

# TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2022, Volume 5

August 22, 2022

[@triwestsports](#)

[Tri-West Athletic Website](#)

## MESSAGE FROM THE ATHLETIC DIRECTOR

### Reminders for this week:

- **For our Student-Athletes:** The weather will continue to be hot and humid. Hydration is imperative as we compete in the elements. Drink water throughout the day, drink water before bed, get plenty of rest, and continue to hydrate before, during, and after competitions/practices. Also, this Friday's theme for the football game is **Red, White, and Blue!**



*Mr. Scott Knapp  
Tri-West Athletic Director*

- **For our Bruin Fans/Families:** We will host our first Home football game of the season this Friday night. Please, do not allow your children to bring any type of football into the stadium. With many people in attendance, throwing balls outside of the fenced in field is dangerous and will not be allowed. Balls will be confiscated and can be collected at the end of the game from Athletic Department Staff. Please be mindful of our elderly fans, and do not allow your children to run up and down the ramps as these need to remain clear for those patrons that cannot use stairs.

We are looking forward to dedicating our **State Bank Stadium** prior to kickoff, as well as honoring our Special Olympic Athletes with a special half-time event. We want to pack the house to support all our Bruins on Friday! Let's make it a great week and cheer on our Bruins at all of our events. This week's schedule, as always, is posted at the end of this newsletter. Go Bruins!





# BRUINS IN THE COMMUNITY



Coach Spence and the Tri-West High School Baseball program put on a free night of baseball skills and drills at Scott Park in Pittsboro for our local youth. This was a great event to involve our younger players with our High School students. Way to go, Bruins!



If you would like to help at Athletic Events (and get paid!), please reach out to Mr. Knapp or Mrs. Saylor. You can also sign up on EventLink!



# WEEK IN REVIEW

- JV Volleyball defeated Greencastle, 2-0
- Varsity Volleyball defeated Greencastle, 3-0
- Girls Golf (214) lost to Southmont (193) and beat Monrovia (215)
- Girls Varsity Soccer defeated Greencastle, 3-0
- JV Volleyball defeated Danville, 2-0
- Varsity Volleyball defeated Danville, 3-0
- Freshman Volleyball lost to Westfield, 0-2
- Girls Golf lost to Lebanon, 206-172
- Boys Varsity Soccer lost to Ben Davis, 2-3
- Boys JV Soccer (1 Half) lost to Ben Davis, 0-5
- Freshman Volleyball @ Zionsville
- JV Volleyball lost to Zionsville, 0-2
- Varsity Volleyball lost to Zionsville, 1-3
- Girls JV Soccer lost to Cathedral, 0-4
- Girls Varsity Soccer lost to Cathedral, 0-3
- Varsity Football defeated Western High School, 20-14
- JV Volleyball placed 2nd in the Maverick JV Invitational defeating North Central, Delta, and Noblesville; losing to HSE
- Boys Varsity Soccer lost to West Lafayette, 0-5
- Boys JV (1 Half) Soccer lost to West Lafayette, 1-2
- JV Football defeated Western, 40-28
- B/G Cross Country competed in The Jeremy Wright Memorial Small School Invitational; Boys finished in 24th out of 28 teams; Girls had an incomplete team
- Girls Golf at the Lady Mountie Invitational was incomplete

## TRI-WEST HIGH SCHOOL ALL-SPORTS PASSES



*Click here for more information on 2022-23 All-Sports Passes*



# COACH WORLD'S WORLD

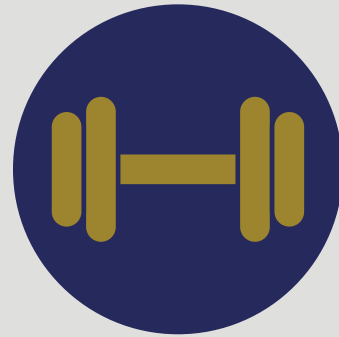
## WEIGHT ROOM SCHEDULE - AUGUST

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 <b>No School</b>	2 <b>No School</b>	3 <b>No School</b>	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 Elearning 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)			

APE (Advanced Physical Education) Weekly Theme

### CHARACTER

Good character is more to be praised than outstanding talent.  
We build character by choice, courage and determination.  
Athletic competition will reveal character.



5th Period All-Female APE Class



# CONGRATULATIONS TO THESE BRUINS



Congratulations to our JV and Varsity Volleyball teams for defeating Greencastle and Danville this week.



Congratulations to our JV and Varsity Football teams for defeating Western High School.

## UPCOMING EVENTS

### Monday, August 22

6:00 PM Boys Varsity Soccer @ Greenwood High School  
6:00/7:45 PM Girls JV/Varsity Soccer vs. Brownsburg, **HOME, State Bank Stadium Turf Field**  
6:00 PM Freshman Volleyball vs. Avon, **HOME, TWHS Auxiliary Gym**  
6:00/7:15 PM JV/Varsity Volleyball vs. Avon, **HOME, Youth Night, TWHS Main Gym**

### Tuesday, August 23

*No Events*

### Wednesday, August 24

*No Events*

### Thursday, August 25

5:30 PM Girls Golf @ Pike (Saddlebrook Golf Club)  
5:30/7:15 PM Girls Varsity/JV Soccer vs. Western Boone, **HOME, Grass Field**  
6:00/7:45 PM Boys Varsity/JV (1 Half) Soccer @ Cardinal Ritter High School  
6:00 PM Freshman Volleyball vs. Lebanon, **HOME, TWHS Auxiliary Gym**  
6:00/7:15 PM JV/Varsity Volleyball vs. Lebanon, **HOME, Grandparents Night, TWHS Main Gym**

### Friday, August 26

7:00 PM Varsity Football vs. Brebeuf Jesuit, **HOME, Special Olympics Night**

### Saturday, August 27

8:30 AM B/G Cross Country @ Franklin Invitational (Franklin Community High School)  
9:00 AM Girls Golf @ Lebanon Invitational (Ulen Country Club)  
10:00 AM JV Football @ Brebeuf Jesuit  
10:00 AM Girls JV Soccer @ Plainfield High School