

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2023, Volume 27

January 23, 2023

[@triwestsports](#)

[Tri-West Athletic Website](#)

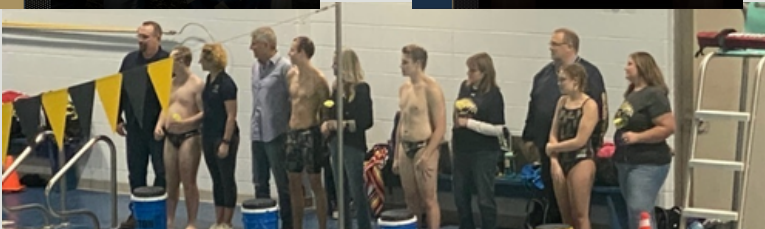
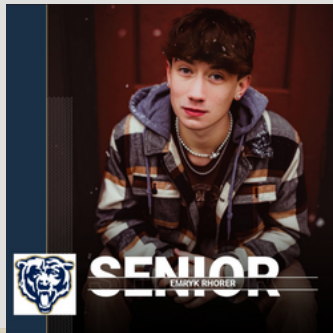
MESSAGE FROM THE ATHLETIC DIRECTOR

Wrestling and Swimming Senior Nights

Last week, we celebrated Senior Night for Wrestling and Boys and Girls Swimming & Diving. We are grateful for the contributions these Senior athletes make to our teams and our school. Our Senior Wrestlers are **Owen Fairburn** and **Emryk Rhorer**. Senior Swimmers include **Garrett Hume**, **Seve Sinden**, **Preston Stanley**, and **Taylor Brelage**. Good luck to you all in the remainder of your seasons!



Mr. Scott Knapp
Tri-West Athletic Director



2nd College Signing Ceremony

The 2nd College Signing Ceremony will take place Wednesday, February 1st at 4:30 PM in the Tri-West High School Cafeteria. Currently, we have three (3) confirmed athletes. If you intend to participate, please fill out the form linked here.

[**TW COLLEGE SIGNING CEREMONY FORM**](#)

Girls Basketball Sectional Draw

Sunday evening (1/22) the IHSAA Girls Basketball Sectional Drawing took place. Tri-West Girls Basketball will play Monrovia at Lebanon on February 1st at 7:30 PM.




Spring Season Dates

Regardless of the snow in the forecast, the Spring season is fast approaching. Below are the official dates for the first practices of the season. Be on the lookout for team call-out information. Stop by the Athletic Office if you have questions. Be sure to have your physical on file prior to these start dates to ensure your eligibility to practice.

Sport	1st Practice
Boys and Girls Track & Field	February 13th
Boys Volleyball	February 27th
Softball	March 6th
Boys Golf	March 13th
Baseball	March 13th

COACH WORL'S WORLD

	Monday 1/23	Tuesday 1/24	Wednesday 1/25	Thursday 1/26	Friday 1/27
	After School 3:50p - 4:45p (All Athletes)	After School 3:50p - 4:45p (All Athletes)	After School 3:50p - 4:45p (All Athletes)	After School 3:50 - 4:45p (All Athletes)	ELearning Day <hr/> CLOSED
	Power Club 5:45 - 6:30p	Cheer/Girls Soccer 5:00p - 5:45p	Girls Soccer 5:00p - 5:45p Power Club 5:45p - 6:30p	Cheer 5:00p - 5:45p	



**New Bench Press Bars
and Safety Squat Bars**



After-School Workouts

BRUINS POWER CLUB

IT'S NOT TOO LATE TO JOIN! For our younger athletes, please take a look at the attached flyer for the **Bruins Power Club**. This program will be the foundation for our future Bruin athletes and is a fantastic way to improve agility, speed, and coordination in our youth athletes.

2023 Bruins Power Club

Who: Grades 2-8 (boys & girls)

When: January 18th - March 22nd (18 sessions)

What: Long-Term Athletic Development

- > Fundamental Movement
- > Movement Vocabulary
- > Balance & Stability
- > Dynamic Movement
- > Plyometric Technique
- > Speed Technique

Days: Monday & Wednesday ONLY

Time: 5:45p - 6:30p

Where: TWHS Weight Room/Old Wrestling Room/Aux Gym - Enter Door 7

Cost: \$180 - Cash or Check only - payable to Tri-West Athletics % Scott Worl

If you have any questions about the Bruins Power Club please contact Coach Worl at Tri-West High School:

Phone - 317.994.4043

Email - worlsc@hendricks.k12.in.us

Registration can be in-person at the beginning of Bruins Power Club.

Sign Up Form

I hereby give consent for my child to participate in the Tri-West Strength and Speed Camp. I agree that any personnel associated with the camp will not be held liable for injury sustained while at camp. In the event of injury, I authorize the staff to act in the best interest of my child and to obtain any medical help needed. I do understand that I am fully responsible for all financial obligations. Furthermore, I do state

that my child does have medical insurance in case of such an emergency.

STUDENT NAME _____

GRADE _____

PARENT/GUARDIAN _____

CONTACT # IN CASE OF EMERGENCY _____

PARENT SIGNATURE _____

WEEK IN REVIEW

- Boys Freshman Basketball lost to Avon, 36-51
- Girls JV Basketball defeated Cardinal Ritter, 50-25
- Girls Varsity Basketball defeated Cardinal Ritter, 64-28
- Boys Swimming & Diving defeated Herron, 112-56
- Girls Swimming & Diving defeated Herron, 94-71
- Boys Freshman Basketball defeated Speedway, 33-20
- Wrestling lost to North Vermillion, 24-38
- Girls JV Basketball defeated Triton Central, 63-31
- Girls Varsity Basketball lost to Triton Central, 32-53
- Boys JV Basketball defeated Speedway, 31-29
- Boys Varsity Basketball defeated Speedway, 61-47
- Girls JV Basketball in the Tri-West JV Invitational defeated Western Boone, 60-30, and lost in the Championship game to Danville, 40-43
- Boys Freshman Basketball in the Tri-West Freshman Invitational defeated Western Boone, 44-33, and lost in the Championship game to Zionsville, 60-41
- Boys JV Basketball lost to Westfield, 42-56
- Boys Varsity Basketball lost to Westfield, 51-74

BRUINS IN THE COMMUNITY

On Saturday (1/21) several of our TW Softball players volunteered at the Pittsboro Christian Church Shepard's Shelves Food Pantry. It is great to see our athletes giving back to the community.



CONGRATULATIONS TO THESE BRUINS



Congratulations to the Boys Varsity Basketball team for defeating Speedway

Congratulations to the Girls Varsity Basketball team for defeating Cardinal Ritter



Congratulations to the Girls Swimming & Diving team for defeating Herron



Congratulations to the Boys Swimming & Diving team for defeating Herron



UPCOMING EVENTS

Monday, January 23

No Events

Tuesday, January 24

3:45 PM B/G Track and Field Call-Out Meeting, TWHS Cafeteria

Wednesday, January 25

5:30 PM Boys Freshman Basketball @ Monrovia

6:00 PM B/G Swimming @ Fountain Central

Thursday, January 26

6:00/7:30 PM Girls JV/Varsity Basketball @ University High School

6:00 PM Boys Freshman Basketball vs. Danville, **HOME, TWHS Main Gym**

Friday, January 27

6:00/7:30 PM Boys JV/Varsity Basketball vs. Danville, **HOME, TWHS Main Gym**

Saturday, January 28

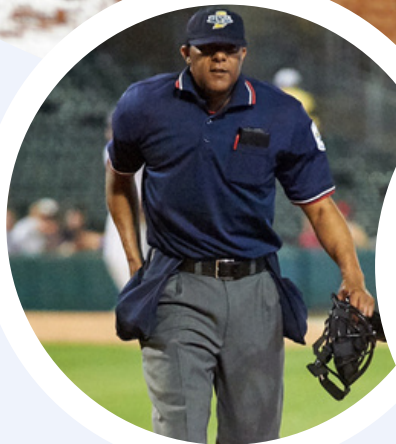
9:00 AM Wrestling IHSAA Sectional @ Avon

11:00 AM Girls C-Team Basketball @ Chatard Tournament (Bishop Chatard)

6:00/7:30 PM Boys JV/Varsity Basketball @ Greencastle



Amazing UMPIRES WANTED



The Indianapolis Umpire Association (IUA) is actively seeking Umpires for the upcoming Spring and Summer seasons. Training and mentoring programs are available. Our assigner will take care of all the scheduling for all your games. You can earn as much as **\$600 OR MORE WEEKLY**.

If this sounds like the place for you, go to our website www.iua-baseball.com, scroll down on the Home page and complete and submit the **Contact Us** form. Someone from the IUA will follow up with you promptly. Game sites are available all across central Indiana so **SIGN UP NOW!**



JOIN US

www.iua-baseball.com