

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2023, Volume 33

March 6, 2023

[@triwestsports](#)

[Tri-West Athletic Website](#)

MESSAGE FROM THE ATHLETIC DIRECTOR

Who Holds the Rope?

As we end the winter season and head into spring, I believe this applies to all team sports. Who can you trust to hold the rope? Can your teammates trust YOU to hold the rope? Give this some thought.

Every year a professional football team wins the championship. Every year a college basketball team wins the NCAA title. Every year the best high school teams win the state crowns. All these teams have one thing in common: **No matter how tough it became throughout their season, they did one thing — they held the rope!**

What is “holding the rope?” Imagine that you are hanging from the edge of a cliff with a drop of twenty thousand feet. The only thing between you and a fall to your death is a rope, with the person of your choice on the other end. Who do you know that has the guts to pull you to safety?

Who will hold the rope? Who do you know that is going to let that rope burn their hand and not let go? The next time your team is together, look around and ask yourself, “Who could I trust to hold the rope? Who is going to let their hands bleed for me?”

When you can look at every member on your team and say to yourself that they all would hold the rope, you are destined to win a lot of ball games. You see, the team that holds the rope when the going gets tough are winners. When you are down by four points with thirty seconds to go, don't give up. Yell at your teammates to “hold the rope — let it burn but don't let go!” Every year there are winners and losers in all sports. Every year the winners hold the rope. You don't have to have the best team on the field to win the game.

If you play with poise and do what your coaches ask of you, and most of all — hold the rope — you will be successful. No matter what sport you play, in order to win, you have to have a commitment to your team. If you are supposed to run three times per week, do it. If you have to lift weights three times per week, don't miss. Once you start letting up at practice or start missing your workouts, you've killed the team because you didn't hold the rope! Don't let your team down! You've got to hold the rope!



Mr. Scott Knapp
Tri-West Athletic Director

Winter Sports Awards Program

The Winter Sports Awards Program will take place **this Wednesday, March 9th at 6:30 PM in the TWHS Main Gym**. All Winter Athletes and their families should plan to attend.

COACH WORLD'S WORLD

	Monday 3/6	Tuesday 3/7	Wednesday 3/8	Thursday 3/9	Friday 3/10
	After School Strength & Speed 3:50p - 4:45p (All Athletes) Power Club 5:45 - 6:30p	After School Strength & Speed 3:50p - 4:45p (All Athletes)	After School Speed Training 3:50p - 4:30p (All Athletes) Power Club 5:45p - 6:30p	After School Strength & Speed 3:50 - 4:45p (All Athletes)	After School Strength & Speed 3:50 - 4:45p (All Athletes)

Part 1: The Expanded Role of the HS Strength Coach

- Kevin Vanderbush, Head Strength Coach - Ben Davis HS, CSCS

Become a counselor/mentor to the athletes. The most important way to gain the respect of your athletes is to show them that you care. Working with high school students should be more about impacting lives than winning championships. The amount of time spent with your athletes and the environment that you work in serves as a natural lead-in to a more influential relationship.



MAX WEEK

WEEK IN REVIEW

- Boys Varsity Basketball defeated Crawfordsville in the IHSAA Sectional, 57-39
- Boys Varsity Basketball lost to Danville in the IHSAA Sectional Championship, 44-56

CONGRATULATIONS TO THESE BRUINS



Congratulations to Boys Basketball on defeating Crawfordsville in the IHSAA Sectional at Danville

UPCOMING EVENTS

Monday, March 6

Softball Official Start Date

Tuesday, March 7

No Events

Wednesday, March 8

No Events

Thursday, March 9

6:30 PM Winter Sports Awards Program, **TWHS Main Gym**

Friday, March 10

No Events

Saturday, March 11

1:00 PM B/G Track & Field Golden Eagle Relays Indoor Invitational, Anderson University

2022-23 SAC WINTER SPORTS – FINAL RESULTS

GIRLS SPORTS

BASKETBALL

Danville	7	0
Lebanon	6	1
Western Boone	5	2
Tri-West	4	3
Southmont	3	4
Crawfordsville	2	5
North Montgomery	1	6
Frankfort	0	7

SWIMMING & DIVING

Western Boone	420
Crawfordsville	353
North Montgomery	315.5
Lebanon	282
Tri-West	215
Danville	207
Southmont	166.5
Frankfort	101

BOYS SPORTS

BASKETBALL

Lebanon	7	0
Danville	6	1
Southmont	4	3
Crawfordsville	3	4
Frankfort	3	4
Tri-West	3	4
Western Boone	2	5
North Montgomery	0	7

SWIMMING & DIVING

Lebanon	412
Crawfordsville	393
Danville	292
Tri-West	278
Western Boone	234
North Montgomery	158
Frankfort	153
Southmont	143

WRESTLING

Lebanon	242.5
Western Boone	220
Southmont	211
Crawfordsville	148.5
North Montgomery	147
Tri-West	118
Frankfort	114
Danville	83

2022-23 WINTER ALL-SPORTS FINAL STANDINGS

GIRLS SPORTS

1.	Western Boone	14
2.	Lebanon	12
3.	Danville	11
4.	Crawfordsville	10
5.	Tri-West	9
6.	North Montgomery	8
7.	Southmont	6
8.	Frankfort	2

BOYS SPORTS

1.	Lebanon	24
2.	Crawfordsville	16
3.	Danville	14
4.	Southmont	13
	Western Boone	13
6.	Tri-West	12
7.	Frankfort	8
	North Montgomery	8

2022-23 ALL-SPORTS UPDATED STANDINGS (Fall & Winter)

GIRLS SPORTS

1.	Western Boone	41.5
2.	Lebanon	37
3.	Tri-West	28.5
4.	Danville	26.5
5.	Crawfordsville	25.5
6.	Southmont	24.5
7.	North Montgomery	16.5
8.	Frankfort	13

BOYS SPORTS

1.	Lebanon	52
2.	Crawfordsville	38
3.	Danville	32
4.	Southmont	31
5.	Western Boone	28
6.	Tri-West	27.5
7.	Frankfort	24.5
8.	North Montgomery	18



**2023 TRI-WEST SOFTBALL CLINIC
MARCH 11, 2023**

WHERE: TRI WEST AUX GYM

WHO: 11-14 years of age from 9 AM to 11:00AM

6 -8 years of age from 11:30AM to 1PM

9-10 years of age from 1PM to 3PM

Girls will work on the fundamentals of:

Fielding, Throwing, Sliding, Pitching and Hitting

Clinic Cost is \$25 per girl

For Questions contact:

Mike Miller

317-432-5517

twbruinsoftball@gmail.com

Girls Name: _____

Phone Number: _____

Age: _____ **Shirt size:** _____

**Checks Payable to TW High School- \$25 Mail this form to PO Box 439 Pittsboro,
IN 46167**

**Girls must have tennis shoes and equipment (glove, bat and face mask if
wanted)**