

Edition 2 - 2024, Volume 37

March 18, 2024 @triwestsports

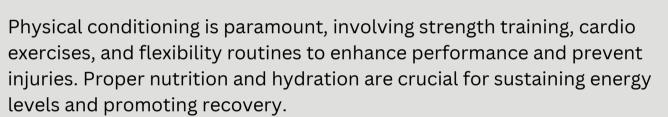
Tri-West Athletic Website

Building Tomorrow's Leaders Today

MESSAGE FROM THE ATHLETIC DIRECTOR

Preparing for Competition

Preparing for a competition requires dedication, discipline, and strategy. Athletes must focus on honing their skills through regular practice sessions, both on their own and as part of the team.





Mr. Scott Knapp Tri-West Athletic Director

Mental preparation is equally vital, including visualization techniques, goal setting, and maintaining a positive mindset under pressure.

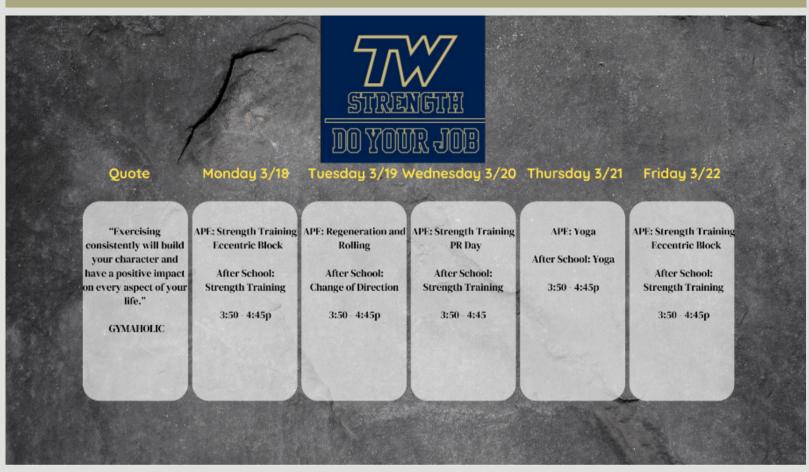
Additionally, studying opponents' tactics and developing game plans can provide a competitive edge. Overall, a comprehensive approach to preparation ensures high school athletes are primed to perform at their best when it counts.

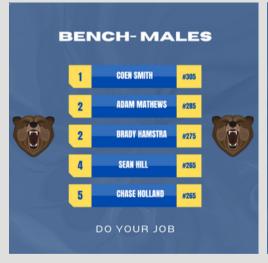
WEEK IN REVIEW

- Boys JV Volleyball lost to Indy Genesis in 2 sets (7-25, 15-25)
- Boys Varsity Volleyball lost to Indy Genesis in 3 sets (16-25, 8-25, 24-26)



COACH WORL'S WORLD



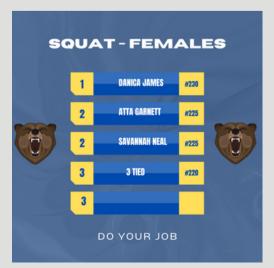












UPCOMING EVENTS

Monday, March 18

No Events

Tuesday, March 19

6:00/6:00 PM JV/Varsity Softball vs Fishers, **HOME**

Wednesday, March 20

6:00 PM JV Softball vs Zionsville, **HOME** 6:00/7:00 PM Boys Volleyball vs Southport/Whiteland @ Southport

Thursday, March 21

5:30 PM Baseball vs Ben Davis (Scrimmage), **HOME** 6:00 PM Boys Volleyball vs Harrison, **HOME**, *TWHS Main Gym*

Friday, March 22

No Events

Saturday, March 23

9:30 AM B/G Track & Field @ Hoosier State Relays Indoor Finals, Indiana Farm Bureau Fall Creek Pavillion (State Fairgrounds)





PRE-PARTICIPATION PHYSICALS

APRIL 21 • APRIL 28 • MAY 5

Hendricks Regional Health is proud to provide pre-participation physicals for our school partners.

For more information, to secure an arrival time and register visit HENDRICKS.ORG/SPORTSPHYSICALS

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 INF	ORMAT	ION		
on your The Ath	brick orde letic Depa	er there will be artment will rea	f 18 characters (inc a \$50 service fee. I ach out with further tt Knapp, 7883 No	Make checks p r information. I	ayable to Tri-\ Please comple	West High Sch te the form an	ool Athletics.
LINE 1 T	EXT						
LINE 1 T	EXT						
LINE 1 T	EXT						
8 X 8 BRICK \$500					4 X 8 BRICK \$	250	
		2014					
		3A STATE			TRI-WE	ST H.S.	
	(CHAMPIONS			BRU	INS	
		14-1					
LOGO (8	X 8 BRICI	((S) ONLY)					
·							

Softball **Cross Country** Baseball Golf Tennis Swimming Volleyball Soccer Wrestling Cheerleading Track Corporate Basketball Football Band Bruin