

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 2 - 2024, Volume 31

February 5, 2024

[@trivestsports](#)

[Tri-West Athletic Website](#)

Building Tomorrow's Leaders Today

MESSAGE FROM THE ATHLETIC DIRECTOR

Staying Healthy During This Flu Season

We're exposed to a variety of viruses and bacteria when we're in and out of high school gyms, handling basketballs, and shaking hands. Viruses such as the flu or the common cold can be spread in an airborne fashion or by touching something that has been touched by someone with a virus or, by being sneezed or coughed on. Bacteria can be spread similarly but have much less chance of survival outside the human body than a virus. There are plenty of risks that we can become ill. Here are some tips to stay healthy this winter season:



*Mr. Scott Knapp
Tri-West Athletic Director*

- 1. Avoid sharing items with others** - Don't share water bottles and wash your water bottle frequently.
- 2. Watch where you put your backpack** - You carry it all day – to classrooms, the locker room, the bathroom, etc. Make sure you disinfect your backpack at the end of each day and wash it weekly. Never throw it on your bed or pillow when you get home from school, which could spread germs to your face or mouth when you go to sleep. Instead, hang your backpack on a chair or a hook in your room until you can clean it.
- 3. Get enough sleep** - Set a bedtime and stick to it. Yes, even on weekends! It will help your body get into a rhythm so that you can fall asleep easier. Staying well-rested will boost your immune system and help you fight winter illnesses.
- 4. Drink more water** - Increasing your fluid intake during the colder months prevents a dry nose and throat, loosens mucus, and helps your body circulate blood better to fight viruses.
- 5. Dress appropriately for the weather** - Under or overdressing can affect your health. Check the weather app before you leave for the day and let it influence the way you dress.
- 6. Practice self-care** - If you happen to catch that pesky winter bug, take care of yourself. Keep basic over-the-counter medications handy and take them as directed. See a doctor as needed.

PERSPECTIVE

Thank you for those of you that have reached out with Perspective. Keep them coming via email at knappsc@hendricks.k12.in.us. This week's submission comes from an anonymous Tri-West Alumnus:

When I was a student, Friday & Saturday nights--the place to be--and be seen was at the high school basketball games. We supported both Boys and Girls teams. We piled in car loads to travel to away games. We decorated shirts and made posters. What fun memories we made! Where are all of our students these days? Truly, they are missing out.

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

COACH WORLD'S WORLD



Quote

"Are you willing to sprint when the distance is unknown?"

-Lewis Caralla

Monday 2/5

APE: Max Effort Lower Body Strength Training

After School: Strength Training

3:50 - 4:45p

Tuesday 2/6

APE: Dynamic Effort Upper Body Strength Training

After School: Strength Training

3:50 - 4:45p

Wednesday 2/7

APE: Speed Day
After School: Weight Room Speed

3:50 - 4:30p

Thursday 2/8

APE: Dynamic Effort Lower Body Strength Training

After School: Strength Training

3:50 - 4:45p

Friday 2/9

APE: Max Effort Upper Body Strength Training

After School: Strength Training

3:50 - 4:45p

MIDDLE SCHOOL BASKETBALL TEAMS HONORED



TRI-WEST HIGH SCHOOL **ATHLETIC** DEPARTMENT

Collegiate Athletic Signing Ceremony

Wednesday, February 7th - 4:30 PM

Lainey Brauman

Volleyball

Marian University

➤ Presenter: Suzanne Masten

Evan Baute

Baseball

Hanover College

➤ Presenter: Nick Spence

Michelle Wildman

Softball

Wabash Valley College

➤ Presenter: Mike Miller

Madyson Stanley

Swimming

Anderson University

➤ Presenter: Beth Jones


Nick Johnson

Rugby

University of Kentucky

➤ Presenter: Ken McCoy



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

WEEK IN REVIEW

- Boys Freshman Basketball defeated Lebanon, 48-31
- Boys Swimming & Diving defeated North Putnam, 110-63
- Boys Freshman Basketball defeated Cascade, 46-29
- Girls Basketball defeated Crawfordsville, 69-11
- Boys JV Basketball defeated Southmont, 64-50
- Boys Varsity Basketball defeated Southmont, 68-56
- Girls Basketball lost to Lebanon, 47-51
- Boys JV Basketball lost to Martinsville, 45-57
- Boys Varsity Basketball defeated Martinsville, 59-47
- Girls Swimming finished 6th out of 13 teams in the IHSAA Sectional; complete results can be found [here](#)

CONGRATULATIONS TO THESE BRUINS



Congratulations to Spencer Watson for advancing to the IHSAA Wrestling Semi-State



Congratulations to Boys Basketball for defeating Southmont & Martinsville



Congratulations to Boys Swimming for defeating North Putnam



Congratulations to Girls Basketball for defeating Crawfordsville

UPCOMING EVENTS

Monday, February 5

6:00 PM Boys Swimming & Diving vs International, **HOME**

Tuesday, February 6

No Events

Wednesday, February 7

8:20 AM Girls & Women in Sports Convocation, **TWHS Main Gym**

4:30 PM 2nd College Signing Ceremony, **TWHS Cafeteria**

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

Thursday, February 8

No Events

Friday, February 9

6:00/7:30 PM Boys JV/Varsity Basketball vs Crawfordsville, **HOME, TWHS Main Gym, Youth Basketball Night**

Saturday, February 3

9:00 AM Wrestling Semi-State Championship @ Ford Center, Evansville





Tumbling Clinics

The Tri-West High School Cheer Program is excited to once again host tumbling clinics to K-5th grade Bruins who want to learn more about cheerleading and tumbling.



Date/Time/Location:

- January 22, 6-7:30pm
- January 29, 6-7:30pm
- February 5, 6-7:30pm
- February 12, 6-7:30pm

Tri-West High School
Upper Gym

Wear athletic attire, tennis shoes, and bring a water bottle.

*Attention incoming 6-8th graders: Contact the Middle School coach for sideline and competition try out information.

Cost:

- \$15 each child, each session
- Do not pay the school, Pay as you come at check in
- Cash or check made out to Tri-West Cheerleading

Contacts:


* Christy Rose - Head Coach
317-306-9501
indycheerstars@yahoo.com

* Carissa Kahl - Youth Coach
317-554-9344
twylfcheer@gmail.com

* Kodi Lee - Middle School Coach
317-491-0085
burdsallk@hotmail.com

Follow Us on Social Media

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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 |