

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2023, Volume 25

January 9, 2023

[@triwestsports](#)

[Tri-West Athletic Website](#)

MESSAGE FROM THE ATHLETIC DIRECTOR

Winter Season Progress

Believe it or not, we are well over halfway through the winter season. Your personal motivation for self-growth may be one of two extremes: refreshed and renewed by the New Year or at an all-time low level of motivation due to the grind of the winter season. Try to take advantage of every opportunity you have to practice, to work together as a team, and to get better. If you are an athlete not in season, I cannot tell you enough how critical it is to be in the weight room with Coach Worl. Every day is an opportunity to get stronger and better. Take advantage of the opportunities you have to be the best you can be!



Mr. Scott Knapp
Tri-West Athletic Director

Next Collegiate Signing Ceremony

The next collegiate signing ceremony will take place on Wednesday, February 1st at 4:30 PM in the Tri-West High School Cafeteria. Please mark your calendars. More information will be coming soon.

Athletic Training Reminder

No athlete(s) should be in the athletic training room without the supervision of one of our athletic trainers. If you need treatment or supplies, be in contact with one of Athletic Trainers, Brittany or Courtney.

COACH WORL'S WORLD

Tri-West Strength & Conditioning apparel is now available by following this [link](#). Be sure to check out all the new items so you can represent our weights program in style. Deadline for orders is January 19th.



[Click here to see other styles and to order your TW Strength Gear](#)

BRUINS POWER CLUB

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 _____



TRI WEST CHEER TUMBLING CLINIC

DATES:

JAN 10, 2023
JAN 17, 2023
JAN 24, 2023
JAN 31, 2023
FEB 7, 2023
FEB 21, 2023

CONTACT:

CHRISTY ROSE
WITH QUESTIONS
317-306-9501
INDYCHEERSTARS@
YAHOO.COM

\$15 PER CLASS

PAYMENT CAN BE MADE
IN CASH, BY CHECK
MADE PAYABLE TO
TWHS. PAY AT EACH
CLINIC CHECK-IN.

Tri-West cheer would like to invite ages K-6th to join us at our tumbling clinics. Please come dressed in appropriate gym attire with your hair in a ponytail and no jewelry.

The clinics will be from 6:00-7:30PM on the above dates. The clinic will be in groups by tumbling skills. Each group will work on motion technique, jumps, and tumbling.

Waiver must be completed by a parent/guardian

TRI WEST CHEER TUMBLING CLINIC 2023 WAIVER

NAME: _____ GRADE: _____ SKILL LEVEL: _____

PARENT/GUARDIAN NAME: _____ PHONE: _____

EMERGENCY CONTACT (1) _____ PHONE: _____

EMERGENCY CONTACT (2) _____ PHONE: _____

EMAIL: _____

WEEK IN REVIEW

- Boys Freshman Basketball defeated Covenant Christian, 30-27
- Wrestling lost to Indian Creek, 36-42
- Girls JV Basketball defeated Perry Meridian, 36-22
- Boys Swimming & Diving lost to Cascade, 86-94
- Girls Swimming & Diving lost to Cascade, 79-103
- Wrestling defeated Danville, 41-33
- Girls Varsity Basketball lost to Danville in the Hendricks County Tourney, 22-63
- Boys Varsity Basketball lost to Plainfield in the Hendricks County Tourney, 43-64
- Wrestling went 1-3 at the Monrovia Duals, defeating South Putnam and falling to Avon, Columbus North, and Monrovia
- Girls Varsity Basketball lost to Avon in the Hendricks County Tourney, 29-74
- Boys Varsity Basketball lost to Avon in the Hendricks County Tourney, 68-73

LETTER JACKET PATCHES

The new online ordering process for letter jacket patches can be found at this [link](#). If you have any questions or need assistance ordering, please contact Mr. Randy Wintner at RWintner@neffco.com/317-601-3670.



CONGRATULATIONS TO THESE BRUINS



Congratulations to our Wrestling team for defeating Danville!



UPCOMING EVENTS

Monday, January 9

6:00/6:00/7:30 PM Girls C-Team/JV/Varsity Basketball @ Brebeuf

Tuesday, January 10

No Events

Wednesday, January 11

6:00 PM Girls C-Team Basketball @ Center Grove

Thursday, January 12

5:30 PM B/G Swimming & Diving Sagamore Conference Prelims @ Crawfordsville

6:00 PM Girls JV Basketball @ Lebanon

6:00/7:30 PM Boys Freshman/JV Basketball @ Lebanon

Friday, January 13

6:00 PM Girls Varsity Basketball vs. Lebanon, **HOME, Senior Night, TWHS Main Gym**

7:45 PM Boys Varsity Basketball vs. Lebanon, **HOME, TWHS Main Gym**

Saturday, January 14

8:30 AM B/G Swimming & Diving Sagamore Conference (Diving) @ Crawfordsville

9:00 AM Wrestling Sagamore Conference Championship @ North Montgomery

1:30 PM B/G Swimming & Diving Sagamore Conference Finals @ Crawfordsville