

# TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2022, Volume 13

October 17, 2022

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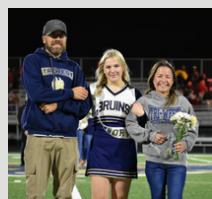
## MESSAGE FROM THE ATHLETIC DIRECTOR

### Seniors Recognized for Football, Cheerleading, and Cross Country

This past Friday we honored our Senior Athletes from Football, Cheerleading, and Cross Country. Our Senior Football players: **Jeffrey Marsh Jr., Collin Griffith, Cory Hill, Alex Ziats, Ty Owens, Connor Syester, Damon Catt, Daniel Dickey, Owen Fairburn, Davon Brown, Blake Sonicksen, Maddox Johnson, Amari McIntosh, Karan Deep, Braxton Patton, Micheal Chiodo**, and manager **Courtney Wagers**. Our Senior Cheerleaders: **Adrianna Betancourth, Laney Bradford, Madelyn Lee, Brook Parker, Madi Parker** and **Rylen Slagle**. Our Senior Cross Country runners: **Stone Robinson, Taylor Horstmann, Kassi Jackson, and Lucy Waters**. Thank you for your years of dedication and commitment to Tri-West Athletics. We are proud of you and your accomplishments.



Mr. Scott Knapp  
Tri-West Athletic Director



# FALL AWARDS PROGRAM UPDATE

There is a change to the date of our Fall Athletic Awards Program.

## **Fall Sports Awards Program- November 14th at 6:30 PM in the Main Gym**

Please note this change on your calendars as this date works better from a facilities and scheduling standpoint. We will recognize all of our Fall Sports teams at this event.

## 1st COLLEGE SIGNING CEREMONY INFO

Please note the date for the 1st College Signing Ceremony. More information will be distributed as we approach this event, but please note this date on your calendar.

## **1st College Signing Ceremony- November 9th at 4:30 PM, location TBD**

The College Signing Ceremony is intended to recognize those Senior student-athletes who plan to further their athletic career after graduation. I would encourage you to inform your college coach if you intend to sign at this first ceremony, as they may want to send a representative from your respective college to attend. Please invite your families, friends, and teammates to join us November 9th to be a part of the celebration. You are encouraged to wear apparel from your respective College/University. We will have a photographer on hand to document this special event.



**Below is the form that needs to be filled out and turned into the Athletic Office by Thursday, 11/3 in order to participate in the 11/9 College Signing Ceremony.** This ceremony is open to any Senior who has made a commitment to play a sport at the next level. Please see Mr. Knapp if you have any questions.



## 2022-23 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 9th

\_\_\_\_\_ Wednesday, February 1st

\_\_\_\_\_ Wednesday, May 3rd

Superintendent: Dr. Scott Syverson; Principal: Matt Rund; Athletic Director: Scott Knapp; Athletic Secretary: Rebecca Saylor;  
Strength Coach: Scott Worl;  Hendricks Regional Health Trainers: Courtney Crabtree; Brittany Ford



# WEEK IN REVIEW


- Varsity Football defeated Southmont, 35-0
- JV Football defeated Soutmont, 53-0
- Varsity Volleyball defeated Monrovia in the IHSAA Sectional Semi-Finals, 3-0
- Varsity Volleyball lost to Western Boone in the IHSAA Sectional Chapionship, 1-3

## ALL-STATE CHEERLEADERS

Congratulations to Bruin Cheerleaders Adri Betancourth and Madi Parker! They have been selected to be on the 2022 Indiana All-State Cheer Team. We are proud of you!



## TW S&C After School Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Strength Training 4p - 4:45p (All Athletes)</p> <p>4:45p - 5:30p (Female Only)</p>	<p>Speed Training/Athletic Enhancement 4p - 5p (All Athletes)</p>	<p>Flexibility/Mobility 4p - 4:45p (All Athletes)</p>	<p>Strength Training 4p - 4:45p (All Athletes)</p> <p>4:45p - 5:30p (Female Only)</p>	<p>Strength Training 4p - 4:45p (All Athletes)</p> <p>4:45p - 5:30p (Female Only)</p>

Meet outside the weight room each day.

Bring the following:

1. Full water bottle
2. Cell phone (strength training days only)
3. Workout clothes and tennis shoes
  - a. Dress warm as we will be outside Tues/Wed as long as weather permits

Weight Room Structure:

1. Movement Prep = 5 min
2. Strength Training program = 5 stations, 7 min each
3. Groups will be assigned on daily attendance
4. Weight Room clean up = 5 min

The cornerstone of functional training and rehabilitation is to train movements, not muscles.

-Vern Gambetta



# CONGRATULATIONS TO THESE BRUINS



**Congratulations to Volleyball for defeating Monrovia and for competing in a hard-fought Sectional Championship match vs. Western Boone**



**Congratulations to Varsity Football for defeating Southmont and ending the regular season as Conference Co-Champions!**

# UPCOMING EVENTS

**Monday, October 17**

*Official Start Date for Girls Basketball*

**Tuesday, October 18**

*No Events*

**Wednesday, October 19**

*No Events*

**Thursday, October 20**

6:40 PM Girls Basketball Parent Meeting (Cafeteria)

**Friday, October 21**

7:00 PM Varsity Football IHSAA Sectional Round 1 @ Danville

**Saturday, October 22**

*No Events*

