

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 2 - 2024, Volume 37

March 18, 2024

[@trivestsports](#)

[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.

Physical conditioning is paramount, involving strength training, cardio exercises, and flexibility routines to enhance performance and prevent injuries. Proper nutrition and hydration are crucial for sustaining energy levels and promoting recovery.

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.



*Mr. Scott Knapp
Tri-West Athletic Director*



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



Quote

"Exercising consistently will build your character and have a positive impact on every aspect of your life."

GYMAHOLIC

Monday 3/18

APE: Strength Training
Eccentric Block

After School:
Strength Training

3:50 - 4:45p

Tuesday 3/19

APE: Regeneration and
Rolling

After School:
Change of Direction

3:50 - 4:45p

Wednesday 3/20

APE: Strength Training
PR Day

After School:
Strength Training

3:50 - 4:45

Thursday 3/21

APE: Yoga
After School: Yoga

3:50 - 4:45p

Friday 3/22

APE: Strength Training
Eccentric Block

After School:
Strength Training

3:50 - 4:45p

BENCH- MALES

1	COEN SMITH	#305
2	ADAM MATHEWS	#265
2	BRADY HAMSTRA	#275
4	SEAN HILL	#265
5	CHASE HOLLAND	#265

DO YOUR JOB

TB DEADLIFT - MALES

1	KALEB PFEIFER	#495
2	BRADY HAMSTRA	#475
2	CHASE HOLLAND	#475
4	ETHAN CRUMPACKER	#435
5	5 TIED	#425

DO YOUR JOB

SQUAT - MALES

1	TRAE HUWT	#415
2	ADAM MATHEWS	#405
2	KALEB PFEIFER	#405
4	COEN SMITH	#385
5	ANDREW GOODWIN	#375

DO YOUR JOB

BENCH- FEMALES

1	DANICA JAMES	#145
1	EMMA HULL	#145
3	KENZEE LESTER	#140
3	LIV MALICOAT	#140
5	ANIYAH ANTHONY	#135

DO YOUR JOB

TB DEADLIFT - FEMALES

1	EMMA HULL	#270
2	JOHANELIS FERNANDEZ	#265
3	ANIYAH ANTHONY	#245
3	TAYLOR MALICOAT	#245
3	KYLEE REGALADO	#245

DO YOUR JOB

SQUAT - FEMALES

1	DANICA JAMES	#230
2	ATTA GARNETT	#225
2	SAVANNAH NEAL	#225
3	3 TIED	#220
3		

DO YOUR JOB

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](https://www.hendricks.org/sportphysicals)

A portion of the physical fee is donated back to your school

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

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----- 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