

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2022, Volume 4

August 15, 2022

[@triwestsports](#)

[Tri-West Athletic Website](#)

MESSAGE FROM THE ATHLETIC DIRECTOR

This past Saturday, we kicked off our fall season of competition. It will only get busier and more exciting from here on out. With all of the upcoming events, I want to focus on **Sportsmanship**. The IHSAA and we, as the Tri-West Athletic Department, place great value in displaying sportsmanship. The IHSAA shares the following guidelines for Student Athletes:



Mr. Scott Knapp
Tri-West Athletic Director

The responsibility of players with regards to sportsmanship is second in importance only to the coach. Because players are admired and respected, they can exert a great deal of influence over the actions and behaviors of spectators.

WHAT YOU CAN DO?

- Treat opponents with the respect they deserve as guests and fellow human beings.
- Shake hands with opponents and wish them good luck before and after the contest.
- Exercise self-control at all times, accepting decisions and abiding by them.
- Respect the integrity and judgment of the officials. Never argue or make gestures indicating the dislike of a decision.
- Accept both victory and defeat with pride and compassion, being neither boastful nor bitter.
- Congratulate opponents in a sincere manner following either victory or defeat.

Again, these are the expectations of the Tri-West Athletic Department and what is required of our student-athletes. More information can be found [here](#) regarding sportsmanship.



BRUINS IN THE COMMUNITY

We want your high school athletic experience to be about more than just yourself and your competitions. Our **Boys Soccer team** did just that by volunteering their time with the Hendricks Count STAR Soccer Program. STAR Soccer stands for Success Through Adaptive Rec Soccer, and the goal of the STAR program is to adapt the game of soccer for all special needs and abilities, and to give kids with special needs the ability to participate in the same soccer programs that their siblings participate in. Great work by our Boys Soccer team in giving back to this worthwhile organization.



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!

WEEK IN REVIEW

- Girls Golf finished in 4th place out of 5 teams in the Hendricks County Championship
- Volleyball finished in 2nd place out of 8 teams at the Providence Kickoff Classic
- Boys and Girls Cross Country competed in the Valley Cross Meet on the LeVern Gibson Course in Terre Haute. Out of 345 athletes, TW Boys runners finished: Lowe (213th), DeBello (318th), and James (341st). Out of 328 athletes, TW Girls runners finished: Townsend (251st), Waters (311th), and Hull (317th)
- Girls Golf finished in 3rd place out of 9 teams in the Shenandoah Invitational



TWHS ALL-SPORTS PASS REMINDER

Just a reminder to purchase your Tri-West High School All-Sports pass if you have not done so already. The All-Sports pass is a great way to attend all of your favorite TW Athletic Events while saving you money.

TRI-WEST HIGH SCHOOL ALL-SPORTS PASSES



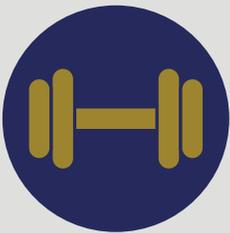
[Click here for more information on 2022-23 All-Sports Passes](#)



COACH WORL'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)			



Get your TW Strength and Conditioning Apparel [here!](#)



APE (Advanced Physical Education) Weekly Theme

DISCIPLINE

Bruins are committed to doing what has to be done, when it has to be done and the way it is expected to be done every single time.



CONGRATULATIONS TO THESE BRUINS



Congratulations to Mrs. Saylor for earning her Registered Athletic Administrator (RAA) Certification. Mrs. Saylor has served as Athletic Secretary for the past 12 years, and we appreciate her dedication to the department.

TRI-WEST FALL ATHLETIC APPAREL



CROSS COUNTRY



FOOTBALL



SOCCER



VOLLEYBALL

Click on the links above to purchase your fall sport athletic gear!



UPCOMING EVENTS

Monday, August 15

6:00/7:15 PM JV/Varsity Volleyball vs. Greencastle, HOME

Tuesday, August 16

5:00 PM Girls Golf @ Southmont/Monrovia (Crawfordsville Country Club)

6:00 PM Girls Varsity Soccer @ Greencastle

6:30 PM TWHS Back to School Night

Wednesday, August 17

5:30/6:45 PM JV/Varsity Volleyball @ Danville

6:00 PM Freshman Volleyball @ Westfield

Thursday, August 18

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

5:30/7:15 PM Boys Varsity/JV (1 Half) Soccer @ Ben Davis

6:00 PM Freshman Volleyball @ Zionsville

6:00/7:15 PM JV/Varsity Volleyball @ Zionsville

6:00/7:45 PM Girls JV/Varsity Soccer @ Cathedral (Lawrence Park, Indianapolis)

Friday, August 19

7:30 PM Varsity Football @ Western High School

Saturday, August 20

9:00 AM JV Volleyball @ Maverick JV Invitational (McCutcheon High School)

10:00/11:45 AM Boys Varsity/JV (1 Half) Soccer vs. West Lafayette, HOME (Grass Field)

10:00 AM JV Football vs. Western, HOME, State Bank Stadium Turf Field

10:30 AM B/G Cross Country @ The Jeremy Wright Memorial Small School Invitational @ Southwestern Shelby (Blue River Memorial Park, Shelbyville)

1:00 PM Girls Golf @ Lady Mountie Invitational (Crawfordsville Country Club)