Edition 2 - 2023, Volume 15

October 16, 2023

@triwestsports

Tri-West Athletic Website

Building Tomorrow's Leaders Today

MESSAGE FROM THE ATHLETIC DIRECTOR

Love the Opportunity

Some of you have just finished a season. Some of you are starting or continuing on in the IHSAA Post-Season Tournament. Some of you are starting a winter sport. My advice to ALL of you, is to truly embrace the opportunities in front of you: the chance to prepare, the chance to practice, the chance to play. If you LIKE what you do, I know you'll show up. But if you truly LOVE what you get to do--you'll push yourself, your teammates, and your classmates to be the best. You'll see every practice as a chance to get better. You'll take every critique and correction from your coaches to heart, and you'll apply it to how you prepare, practice, and perform. Let's take these upcoming opportnities to truly LOVE what we get to do and get to be a part of in high school athletics. I am excited to see the energy you will bring to the week.



Mr. Scott Knapp Tri-West Athletic Director

Supporting Our Teams

There are some great opportunities this week to get out and support our teams. Friday, our Varsity Football team will host Danville in the IHSAA Sectional Round 1. Saturday at 10:30 AM, our own Kycie Steffey and Bison Lowe will run in the IHSAA Cross Country Regional at Brownsburg. Saturday at 12:00 PM our Varsity Volleyball team will take on the Speedway Sparkplugs in the IHSAA Regional at Monrovia. And our Competiton Cheerleaders will compete in the IASP State Prelims on Saturday at 2:30 PM at North Central High School. Please get out and support these Bruins!





















CHEER & CROSS COUNTRY SENIOR NIGHT



IMPORTANT DATES

- The Sagamore 1st Team All-Conference Banquet will be Monday, October 30th at Lebanon HS at 7:00 PM.
- The 1st Collegiate Signing Ceremony will be Wednesday, November 8th in the Auditorium at 4:30 PM.
- The TW Fall Awards Program will be Monday, November 13th in the Main Gym at 6:30 PM.



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 8 th
Wednesday, February 7 th
Wednesday, May 1 st

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



COACH WORL'S WORLD



Quote

Monday 10/16 Tuesday 10/17 Wednesday 10/18 Thursday 10/19 Friday 10/20

"When you stop learning, you stop growing."

Louie Simmons

APE: Max Effort Lower Body

After School Sprints & Strength Training 3:50 - 4:45p APE: Dynamic Effort Upper Body

After School Sprints & Strength Training 3:50 - 4:45p APE: GPP (General Physical Preparedness)

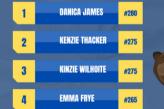
> After School Plyometrics 3:50 - 4:30p

APE: Dynamic Effort Lower Body

After School Sprints & Strength Training 3:50 - 4:45p APE: Max Effort Upper Body

After School Sprints & Strength Training 3:50 - 4:45

TB DEADLIFT - FEMALES



DO YOUR JOB

EMMA HULL

#255

BACK SQUAT-FEMALES



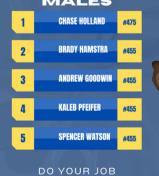
DO YOUR JOB

BENCH PRESS -

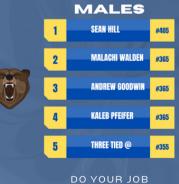


DO YOUR JOB

TB DEADLIFT -MALES



BACK SQUAT -MALES





WEEK IN REVIEW

- Girls Soccer lost to Guerin Catholic in the IHSAA Regional Semifinal, 0-3
- Varsity Football defeated Southmont, 21-7
- B/G Cross Country competed in the IHSAA Sectional Meet. Results can be found <u>here</u>. Kycie Steffey and Bison Lowe advance to the IHSAA Regional
- JV Football defeated McCutecheon, 35-28
- Varsity Volleyball defeated Lebanon in the IHSAA Sectional Semi-Finals, 3-0
- Varsity Volleyball defeated Western Boone in the IHSAA Sectional Championship, 3-1

TRI-WEST HIGH SCHOOL ALL-SPORTS PASSES Click here for more information on 2023-24 All-Sports Passes

CONGRATULATIONS TO THESE BRUINS



Congratulations to Varsity
Volleyball for defeating
Lebanon and Western
Boone to win the IHSAA
Sectional

Congratulations to Varsity
Football for defeating
Southment and being
named Sagamore
Conference Champions





Congratulations to Kycie
Steffey & Bison Lowe for
advancing to the IHSAA Cross
Country Regional



UPCOMING EVENTS

Monday, October 16

First Official Practice Girls Basketball

Tuesday, October 17

No Events

Wednesday, October 18

No Events

Thursday, October 19

No Events

Friday, October 20

7:00 PM Varsity Football IHSAA Sectional Round 1 vs Danville, HOME, State Bank Stadium

Saturday, October 21

10:30 AM B/G Cross Country IHSAA Regional @ Brownsburg 12:00 PM Varsity Volleyball IHSAA Regional vs Speedway @ Monrovia 2:30 PM Competition Cheer @ IASP State Prelims, North Central (TW competes at 2:48 PM) 7:00 PM Varsity Volleyball IHSAA Regional Championship @ Monrovia

FRIDAY'S FOOTBALL THEME





Monday October 16th

4:30-6:45 TWHS Main Gym

Tuesday October 17th

4:30-6:45 TWHS Main Gym



**Must have a physical on file and be in final forms

TWITTER @TRIWESTGBB TIKTOK @TRIWESTGIRLS_BB INSTAGRAM @TRIWESTGIRLS_BB

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					3		
PHONE					C		
EMAIL							
			BRICK IN	FORMA [*]	ΓΙΟΝ		
Please print legibly. Maximum of 18 characters (including spaces) per line. If you wish to put a corporate log 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.							
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8 X 8 BRICK \$500				4 X	8 BRICK \$250		
		3A STATE			TRI-WEST	H.S.	
	C	CHAMPIONS			BRUINS		
		14-1					
LOGO (8	X 8 BRICK	((S) ONLY)					

Baseball	Softball	Cross Country	Golf
Soccer	Tennis	Swimming	Volleyball
Wrestling	Cheerleading	Track	Corporate
Basketball	Band	Football	Bruin