

# TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 2 - 2024, Volume 34

February 26, 2024

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*Building Tomorrow's Leaders Today*

## MESSAGE FROM THE ATHLETIC DIRECTOR

### LOVE AS A MOTIVATOR

Last week, I talked about hate as a motivator. This week, I want to talk about LOVE as a motivator. When you love something, you do everything you can to make it a priority. In high school athletics, you have to LOVE:



*Mr. Scott Knapp  
Tri-West Athletic Director*

- the role you play on your team
- being in the weight room
- being reliable
- being responsive to criticism
- the opportunity to compete
- the privilege of putting on a Tri-West uniform

When LOVE is the motivator in high school sports, it isn't just about winning or losing; it's about the friendships forged, the lessons learned, and the memories that last a lifetime. Go Bruins!

## PERSPECTIVE

Thank you for those of you that have reached out with Perspective. Keep them coming via email at [knappsc@hendricks.k12.in.us](mailto:knappsc@hendricks.k12.in.us).

This week, our submission comes from

***Mr. Bontreger, TWMS***  
***Assistant Principal/Athletic Director:***

**There are two things that you can control always--your attitude and effort--and your effort often is a reflection of your attitude.**

## DATES TO REMEMBER

Please make note of the following upcoming events:

- **Thursday, March 7** - TW Winter Athletic Awards Program, 6:30 PM in Main Gym
- **Wednesday, March 13** - Sagamore 1st Team All-Conference Banquet, 7:00 PM at Lebanon HS

# SPRING HEAD COACH CONTACTS

Sport	Head Coach	Email	Start Date
B/G Track & Field	Friederich Rademacher	FRADEMAC@SBCGLOBAL.NET	2/12
Boys Volleyball	Ryan Elam	RYANLELAM@GMAIL.COM	2/26
Softball	Mike Miller	TWBRUINSOFTBALL@GMAIL.COM	3/4
Baseball	Nick Spence	SPENCENI@HENDRICKS.K12.IN.US	3/11
Boys Golf	Tom Pemberton	PEMBERTONT@HENDRICKS.K12.IN.US	3/11
Girls Tennis	Josh Gordon	JSHDNGRDN@GMAIL.COM	3/11

## COACH WORLD'S WORLD



### Quote

"You were meant to be right here, right now...so make the most of it."

-Ken Poirot

### Monday 2/26

APE: Max Effort Lower Body Strength Training

After School: Speed and Strength Training

3:50 - 4:45p

### Tuesday 2/27

APE: Dynamic Effort Upper Body Strength Training

After School: Speed and Strength Training

3:50 - 4:45p

### Wednesday 2/28

APE: Dynamic Effort Lower Body Strength Training

After School: Speed and Strength Training

3:50 - 4:45p

### Thursday 2/29

APE: Max Effort Upper Body Strength Training

After School: Speed and Strength Training

3:50 - 4:45p

### Friday 3/1

APE: Speed and Competition Day

After School: Speed and Competition Day

3:50 - 4:45p

# WEEK IN REVIEW

- JV Boys Basketball lost to Brebeuf Jesuit, 45-62
- Varsity Boys Basketball lost to Brebeuf Jesuit, 61-78
- Quinn Dempsey finished 14th out of 20 at the IHSAA Diving Regional
- JV Boys Basketball defeated Cardinal Ritter, 62-52
- Varsity Boys Basketball defeated Cardinal Ritter, 63-59
- Rush Curry finished 19th out of 32 swimmers in the 100 YD Backstroke at the IHSAA State Prelims, setting a new school record

## CONGRATULATIONS TO THESE BRUINS



**Congratulations to Boys Basketball for  
defeating Cardinal Ritter**

# UPCOMING EVENTS

## Monday, February 26

No Events

## Tuesday, February 27

7:30 PM Boys Varsity Basketball IHSAA Sectional vs Monrovia @ Lebanon

## Wednesday, February 28

No Events

## Thursday, February 29

6:00 PM B/G Track & Field @ CG Indoor Speed Meet

## Friday, March 1

7:30 PM Boys Varsity Basketball IHSAA Sectional vs TBD @ Lebanon

## Saturday, March 22

9:00 AM B/G Track & Field @ CG Indoor Field Events Meet

7:00 PM Boys Varsity Basketball IHSAA Sectional Championship vs TBD @ Lebanon



# 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