

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 2 - 2024, Volume 30

January 29, 2024

[@trivestsports](#)

[Tri-West Athletic Website](#)

Building Tomorrow's Leaders Today

MESSAGE FROM THE ATHLETIC DIRECTOR

Leading by Example

Of all the stakeholders in high school athletics, parents are the most unique. Parents devote much of their time to supporting their children's participation. In addition, they often support their kids' endeavors financially. They are also as invested emotionally as their children and coaches, but with no direct impact on the performance on the field.



*Mr. Scott Knapp
Tri-West Athletic Director*

Our student-athletes learn self-control by watching you display self-control. Like a coach who remains calm and under control in tough situations, parents who exhibit good sideline behavior provide young athletes with an appropriate role model for handling the emotional ups and downs of competition. I am a passionate person when it comes to competition, so believe me when I say I get it! I just want us all to keep our emotions in check as we attend events. I want everyone leaving with a positive impression of Tri-West High School Athletes and our community. I thank you in advance for your help in this matter and for your leadership in the stands.



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 TW Assistant Girls Basketball Coach

Teah Sonicksen-Tri West Class of 1999:



“Rough seas make the best sailors.” Embrace the times you face difficulty and adversity. These are the times that build knowledge, experience, and character.

DATES TO REMEMBER

Please make note of the following upcoming events:

- **Wednesday, February 7** - 2nd Collegiate Signing Ceremony, 4:30 PM. Please fill out the following sign-up sheet.
- **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



TRI-WEST HIGH SCHOOL ATHLETIC DEPARTMENT

2023-24 College Athletic Signing Ceremony Information

Name: _____

Sport: _____

College/
University: _____

City: _____

State: _____

Future Head
Coach: _____

Athletic Scholarship:

Yes: _____ No: _____

Division:

_____ NCAA – Division 1

_____ NCAA – Division 2

_____ NCAA – Division 3

_____ NAIA

_____ Junior or Community College

Signing Ceremony Preference:

_____ ~~Wednesday, November 8th~~

_____ Wednesday, February 7th

_____ Wednesday, May 1st

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

COACH WORLD'S WORLD



Quote

"Everything negative - pressure, challenges - are all an opportunity for me to rise."

- Kobe Bryant

Monday 1/29

APE: Max Effort Lower Body Strength Training

After School: Strength Training

3:50 - 4:45p

Tuesday 1/30

APE: Max Effort Upper Body Strength Training

After School: Strength Training

3:50 - 4:45p

Wednesday 1/31

APE: Speed Day

After School: Weight Room Speed

3:50 - 4:30p

Thursday 2/1

APE: Dynamic Effort Lower Body Strength Training

After School: Strength Training

3:50 - 4:45p

Friday 2/2

APE: Dynamic Effort Upper Body Strength Training

After School: Strength Training

3:50 - 4:45p



More Movement in the Weight Room



GIRLS BASKETBALL SENIOR NIGHT



TRI-WEST BOYS BASKETBALL ALUMNI GAME

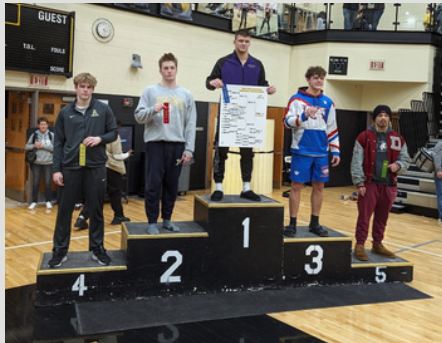


WEEK IN REVIEW

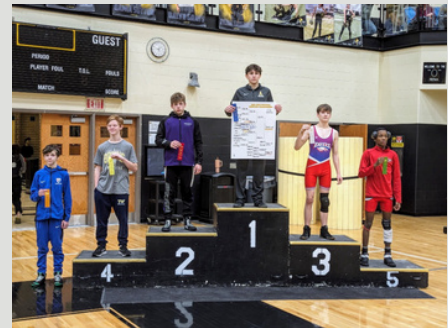
- Girls JV Basketball defeated Bishop Chatard, 35-26
- Girls Varsity Basketball lost to Bishop Chatard, 47-56
- Boys Swimming & Diving defeated Fountain Central, 110-56
- Girls Swimming & Diving lost to Fountain Central, 69-98
- Girls Varsity Basketball defeated University, 50-38
- Boys Freshman Basketball lost to Danville, 20-46
- Boys JV Basketball defeated Danville, 47-42
- Boys Varsity Basketball lost to Danville, 48-60
- Wrestling finished 7th out of 11 teams in the Sectional Championship. Brock Wasson finished 4th and Specer Watson finished 2nd to advance to the IHSAA Regional
- Boys JV Basketball defeated Greencastle, 50-17
- Boys Varsity Basketball defeated Greencastle, 58-53

CONGRATULATIONS TO THESE BRUINS

Congratulations to Spencer Watson for finishing 2nd and advancing to the IHSAA Wrestling Regional



Congratulations to Brock Wasson for finishing 4th and advancing to the IHSAA Wrestling Regional



Congratulations to Boys Swimming for defeating Fountain Central



Congratulations to Girls Basketball for defeating University

Congratulations to Boys Basketball for defeating Greencastle



UPCOMING EVENTS

Monday, January 29

No Events

Tuesday, January 30

Girls Basketball Sectional @ Cascade - BYE

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

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

Wednesday, January 31

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

7:30 PM Girls Basketball Sectional vs Crawfordsville @ Cascade

Thursday, February 1

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

6:00 PM Girls Swimming Sectional Prelims @ Pike

Friday, February 2

6:00 PM Girls Basketball Sectional vs TBD @ Cascade

Saturday, February 3

9:00 AM Girls Sectional Diving Prelims @ Pike

9:30 AM Wrestling Regional Championship @ Mooresville

12:00/1:30 PM Boys JV/Varsity Basketball @ Martinsville

1:00 PM Girls Swimming Sectional Championship @ Pike

6:00 PM Girls Basketball Sectional Championship vs TBD @ Cascade



SAVE THE DATE:

On February 7th, we will celebrate National Girls & Women in Sports Day with an assembly in the main gym starting at 8:20 AM for all of our female athletes.

Tri-West Youth Volleyball



Calling all Girls in 4th, 5th & 6th Grades



**COST WILL BE: 1 child \$65, 2 children \$120
(Checks payable to TWYVL)**

All meetings will be held at TWMS. We will begin the league with a clinic type format ending with our last few meetings attempting game type play that parents will be able to attend.

*Fee will include a T-Shirt and Magic arm bands if wanted.

****For more specific dates and times please see the back of this form.****



Forms due by Friday, February 2nd:

Please have your students turn their form and money into the secretary at their child's building or directly to Mrs. Spoonemore.

Please email me @ stimpleton2000@yahoo.com with any questions.

Child's Name: _____ Grade _____ School: _____

Contact Parents Name: _____

e-mail: _____ Phone #: _____

Uniform Shirt Size: YS YM YL AS AM AL AXL

My signature below indicates that we have adequate health insurance and will not hold the NWHSC or the TWYVL liable for any injuries associated with participation.

Parent/Guardian Signature _____ Date: _____

>>>>> OVER

Scheduled Dates for Practices and Games

5:00-6:30

Wed. Feb. 21

Mon. Feb. 26

Wed. Feb. 28

Mon. Mar. 4th

Wed. Mar. 6th

Mon. Mar. 11th

Wed. March 13

Mon. March 18

Wed. March 20

(We will not be meeting)

Mon. March 25 (Games)

Wed. March 27 (Games)

Practices will include skill introduction and development for serving, passing, and setting. We will work on these skills each time advancing from the last meeting. The last 2 meetings will be modified game play. Coaches will initiate free balls and kids will get the opportunity to serve. This format will hopefully lead us to a little more excitement.



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