

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2023, Volume 26

January 16, 2023

[@triwestsports](#)

[Tri-West Athletic Website](#)

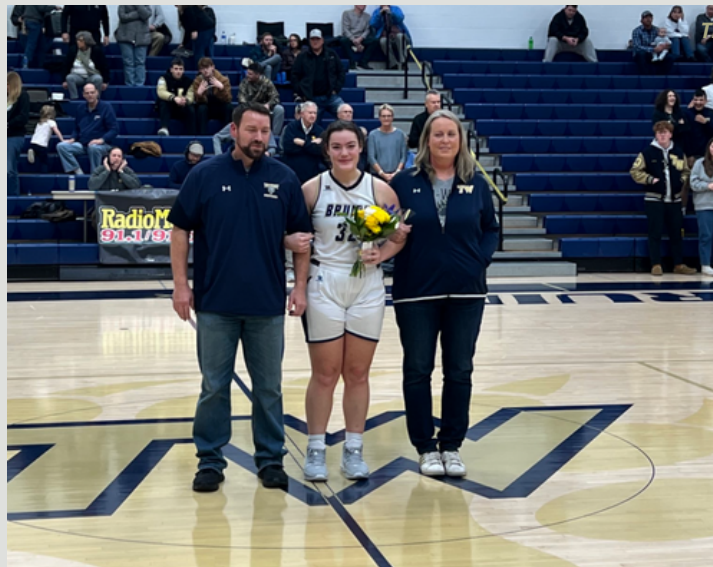
MESSAGE FROM THE ATHLETIC DIRECTOR

Girls Basketball Senior Night

This past Friday, we were able to honor our Senior Girls Basketball player, Ava Sullivan. Ava has been a leader on and off the court in many capacities. We look forward to seeing her continue her leadership through the end of the Girls Basketball season, as well as this spring on the TW Varsity Softball team. Congratulations on making an impact at Tri-West, Ava!



*Mr. Scott Knapp
Tri-West Athletic Director*



2nd College Signing Ceremony

The 2nd College Signing Ceremony will take place Wednesday, February 1st at 4:30 PM in the Tri-West High School Cafeteria. If you intend to participate, please fill out the form linked here.

[**TW COLLEGE SIGNING CEREMONY FORM**](#)

COACH WORL'S WORLD

Tri-West Strength & Conditioning apparel is now available by following this [link](#). Be sure to check out all the new items so you can represent our weights program in style. Deadline for orders is January 19th.



[Click here to see other styles and to order your TW Strength Gear](#)

BRUINS POWER CLUB

For our younger athletes, please take a look at the attached flyer for the **Bruins Power Club**. This program will be the foundation for our future Bruin athletes and is a fantastic way to improve agility, speed, and coordination in our youth athletes.

2023 Bruins Power Club

Who: Grades 2-8 (boys & girls)

When: January 18th - March 22nd (18 sessions)

What: Long-Term Athletic Development

- > Fundamental Movement
- > Movement Vocabulary
- > Balance & Stability
- > Dynamic Movement
- > Plyometric Technique
- > Speed Technique

Days: Monday & Wednesday ONLY

Time: 5:45p - 6:30p

Where: TWHS Weight Room/Old Wrestling Room/Aux Gym - Enter Door 7

Cost: \$180 - Cash or Check only - payable to Tri-West Athletics % Scott Worl

If you have any questions about the Bruins Power Club please contact Coach Worl at Tri-West High School:

Phone - 317.994.4043

Email - worlsc@hendricks.k12.in.us

Registration can be in-person at the beginning of Bruins Power Club.

Sign Up Form

I hereby give consent for my child to participate in the Tri-West Strength and Speed Camp. I agree that any personnel associated with the camp will not be held liable for injury sustained while at camp. In the event of injury, I authorize the staff to act in the best interest of my child and to obtain any medical help needed. I do understand that I am fully responsible for all financial obligations. Furthermore, I do state

that my child does have medical insurance in case of such an emergency.

STUDENT NAME _____

GRADE _____

PARENT/GUARDIAN _____

CONTACT # IN CASE OF EMERGENCY _____

PARENT SIGNATURE _____

WEEK IN REVIEW

- Girls C-Team Basketball defeated Brebeuf
- Girls JV Basketball defeated Brebeuf, 37-29
- Girls Varsity Basketball lost to Brebeuf, 33-52
- Girls C-Team Basketball lost to Center Grove, 11-38
- Girls JV Basketball defeated Lebanon, 41-28
- Boys Freshman Basketball defeated Lebanon
- Boys JV Basketball defeated Lebanon, 40-38
- Girls Varsity Basketball lost to Lebanon, 29-50
- Boys Varsity Basketball lost to Lebanon, 51-63
- Wrestling finished 6th out of 8 teams in the Sagamore Conference Championship
- Boys Swimming & Diving finished 4th out of 8 in the Sagamore Conference Championship
- Girls Swimming & Diving finished 5th out of 8 in the Sagamore Conference Championship

CONGRATULATIONS TO THESE BRUINS



**Congratulations to Logan Curran
Sagamore Conference Swimming &
Diving Champion in the 50 Freestyle**



**Congratulations to Spencer Watson
Sagamore Conference Wrestling
Champion 220 lb. Weight Class**

UPCOMING EVENTS

Monday, January 16

No School in honor of Martin Luther King, Jr. Day

Tuesday, January 17

7:30 PM Boys Freshman Basketball @ Avon

Wednesday, January 18

6:00/7:30 PM Girls JV/Varsity Basketball @ Cardinal Ritter

Thursday, January 19

6:00 PM B/G Swimming & Diving vs. Herron, **HOME, Senior Night**

6:00 PM Boys Freshman Basketball vs. Speedway, **HOME, TWHS Auxiliary Gym**

6:00 PM Wrestling vs. North Vermillion, **HOME, TWHS Main Gym, Senior Night**

Friday, January 20

6:00/7:30 PM Girls JV/Varsity Basketball @ Triton Central, *Pink Out Game*

6:00/7:30 PM Boys JV/Varsity Basketball @ Speedway

Saturday, January 21

9:00 AM Girls JV Basketball - Tri-West JV Invitational, **HOME, TWHS Auxiliary & Main Gyms**

10:30 AM Boys Freshman Basketball - Tri-West Freshman Invitational, **HOME, TWHS Auxiliary Gym**

12:00 PM Girls JV Basketball - Tri-West JV Invitational Consolation, **HOME, TWHS Auxiliary Gym**

12:00 PM Girls JV Basketball - Tri-West JV Invitational Championship, **HOME, TWHS Main Gym**

1:30 AM Boys Freshman Basketball - Tri-West Freshman Invitational Consolation, **HOME, TWHS Auxiliary Gym**

1:30 AM Boys Freshman Basketball - Tri-West Freshman Invitational Championship, **HOME, TWHS Main Gym**

5:00/6:30 PM Boys JV/Varsity Basketball @ Westfield

Sunday, January 22

5:00 PM IHSAA Girls Basketball State Tournament Pairings Show on IHSAAtv.org. Complete pairings will be available at IHSAA.org following the broadcast.



Amazing UMPIRES WANTED



The Indianapolis Umpire Association (IUA) is actively seeking Umpires for the upcoming Spring and Summer seasons. Training and mentoring programs are available. Our assigner will take care of all the scheduling for all your games. You can earn as much as **\$600 OR MORE WEEKLY**.

If this sounds like the place for you, go to our website www.iua-baseball.com, scroll down on the Home page and complete and submit the **Contact Us** form. Someone from the IUA will follow up with you promptly. Game sites are available all across central Indiana so **SIGN UP NOW!**



JOIN US

www.iua-baseball.com