

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2022, Volume 2

August 1, 2022

MESSAGE FROM THE ATHLETIC DIRECTOR

Setting goals is something we can and should be doing at the start of the season. It might sound silly, but it is very much like taking a road trip. You set your destination, and then do all the steps it takes to get you there. Likewise, if there is no set destination, you could end up anywhere. You'll still be putting in work. But without a goal or any real direction, there is no telling where you will end up. If our collective goal is to be on that podium, to be at Lucas Oil Stadium-then we must each do our part to get ourselves, and our teams there. And that means knowing and playing your role. That means putting what is best for the team above what might be best for your individual statistics or Hudl account. That might mean you aren't playing the exact part you (or your parents) may want for you, but the "We Before Me" concept is king when it comes to team sports. The sooner we can set our goals and figure out our roles, the sooner we are on course to the destination of our choosing!



*Mr. Scott Knapp
Tri-West Athletic Director*

2022-23 ATHLETIC TICKET PRICES

All Tri-West Athletic parents and fans are encouraged to purchase a 2022-23 All-Sports Pass. This pass will save you and your family money and is a great investment if you plan to attend multiple athletic events this school year. These passes are available for purchase at the following link [All-Sports Pass](#). Pricing for All-Sports Passes are as follows:

Family	\$200.00
Adult	\$80.00
Student	\$50.00
Senior Citizen (Ages 62 and over)	\$50.00
Bruin Punch Pass (Good for 10 games)	\$50.00

Individual tickets will be available for purchase both through Event Link online and in person. We WILL be accepting cash as a form of payment. Links to all our sport schedules can be found [here](#). Individual event ticket prices for the fall are as follows:

Football (Varsity)	\$6.00
Football (FR & JV)	\$5.00
Boys/Girls Soccer (JV/V)	\$6.00
Boys/Girls Soccer (JV standalone)	\$5.00
Volleyball (FR/JV/V)	\$6.00
Volleyball (FR)	\$5.00

TRI-WEST HIGH SCHOOL ALL-SPORTS PASSES



ATHLETIC PHYSICAL REMINDER

Per the IHSAA and Tri-West Athletic Department, all athletes planning to participate in a sport for the 2022-23 school year must have an IHSAA Physical Form on file. Tri-West uses an online platform [FinalForms](#) to house electronic documents. Physicals can be uploaded once all documents are signed and reviewed.



MEET OUR ATHLETIC TRAINERS

Introducing our Athletic Training Staff provided by Hendricks Regional Health. Brittany Ford and Courtney Crabtree will be here to meet the athletic training needs of both our middle and high school students. We are excited to have these talented trainers on staff.

Contact:
 crabtreeco@hendricks.k12.in.us
 fordabri@hendricks.k12.in.us



COACH WORLD'S WORLD

WEIGHT ROOM SCHEDULE - AUGUST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 No School	2 No School	3 No School	4 APE: meet in Weight Room After School: 3:50 - 5p Cheer: 5 - 6p	5 APE: meet in Weight Room After School: 3:50 - 5p	6
7	8 APE: Locks After School: 3:50 - 5p	9 APE: Pre-Tests After School: 3:50 - 5p Cheer: 5 - 6p	10 APE: Pre-Tests After School: 3:50 - 4:30 (Speed Training on track)	11 APE: Pre-Tests After School: 3:50 - 5p Cheer: 5 - 6p	12 APE: Pre-Tests After School: 3:50 - 5p	13
14	15 APE: Weight Room Weekly Theme Discussion After School: 3:50 - 5p	16 APE: Weight Room After School: 3:50 - 5p Cheer: 5 - 6p	17 APE: Sprint Pre-Tests After School: 3:50 - 4:30p (Outside)	18 APE: Weight Room After School: 3:50 - 5p Cheer: 5 - 6p	19 APE: Bruins Team Comp Draft Day & Rules After School: 3:50 - 5p	20
21	22 APE: Weight Room Weekly Theme Discussion After School: 3:50 - 5p	23 APE: Weight Room After School: 3:50 - 5p Cheer: 5 - 6p	24 APE: Athletic Enhancement After School: 3:50 - 4:30p (Outside)	25 APE: Weight Room After School: 3:50 - 5p Cheer: 5 - 6p	26 E Learning Day	27
28	29 APE: Weight Room Weekly Theme Discussion After School: 3:50 - 5p	30 APE: Weight Room After School: 3:50 - 5p Cheer: 5 - 6p	31 APE: Athletic Enhancement After School: 3:50 - 4:30p (Outside)			

CONGRATULATIONS TO THESE BRUINS



Congratulations to our own Ty Owens for being mentioned in the Indy Star "IHSAA football countdown: A dozen Central Indiana small-school standouts to watch in 2022."

EVENT WORKERS NEEDED

Anyone interested in working athletic events this fall can reach out to Mr. Scott Knapp knappsc@hendricks.k12.in.us or Mrs. Rebecca Saylor saylorre@hendricks.k12.in.us or sign up via EventLink. We can't do this alone, we need your help. Please consider being a part of our team. It's rewarding and fun!

UPCOMING EVENTS

Monday, August 1

Boys and Girls Cross Country, Football, Boys and Girls Soccer, Volleyball-First Official Practice

9:00 AM Girls Golf @ Seeger Invitational (Harrison Hills Country Club)

Tuesday, August 2

6:30 PM 2022 Softball Recognition Banquet

Wednesday, August 3

*4:30 PM Girls Golf vs. Cascade, **HOME** (West Chase Golf Club)*

Thursday, August 4

1st Day of School

Friday, August 5

No Events

Saturday, August 6

10:00 AM Competition Cheer @ Indiana State Fair Competition

TWYFL Opening Day - State Bank Stadium

Tri-West Middle School Opening Day-State Bank Stadium

5:30 PM Varsity Football Blue and Gold Scrimmage-State Bank Stadium