

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 2 - 2024, Volume 32

February 12, 2024

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Building Tomorrow's Leaders Today

MESSAGE FROM THE ATHLETIC DIRECTOR

Great Student Support

A big shout-out to our student body for showing up this past Friday to cheer on our Bruin Basketball team against Crawfordsville. We are challenging you to come out in even GREATER numbers this Friday to celebrate SENIOR NIGHT for our Boys Basketball Team and Cheerleaders. Let's fill the stands. No excuses because all North West Hendricks Students will get in FREE!!!



*Mr. Scott Knapp
Tri-West Athletic Director*



National Girls & Women in Sports Day

This past Wednesday we celebrated National Girls & Women in Sports Day. We were fortunate to have four fantastic guest speakers: Mrs. Knapp-Tri-West High School Alumnus, Mrs. Spoonemore-Ball State Volleyball Alumnus, Ms. Sonicksen-Tri-West High School Alumnus & Mercyhurst College Basketball Alumnus, and Mrs. Masten-Purdue University Volleyball Alumnus. We had over 50 Tri-West Female Athletes in attendance. We look forward to hosting this event annually to celebrate the progress of Girl's & Women's Athletics.



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 we had no submissions.



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 (2/14) and next 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 WORLD'S WORLD



Quote	Monday 2/12	Tuesday 2/13	Wednesday 2/14	Thursday 2/15	Friday 2/16
<p>"Don't ever lower your standards for individuals that refuse to raise theirs." Mandy Hale</p>	<p>APE: Max Effort Lower Body Strength Training After School: Speed and Strength Training 3:50 - 4:45p</p>	<p>APE: Dynamic Effort Upper Body Strength Training After School: Speed and Strength Training 3:50 - 4:45p</p>	<p>APE: Dynamic Effort Lower Body Strength Training After School: Speed and Strength Training 3:50 - 4:45p</p>	<p>APE: Max Effort Upper Body Strength Training After School: (No Training - Guest Speaker) 3:50 - 4:45p</p>	CLOSED

YOUTH LEAGUE NIGHT

A big thank you to our Tri-West Basketball Youth League for being loud and proud supporting our team on Youth Night.



WEEK IN REVIEW

- Boys Swimming & Diving defeated International, 121-32
- Boys JV Basketball defeated Speedway, 55-21
- Boys Varsity Basketball defeated Speedway, 63-50
- Boys JV Basketball defeated Crawfordsville, 52-45
- Boys Varsity Basketball defeated Crawfordsville, 59-39
- Spencer Watson, TWHS Wrestler, won the 1st round and was defeated in the 2nd round of the IHSAA Semi-State. Congratulations to Spencer on an outstanding wrestling career.

CONGRATULATIONS TO THESE BRUINS

Congratulations to our five Senior who participated in our 2nd Athletic Signing Ceremony of the school year



Congratulations to Boys Basketball for defeating Speedway and Crawfordsville



Congratulations to Spencer Watson on an outstanding Wrestling career at Tri-West



UPCOMING EVENTS

Monday, February 12

1st Official Practice for B/G Track & Field

Tuesday, February 13

No Events

Wednesday, February 14

No Events

Thursday, February 15

6:00 PM Boys Swimming Sectional Prelims @ Decatur Central

Friday, February 16

6:00/7:30 PM Boys JV/Varsity Basketball vs North Montgomery, **HOME, TWHS Main Gym, Senior Night, ALL NORTH WEST HENDRICKS STUDENTS GET IN FREE**

Saturday, February 17

9:00 AM Boys Diving Sectional Prelims @ Decatur Central

1:00 PM Boys Swimming & Diving Sectional Championship @ Decatur Central

Sunday, February 18

5:00 PM Boys Basketball IHSA Sectional Tournament Drawing



This FRIDAY we want to celebrate our SENIORS in a BIG WAY! All North West Hendricks Students will get in FREE to the game! This means all **North Salem Elementary, Pittsboro Primary, Pittsboro Elementary, Tri-West Middle School** and **Tri-West High School Students** get in FREE!!!! Let's pack the stands and celebrate our Seniors in their last HOME game of the season!



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