankfort

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

## Thursday, May 4

4:30 PM Boys Golf @ Western Boone, *Cool Lake Golf Club*

5:30 PM B/G Track & Field vs Greencastle, **HOME, Senior Night**

5:30 PM JV Softball vs Pike, **HOME**

6:00 PM Boys Volleyball vs Center Grove, **HOME, TWHS Main Gym**

## Friday, May 5

*No Events*

## Saturday, May 6

10:00 AM JV/Varsity Baseball vs Covenant Christian, HOME





**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](mailto: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.*