

TW TRI-WEST HIGH SCHOOL **ATHLETICS** NEWSLETTER

Edition 2 - 2024, Volume 33

February 19, 2024

[@trivestsports](#)

[Tri-West Athletic Website](#)

Building Tomorrow's Leaders Today

MESSAGE FROM THE ATHLETIC DIRECTOR

HATE AS A MOTIVATOR

The most powerful motivation is hate. What I mean is, you have to hate losing to make changes in how you prepare. You have to hate getting bad grades to change how you study. You have to hate being weak to change how you workout in the weight room. When you change what you believe about your goal, you change how you think about it. When you change how you think about it, you change how you feel about it. When you change how you feel about it, you change what you do about it!



Mr. Scott Knapp
Tri-West Athletic Director

Beliefs > Thoughts > Emotions > Actions

SENIOR NIGHT

Saturday night, we celebrated our Senior Basketball players and Senior Cheerleaders, as well as our Senior PA Announcer. Congratulations to these Seniors and their families on their contributions to the Tri-West Athletic Department.



COLTS STRENGTH COACH VISITS TRI-WEST

A special thank you to Head Strength Coach for the Indianapolis Colts, Richard Howell, for coming to speak to our football program. "Prepare yourself to be the lightning!"



IHSAA BOYS BASKETBALL SECTIONAL DRAW



The IHSAA Boys Basketball Sectional Drawing took place on Sunday. Tri-West will play Monrovia on Tuesday, February 27th at 7:30 PM at Lebanon.

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, our submission comes from ***Mrs. Gibbs, TWHS School Nurse:***

**Being positive doesn't mean ignoring the negative.
Being positive means overcoming the negative.
There is a big difference.**

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

BOYS VOLLEYBALL OPEN GYM

Boys Volleyball will be having open gym in the TWHS Auxiliary Gym again this Wednesday (2/21) from 4-6 PM. Anyone interested in Boys Volleyball this Spring is welcome to attend!



SPRING HEAD COACH CONTACTS

Sport	Head Coach	Email	Start Date
B/G Track & Field	Friederich Rademacher	FRADEMAC@SBCGLOBAL.NET	2/12
Boys Volleyball	Ryan Elam	RYANLELAM@GMAIL.COM	2/26
Softball	Mike Miller	TWBRUINSOFTBALL@GMAIL.COM	3/4
Baseball	Nick Spence	SPENCENI@HENDRICKS.K12.IN.US	3/11
Boys Golf	Tom Pemberton	PEMBERTONT@HENDRICKS.K12.IN.US	3/11
Girls Tennis	Josh Gordon	JSHDNGRDN@GMAIL.COM	3/11

COACH WORL'S WORLD

Forward Thinking:

When we were informed that the capital projects (classrooms, natatorium and weight room) would not be moving forward Mr. Knapp immediately called me into his office and said we need to find a way to keep moving forward. Not only did he talk about how important it was for us to find a solution, he backed this up with his actions. Mr. Knapp purchased three (3) squat racks, three (3) benches, barbells, weight plates, bumper plates and storage trees so we could get better. He didn't stop there as he then purchased two (2) more squat racks and benches, bringing our total of each to eight (8). These additions have created more opportunity for our student-athletes and opened the possibilities for our strength and conditioning program to evolve. Thank you sir for finding solutions rather than making excuses.

Coach Worl

COACH WORLD'S WORLD

SQUAT - FEMALES

1	EMMA FRYE	#260
2	JOHANELIS FERNANDEZ	#220
3	DANICA JAMES	#215
4	EMMA HULL	#210
4	KYLEE REGALADO	#210

DO YOUR JOB

TB DEADLIFT - FEMALES

1	KENZIE THACKER	#295
2	EMMA FRYE	#275
3	EMMA HULL	#265
4	JOHANELIS FERNANDEZ	#255
5	DANICA JAMES	#245

DO YOUR JOB

BENCH - FEMALES

1	DANICA JAMES	#150
2	LIV MALICOAT	#140
3	EMMA FRYE	#135
3	EMMA HULL	#135
5	ANIYAH ANTHONY	#125

DO YOUR JOB

SQUAT - MALES

1	SEAN HILL	#425
1	TOBIN PETERSON	#425
1	COEN SMITH	#425
4	TRAE HUNT	#405
5	KALEB PFEIFER	#385

DO YOUR JOB

TB DEADLIFT - MALES

1	KALEB PFEIFER	#495
2	CHASE HOLLAND	#475
2	SPENCER WATSON	#475
4	CHRIS CRUM	#455
4	ADAM MATHEWS	#455

DO YOUR JOB

BENCH - MALES

1	COEN SMITH	#315
2	ADAM MATHEWS	#275
3	GRIFFIN COLE	#265
3	SEAN HILL	#265
3	TOBIN PETERSON	#265

DO YOUR JOB



Quote

Monday 2/19

Tuesday 2/20

Wednesday 2/21

Thursday 2/22

Friday 2/23

"There are seven days in a week and 'one day' isn't one of them."

-Unknown

CLOSED

APE: Max Effort Lower Body Strength Training

After School: Speed and Strength Training

3:50 - 4:45p

APE: Dynamic Effort Upper Body Strength Training

After School: Speed and Strength Training

3:50 - 4:45p

APE: Dynamic Effort Lower Body Strength Training

After School: Speed and Strength Training

3:50 - 4:45p

APE: Max Effort Upper Body Strength Training

After School: Speed and Strength Training

3:50 - 4:45p

WEEK IN REVIEW

- Boys JV Basketball defeated North Montgomery, 57-25
- Boys Varsity Basketball defeated North Montgomery, 46-37
- Boys Swimming & Diving finished 5th out of 12 teams in the IHSAA Sectional Championship. Results can be found [here](#). Rush Curry won the 100 YD Backstroke and will advance to the IHSAA State Meet. Quinn Dempsey finished in 4th place in diving and advances to the IHSAA Diving Regional.

CONGRATULATIONS TO THESE BRUINS



Congratulations to Rush Curry on being the IHSAA Sectional Champion in the 100 YD Backstroke, advancing to the IHSAA State Championship Meet



Congratulations to Boys Swimming for setting a new school record in the 400 Freestyle Relay



Congratulations to Boys Basketball for defeating North Montgomery

UPCOMING EVENTS

Monday, February 19

No Events

Tuesday, February 20

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

6:00 PM Boys Diving @ IHSAA Diving Regional @ Plainfield (Quinn Dempsey)

Wednesday, February 21

No Events

Thursday, February 22

No Events

Friday, February 23

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

6:00 PM Boys Swimming @ IHSAA State Prelims @ IUPUI Natatorium (Rush Curry)

Saturday, February 24

9:00 AM Boys Diving @ IHSAA State Diving Prelims @ IUPUI Natatorium

1:00 PM Boys Swimming & Diving @ IHSAA State Championship @ IUPUI Natatorium

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