

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2023, Volume 39

April 24, 2023

[@triwestsports](#)

[Tri-West Athletic Website](#)

MESSAGE FROM THE ATHLETIC DIRECTOR

IHSAA Tip of the Week

Golf Galaxy runs a TV commercial during their PGA and LPGA coverage that sends a positive message to all golfers. The commercial shows golfers of every age on the driving range practicing, hitting ball after ball after ball. It ends with a quote that applies to every athlete and every sport, male or female. "Inside every golfer is a better one." Try substituting your sport for golfer in the quote above and you will get the picture. Regardless of your sport, you know you will get better with practice and repetition. It will not happen overnight, but hard work and dedication to your improvement is what makes you better over time. Inside every student-athlete is a better one. Do your part to make it happen in your sport!



Mr. Scott Knapp
Tri-West Athletic Director



Parent Representation

Please take the time to read this article linked [here](#) from the Pittsburgh Post Gazette regarding parent behavior and the state of youth/high school athletics. I am grateful that we have fantastic parent and fan support. Thank you for continually representing Tri-West in a respectful fashion.

3rd and Final Signing Ceremony for the Year

The final College Athletic Signing Ceremony of the year will take place on May 3rd. **So far we have two athletes signed up to be recognized.** If you are planning to participate, please fill out the attached form and return to the Athletic Office as soon as possible.



TRI-WEST HIGH SCHOOL ATHLETIC DEPARTMENT

2022-23 College Athletic Signing Ceremony Information

Name: _____

Sport: _____

College/
University: _____

City: _____

State: _____

Future Head
Coach: _____

Athletic Scholarship:
Yes: _____ No: _____

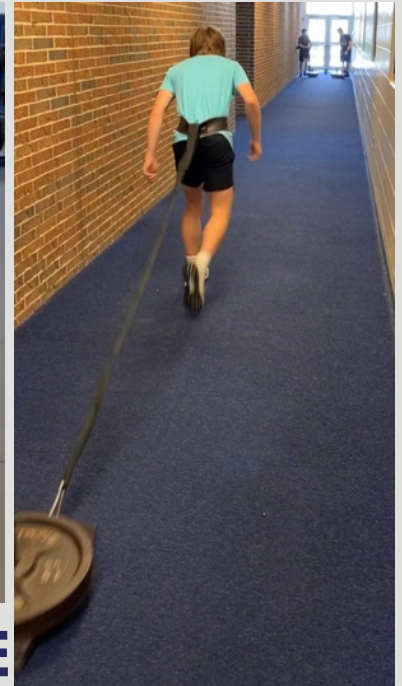
Division:
____ NCAA – Division 1
____ NCAA – Division 2
____ NCAA – Division 3
____ NAIA
____ Junior or Community College

Signing Ceremony Preference:
____ ~~Wednesday, November 9th~~
____ ~~Wednesday, February 1st~~
____ Wednesday, May 3rd

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

COACH WORL'S WORLD

APE Classes in Action



WEEKLY WEIGHT ROOM SCHEDULE

	Monday 4/24	Tuesday 4/25	Wednesday 4/26	Thursday 4/27	Friday 4/28
	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	CLOSED

Part 7 : The Expanded Role of the HS Strength Coach

- Kevin Vanderbush, Head Strength Coach -

Ben Davis HS, CSCS

PART 7: PASS ON BEST PRACTICES/PHILOSOPHIES FROM ONE TEAM/COACH TO ANOTHER

LOOK FOR IDEAS WITHIN YOUR ATHLETIC DEPARTMENT THAT CAN BE PASSED ON FROM ONE SPORT TO ANOTHER

WEEK IN REVIEW

- Boys JV Golf defeated Avon, 191-206
- Boys Track & Field defeated North Putnam, 69-54
- Girls Track & Field lost to North Putnam, 55-63
- Varsity Softball defeated Crawfordsville, 18-1
- JV Softball lost to Zionsville, 3-5
- Varsity Baseball defeated Crawfordsville, 4-3
- Boys Volleyball defeated Crawfordsville, 3-1
- Varsity Softball defeated Crawfordsville, 19-0
- Varsity Baseball defeated Crawfordsville, 13-7
- JV Baseball defeated Crawfordsville, 16-5
- Boys Golf defeated Cascade, 161-212
- Boys Track & Field at Southmont was called due to weather
- Girls Track & Field at Southmont was called due to weather
- Boys Volleyball lost to Monrovia, 0-3
- JV Softball lost to Plainfield, 1-14
- Varsity Softball defeated Plainfield, 2-0
- Varsity Softball defeated Cascade, 10-0
- JV Softball lost to Cascade, 1-5
- Boys Volleyball lost to Indy Genesis (0-2), Indiana Christian Academy (0-2), International (1-2), and Heritage Christian (0-2) at the Indianapolis Invitational
- Boys Golf won the Mountie Invitational with a score of 334
- Varsity Softball defeated Western Boone, 5-1
- Varsity Softball lost to Western Boone, 7-8
- Varsity Baseball defeated Western Boone, 15-1
- JV Baseball defeated Western Boone, 10-3

CONGRATULATIONS TO THESE BRUINS



Congratulations to Varsity Softball on defeating Crawfordsville (2x), Plainfield, Cascade, and Western Boone



Congratulations to Varsity Baseball on defeating Crawfordsville (2x) and Western Boone



Congratulations to Boys Golf for winning the Mountie Invitational



Congratulations to Boys Track & Field for defeating North Putnam

BRUINS IN THE COMMUNITY

Tri-West Softball celebrated our TW Youth Softball program this past Wednesday. Proud to see all of our future Bruins out at the game!



UPCOMING EVENTS

Monday, April 24

5:00 PM Boys Golf vs Crawfordsville & Lebanon, **HOME, Quail Creek**

6:00/6:00 PM Varsity/JV Baseball vs Brownsburg, **HOME, Youth League Night**

Tuesday, April 25

5:30 PM JV Baseball @ Lebanon

5:30/7:00 PM Varsity/JV Softball vs Lebanon, **HOME**

5:30 PM B/G Track & Field vs Cascade & Danville @ Danville

6:00 PM Varsity Baseball vs Lebanon, **HOME**

6:00 PM Boys Volleyball @ Covenant Christian

Wednesday, April 26

4:30 PM Boys Golf vs Greencastle, **HOME, Quail Creek**

5:30/7:00 PM Varsity/JV Softball @ Lebanon

6:00 PM Varsity Baseball @ Lebanon

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

Thursday, April 27

5:00 PM Boys Golf vs Crawfordsville & Frankfort @ Frankfort

5:30 PM B/G Track & Field vs Cascade & Cloverdale, **HOME, State Bank Stadium**

6:00 PM Boys Volleyball @ Beech Grove

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

Friday, April 28

5:30 PM JV Baseball @ Clinton Central

6:00 PM JV/Varsity Softball @ Westfield

Saturday, April 29

9:00 AM Varsity Baseball vs Indian Creek, **HOME**

10:00 AM JV Baseball @ Indian Creek

10:00 AM Boys Volleyball vs Terre Haute North, **HOME, TWHS Main Gym**

11:00 AM JV Softball @ Lebanon Invitational



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 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.