

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2022, Volume 3

August 8, 2022

[@triwestsports](#)

[Tri-West Athletic Website](#)

MESSAGE FROM THE ATHLETIC DIRECTOR

We have discussed goal setting and how you can use that goal to set an action plan towards achieving that goal. One of my goals for all of our student-athletes is to **take pride in being a Bruin**. This pride can be displayed in the following ways:



*Mr. Scott Knapp
Tri-West Athletic Director*

Pride in yourself-Taking the time to put in the work. Paying attention to how you fuel and hydrate your body. With the high heat and humidity, it is going to be critical that our athletes hydrate early and often, get enough rest, and eat a balanced diet.

Pride in your school-Encouraging your student body to come support our athletic teams. Behaving in a way that represents our school in a positive light. Putting time and energy into your studies. Taking pride in being a Bruin student-athlete.

Pride in our facilities-As you know, the construction projects are well underway to create some beautiful new facilities for our student-athletes. Taking pride in the facilities that we already have is critical. Picking up after yourself in the locker rooms, the hallways, and the bleachers. These are YOUR facilities-make sure to respect them by keeping them looking clean and organized to reflect the pride you have in being a Bruin.

TRI-WEST FALL ATHLETIC APPAREL



CROSS COUNTRY



FOOTBALL



SOCCER



VOLLEYBALL

Click on the links above to purchase your fall sport athletic gear!



STUDENT ATHLETIC TRAINERS WANTED

Our Athletic Trainers are always looking for students who have an interest in learning more about the career of Athletic Training. If you or a student you know have an interest in being an **Athletic Trainer Student Aide**, please contact our Athletic Trainers either in person or via email:

Trainer Courtney Crabtree: crabtreeco@hendricks.k12.in.us

Trainer Brittany Ford: fordbri@hendricks.k12.in.us



WEEK IN REVIEW

- Girls Golf Placed 5th out of 12 teams at the Seeger Invitational
- Girls Golf lost to Cascade, 212-177
- Varsity Competition Cheer placed 1st at the Indiana State Fair Cheer Competition

TRI-WEST HIGH SCHOOL ALL-SPORTS PASSES



Click here for more information on 2022-23 All-Sports Passes



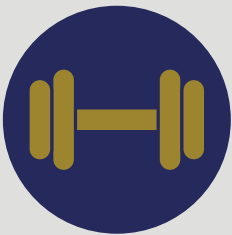
Thank you to Norelu for helping update the look of our Athletic Office! Shop Norelu online and tell them Mr. Knapp sent you!



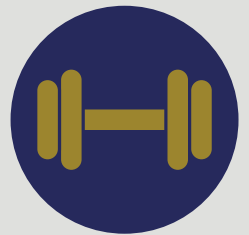
COACH WORL'S WORLD

WEIGHT ROOM SCHEDULE - AUGUST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 No School	2 No School	3 No School	4 APE: meet in Weight Room After School: 3:50 - 5p Cheer: 5 - 6p	5 APE: meet in Weight Room After School: 3:50 - 5p	6
7	8 APE: Locks After School: 3:50 - 5p	9 APE: Pre-Tests After School: 3:50 - 5p Cheer: 5 - 6p	10 APE: Pre-Tests After School: 3:50 - 4:30 (Speed Training on track)	11 APE: Pre-Tests After School: 3:50 - 5p Cheer: 5 - 6p	12 APE: Pre-Tests After School: 3:50 - 5p	13
14	15 APE: Weight Room Weekly Theme Discussion After School: 3:50 - 5p	16 APE: Weight Room After School: 3:50 - 5p Cheer: 5 - 6p	17 APE: Sprint Pre-Tests After School: 3:50 - 4:30p (Outside)	18 APE: Weight Room After School: 3:50 - 5p Cheer: 5 - 6p	19 APE: Bruins Team Camp Draft Day & Rules After School: 3:50 - 5p	20
21	22 APE: Weight Room Weekly Theme Discussion After School: 3:50 - 5p	23 APE: Weight Room After School: 3:50 - 5p Cheer: 5 - 6p	24 APE: Athletic Enhancement After School: 3:50 - 4:30p (Outside)	25 APE: Weight Room After School: 3:50 - 5p Cheer: 5 - 6p	26 E Learning Day	27
28	29 APE: Weight Room Weekly Theme Discussion After School: 3:50 - 5p	30 APE: Weight Room After School: 3:50 - 5p Cheer: 5 - 6p	31 APE: Athletic Enhancement After School: 3:50 - 4:30p (Outside)			



Get your TW Strength and Conditioning Apparel here!



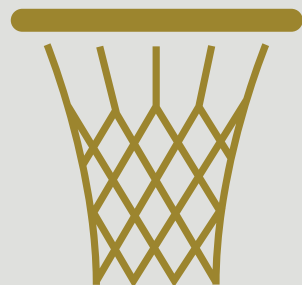
TW YOUTH BASKETBALL TRY-OUTS

Tri-West Boys Youth Basketball will hold tryouts for their travel teams on August 21st and August 28th. The schedule will look as follows:

Location: Tri-West High School Main Gym (enter through door 5 which is the entrance to the basketball games)

2:00-3:30 PM for 3rd/4th grade

3:30-5:00 PM for 5th/6th grade



If you have any interest in coaching or have any questions regarding the team/tryouts, you can email me at doaneja@hendricks.k12.in.us

Look forward to seeing you all at tryouts and GO BRUINS!

Jay Doane

Tri-West Boys Basketball Head Coach

CONGRATULATIONS TO THESE BRUINS



Congratulations to Varsity Competition Cheerleaders on winning their 5th Straight Indiana State Fair Championship!

EVENT WORKERS NEEDED

Anyone interested in working athletic events this fall can reach out to Mr. Scott Knapp knappsc@hendricks.k12.in.us or Mrs. Rebecca Saylor saylorre@hendricks.k12.in.us or sign up via EventLink. We can't do this alone, we need your help. Please consider being a part of our team. It's rewarding and fun!

UPCOMING EVENTS

Monday, August 8

6:00 PM Volleyball Parent Meeting (Cafeteria)

Tuesday, August 9

No Events

Wednesday, August 10

4:30 PM Girls Golf @ Hendricks County Championship (Deer Creek Golf Club)

5:30 PM Volleyball @ Western Boone (Scrimmage)

6:00 PM Boys Soccer Parent Meeting (Soccer Field)

Thursday, August 11

4:30 PM Girls Golf @ Hendricks County Championship (Deer Creek Golf Club)

5:30 PM B/G Cross Country Parent Meeting (Cafeteria)

6:00 PM Girls Soccer vs. Mooresville (Scrimmage), **HOME, State Bank Stadium Turf Field**

Friday, August 12

3:30 TWHS Fall Sport Picture Day

6:00 PM Varsity Football @ Plainfield (Scrimmage)

Saturday, August 13

9:00 AM Volleyball @ Pioneer Kickoff Classic (Providence High School)

9:00 AM B/G Cross Country @ Valley Cross Kickoff (LaVern Gibson, Terre Haute)

1:00 PM Girls Golf @ Shenandoah Invitational (Tri County Golf Club)