

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 2 - 2023, Volume 15

October 16, 2023

[@trivestsports](#)

[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 opportunities 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!



FOOTBALL SENIOR NIGHT



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.



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 WORL'S WORLD



Quote

"When you stop learning, you stop growing."

-Louie Simmons

Monday 10/16

APE: Max Effort Lower Body

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

Tuesday 10/17

APE: Dynamic Effort Upper Body

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

Wednesday 10/18

APE: GPP (General Physical Preparedness)

After School Plyometrics
3:50 - 4:30p

Thursday 10/19

APE: Dynamic Effort Lower Body

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

Friday 10/20

APE: Max Effort Upper Body

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

TB DEADLIFT - FEMALES

1	DANICA JAMES	#280
2	KENZIE THACKER	#275
3	KINZIE WILHOITE	#275
4	EMMA FRYE	#265
5	EMMA HULL	#255

DO YOUR JOB

BACK SQUAT - FEMALES

1	EMMA FRYE	#245
2	DANICA JAMES	#230
3	ATTA GARNETT	#225
4	KINZIE WILHOITE	#225
5	JOHANELIS FERNANDEZ	#210

DO YOUR JOB

BENCH PRESS - FEMALES

1	DANICA JAMES	#155
2	EMMA FRYE	#135
3	EMMA HULL	#135
4	KINZIE WILHOITE	#135
5	LIV MALICOAT	#130

DO YOUR JOB

TB DEADLIFT - MALES

1	CHASE HOLLAND	#475
2	BRADY HAMSTRA	#455
3	ANDREW GOODWIN	#455
4	KALEB PFEIFER	#455
5	SPENCER WATSON	#455

DO YOUR JOB

BACK SQUAT - MALES

1	SEAN HILL	#405
2	MALACHI WALDEN	#365
3	ANDREW GOODWIN	#365
4	KALEB PFEIFER	#365
5	THREE TIED @	#355

DO YOUR JOB

BENCH PRESS - MALES

1	SPENCER WATSON	#325
2	COEN SMITH	#315
3	MAX WARD	#275
4	GRIFFIN COLE	#265
5	CARTER PONA	#265

DO YOUR JOB

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 [here](#). 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 Southmont 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

WHITE OUT



GIRLS BASKETBALL TRYOUTS

Monday October 16th

**4:30-6:45
TWS Main Gym**

Tuesday October 17th

**4:30-6:45
TWS 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

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