

TW TRI-WEST HIGH SCHOOL **ATHLETICS** NEWSLETTER

Edition 2 - 2023, Volume 20

November 20, 2023

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Building Tomorrow's Leaders Today

MESSAGE FROM THE ATHLETIC DIRECTOR

ACCOUNTABILITY

Accountability in athletics is doing what you say you're going to do and executing the task to the best of your ability. It also means being able to put your hand up and say 'this is what I need to do better' if you don't get it right.

Being accountable is not making excuses, not blaming others or whining and complaining. Accountability in athletics is taking ownership of something and making sure you 'know your job and do your job' 100% of the time.

Accountability happens when you are the one critiquing your own performance. This is what successful people do. This is what competitive athletes do.

Accountability in athletics also extends to holding others accountable. Being able to have an accountability conversation with a teammate is critical if you want to reach the highest level of performance. Be willing to hold yourself accountable so that you can hold your teammates accountable as well. Keep pushing yourselves, and keep pushing each other.



Mr. Scott Knapp
Tri-West Athletic Director



Fall 2023 IHSAA Accomplishments For the Sagamore Athletic Conference

Sectional (6)	Regional (2)	Semi-State (0)	State Runner-Up (0)	State Champion (0)
<u>Girls Golf</u> Western Boone	<u>Girls Golf</u>		<u>Girls Golf</u>	<u>Girls Golf</u>
<u>Boys Tennis</u> Crawfordsville	<u>Boys Tennis</u>	<u>Boys Tennis</u>	<u>Boys Tennis</u>	<u>Boys Tennis</u>
<u>Boys Cross Country</u>	<u>Boys Cross Country</u>		<u>Boys Cross Country</u>	<u>Boys Cross Country</u>
<u>Girls Cross Country</u>	<u>Girls Cross Country</u>		<u>Girls Cross Country</u>	<u>Girls Cross Country</u>
<u>Boys Soccer</u>	<u>Boys Soccer</u>	<u>Boys Soccer</u>	<u>Boys Soccer</u>	<u>Boys Soccer</u>
<u>Girls Soccer</u> Tri-West	<u>Girls Soccer</u>	<u>Girls Soccer</u>	<u>Girls Soccer</u>	<u>Girls Soccer</u>
<u>Volleyball</u> Tri-West	<u>Volleyball</u> Tri-West	<u>Volleyball</u>	<u>Volleyball</u>	<u>Volleyball</u>
<u>Football</u> Southmont Tri-West	<u>Football</u> Southmont	<u>Football</u>	<u>Football</u>	<u>Football</u>

IHSAA Individual State Champions	None
IHSAA Mental Attitude Award Winner	None

SAGAMORE ATHLETIC CONFERENCE
Excellence In Athletic Competition Since 1967

COACH WORL'S WORLD



Quote

Monday 11/20

Tuesday 11/21

Wednesday 11/22

Thursday 11/23

Friday 11/24

"The greatest blessings come wrapped in difficulties."

-Lew Caralla

APE: Max Effort Lower Body

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

APE: Max Effort Upper Body

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

(Boys Basketball & Girls Soccer)

CLOSED



Boys Basketball: Strength Training
1:00p

Touch the line.

"Man, why's Coach always on us for not touching the line?"

It's simple. If you can't be disciplined enough to touch the line when you're running just like everyone else, you can't be trusted when the game is on the line. The difference between winning and losing is that one unintentional inch. Touching the line is the ultimate metaphor for how well you do the little things.

If you put your hands together and point them out at a 10-degree angle, it's not a big deal. But if you keep moving your hands up at a 10-degree angle and watch them slowly drift apart, it becomes a big gap. So don't get mad later at your players for not doing the little things right when you watched them miss the line the whole off-season. Things stack up over time, good and bad. Don't get mad at the storm that you created by watching the bad. What you choose to ignore will eventually become your reality.

So the question for you is, what part of your life do you need to stop missing the line in? As a coach, parent, husband, teammate, or a leader, you need to touch the line. Because when it's all said and done, one day you'll realize that all the little things in life were actually the big things. Have a great day.

This Week's Reading

WEEK IN REVIEW

- Girls JV Basketball defeated Heritage Christian, 49-15
- Girls Varsity Basketball defeated Heritage Christian, 44-37
- Girls Swimming defeated International, 94-38
- Girls Swimming defeated North Putnam, 82-63
- Girls JV Basketball lost to Danville, 16-25
- Girls Varsity Basketball lost to Danville in OT, 55-60

WINTER SPORT PROGRAM

The 2023-2024 Winter Sport Program advertisements are available for purchase. The Winter Sport Program is also a perfect place to put a Senior Shout-Out for your favorite Senior. See the attached form to purchase yours today! Deadline for purchase is November 27th.

2023-2024 Winter Sports Program

Thank you for considering placing an advertisement in our Winter Sports Program. Your generous support of our student-athletes and athletic programs is greatly appreciated by the Athletic Department. The Winter Sports Program will be available at all home athletic events this winter including Boys & Girls Basketball, Boys & Girls Swimming, and Boys & Girls Wrestling. The full page, half page, quarter page, and business card sized advertisements will be placed throughout the program among the Winter Sport team photos, rosters, schedules, and other information. This is also an excellent way to post a Senior shout-out. Please select from the following options:

ADVERTISEMENT SIZES & RATES

Selection <input checked="" type="checkbox"/>	Size	Dimensions	Black & White Pricing	Color Pricing
	Business Card	Approximately 1 ½" x 3"	\$40.00	\$50.00
	¼ Page	Approximately 4" x 5"	\$70.00	\$80.00
	½ Page	Approximately 5" x 8"	\$125.00	\$140.00
	Full Page	Approximately 8" x 11"	\$225.00	\$250.00

CONTACT INFORMATION

Name _____

Business Name (if applicable) _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Email _____

Please contact the Athletic Department with any questions. You can send Advertisement/Senior Shout-Out layouts directly to Mr. Knapp, knappsc@hendricks.k12.in.us

Submissions are due by November 27, 2023

Please make checks payable to the Tri-West Athletic Department. Forms and checks can be dropped off at the Athletic Office. Please contact the Athletic Department to make other arrangements if necessary.

CONGRATULATIONS TO THESE BRUINS

**Congratulations
to Girls
Basketball for
defeating
Heritage
Christian**



**Congratulations
to Girls
Swimming for
defeating
International and
North Putnam**

UPCOMING EVENTS

Monday, November 20

6:00 PM Boys Basketball Parent Meeting, TWHS Cafeteria

Tuesday, November 21

6:00/7:30 PM Girls JV/Varsity Basketball vs Cascade, **HOME, TWHS Main Gym, Pink Out Night**

6:00 PM Boys & Girls Swimming & Diving vs Danville/Southmont @ Danville

Wednesday, November 22

No School, Thanksgiving Break

6:00/7:30 PM Boys JV/Varsity Basketball vs Cascade, **HOME, TWHS Main Gym**

Thursday, November 23

No School, Thanksgiving Day

No Events

Friday, November 24

No School, Thanksgiving Break

No Events

Saturday, November 25

11:00 AM Boys Swimming @ Harrison Time Trial Invitational

12:00/1:30 PM Girls JV/Varsity Basketball vs Plainfield, **HOME, TWHS Main Gym, Grandparents Day**

5:00/6:15/7:30 PM Boys Freshman/JV/Varsity Basketball vs Plainfield, **HOME, TWHS Main Gym**

NEW Winter Bruin Spirit Wear Available HERE!

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

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