

# TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2022, Volume 16

November 7, 2022

[@triwestsports](#)

[Tri-West Athletic Website](#)

## MESSAGE FROM THE ATHLETIC DIRECTOR

### TRI-WEST CHEERLEADERS WIN STATE!



Mr. Scott Knapp  
Tri-West Athletic Director

Congratulations to our Competition Cheerleading squad for winning the IASP State Cheerleading Championships this past Saturday at New Castle High School. We are incredibly proud of this hardworking team.

### Vision has Value

This past Sunday morning at Venture Church, our pastor said, "There is value in the vision." I feel like it translates to athletics perfectly. Much like we have talked about goal setting, having a vision for where you see yourself and your team has value. The value is two-fold: it directs you where you are going, and it defines what your job/role is along the way. There is value in knowing what you want your future to look like because it will help you make choices. *Will this help me or hinder me?* If it doesn't fit in your vision for your future, it can't be a part of your life. Part of having that vision is allowing yourself to dream. I encourage you to dream big. "Dreaming is free!" and I hope you will use your dreams to direct your steps, to guide your decisions, and to help make your vision for your future a reality.

# FALL AWARDS PROGRAM

## **Fall Sports Awards Program- November 14th at 6:30 PM in the Main Gym**

We will recognize all of our Fall Sports teams at this event. All Fall Athletes and their parents should plan to attend.

## 1st TEAM ALL-CONFERENCE BANQUET

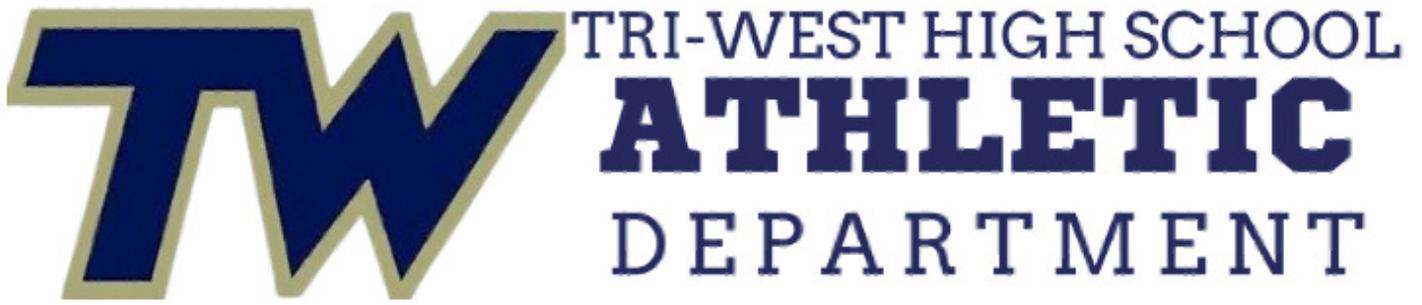


Congratulations to our 1st Team All-Conference Award recipients

## 1st COLLEGE SIGNING CEREMONY

### **1st College Signing Ceremony- November 9th at 4:30 PM, TWHS Cafeteria**

The College Signing Ceremony is intended to recognize those Senior student-athletes who plan to further their athletic career after graduation. Please invite your families, friends, and teammates to join us November 9th to be a part of the celebration. You are encouraged to wear apparel from your respective College/University.



## Collegiate Athletic Signing Ceremony

Wednesday, November 9<sup>th</sup> - 4:30 PM

**Claire Donald**                      **Soccer**                      **Saint Mary-of-the-Woods College**

➤ **Presenter: Rebecca Saylor**

**Kate Hardin**                      **Soccer**                      **Indiana University-Purdue University Columbus**  
**Kylie Hardin**                      **Soccer**                      **Indiana University-Purdue University Columbus**

➤ **Presenter: Dustin Malicoat**

**Elle Patterson**                      **Volleyball**                      **Fairfield University**

➤ **Presenter: Suzanne Masten**

**Lainey Price**                      **Softball**                      **Danville Area Community College**  
**Ava Sullivan**                      **Softball**                      **Purdue University Fort Wayne**  
**Nicole Mathews**                      **Softball**                      **Lincoln Trail College**

➤ **Presenter: Mike Miller**



Superintendent: Dr. Scott Syverson; Principal: Matt Rund; Athletic Director: Scott Knapp; Athletic Secretary: Rebecca Saylor;  
Strength Coach: Scott Worl;  Hendricks Regional Health Trainers: Courtney Crabtree; Brittany Ford

**TW** [Triwestbruins.com](http://Triwestbruins.com)  [@triwestsports](https://twitter.com/triwestsports)

## TW S&C After School Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
	Strength Training 3:50p - 4:35p (All Athletes)	Strength Training 3:50p - 4:35p (All Athletes)	Athletic Enhancement 3:50p - 4:35p (All Athletes)	Strength Training 3:50p - 4:35p (All Athletes)	Strength Training 3:50p - 4:35p (All Athletes)
	4:45p - 5:30p (Female Only)	4:45p - 5:30p (Female Only)		4:45p - 5:30p (Female Only)	4:45p - 5:30p (Female Only)

Meet outside the weight room each day.

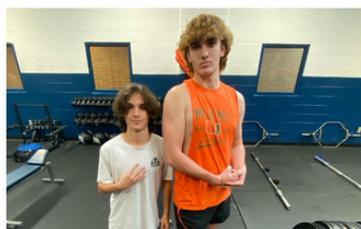
Bring the following:

1. Full water bottle
2. Workout clothes and tennis shoes
  - a. Dress warm as we will be outside Wednesday's as long as weather permits

Weight Room Structure:

1. Movement Prep = 5 min
2. Strength Training program = 5 stations, 7 min each
3. Groups will be assigned on daily attendance
4. Weight Room clean up = 5 min

## APE PERFORMERS OF THE WEEK



## 2022 SAC FALL SPORTS - FINAL RESULTS

### GIRLS SPORTS

#### CROSS COUNTRY

Lebanon	31
Western Boone	55
Crawfordsville	71
Frankfort	94
Southmont	116
North Montgomery	163
Danville	---
<b>Tri-West</b>	<b>---</b>

#### GOLF

Lebanon	355
Western Boone	394
Southmont	394
<b>Tri-West</b>	<b>404</b>
Crawfordsville	440
North Montgomery	441
Danville	446
Frankfort	---

#### SOCCER

Danville	7	0
<b>Tri-West</b>	<b>6</b>	<b>1</b>
Southmont	4	3
Western Boone	4	3
Frankfort	3	4
Lebanon	2	5
North Montgomery	1	6
Crawfordsville	1	6

#### VOLLEYBALL

Western Boone	7	0
<b>Tri-West</b>	<b>6</b>	<b>1</b>
Lebanon	5	2
Danville	4	3
Crawfordsville	3	4
Southmont	2	5
Frankfort	1	6
North Montgomery	0	7

### BOYS SPORTS

#### CROSS COUNTRY

Lebanon	43
Crawfordsville	52
Danville	75
Frankfort	76
Southmont	128
North Montgomery	178
<b>Tri-West</b>	<b>191</b>
Western Boone	198

#### TENNIS

Crawfordsville	6	0
Lebanon	5	1
Southmont	4	2
Danville	2	4
Western Boone	2	4
Frankfort	1	5
North Montgomery	1	5

#### SOCCER

Frankfort	7	0
Lebanon	6	1
<b>Tri-West</b>	<b>5</b>	<b>2</b>
Crawfordsville	4	3
Danville	3	4
Southmont	2	5
Western Boone	1	6
North Montgomery	0	7

#### FOOTBALL

<b>Tri-West</b>	<b>6</b>	<b>1</b>
Western Boone	6	1
Lebanon	5	2
Southmont	4	3
Danville	3	4
North Montgomery	3	4
Crawfordsville	1	6
Frankfort	0	7

## FALL ALL-SPORTS FINAL STANDINGS

### GIRLS SPORTS

1.	Western Boone	27.5
2.	Lebanon	25.0
<b>3.</b>	<b>Tri-West</b>	<b>19.5</b>
4.	Southmont	18.5
5.	Crawfordsville	15.5
5.	Danville	15.5
7.	Frankfort	11.0
8.	North Montgomery	8.5

### BOYS SPORTS

1.	Lebanon	28.0
2.	Crawfordsville	22.0
3.	Danville	18.0
3.	Southmont	18.0
5.	Frankfort	16.5
<b>6.</b>	<b>Tri-West</b>	<b>15.5</b>
7.	Western Boone	15.0
8.	North Montgomery	10.0



# Fall 2022 IHSAA Accomplishments For the Sagamore Athletic Conference

Sectional (4)	Regional (1)	Semi-State (0)	State Runner-Up (0)	State Champion (0)
<u>Girls Golf</u>	<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>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>Girls Cross Country</u>
<u>Boys Soccer</u> Crawfordsville	<u>Boys Soccer</u>	<u>Boys Soccer</u>	<u>Boys Soccer</u>	<u>Boys Soccer</u>
<u>Girls Soccer</u> Danville	<u>Girls Soccer</u>	<u>Girls Soccer</u>	<u>Girls Soccer</u>	<u>Girls Soccer</u>
<u>Volleyball</u> Western Boone	<u>Volleyball</u> Western Boone	<u>Volleyball</u>	<u>Volleyball</u>	<u>Volleyball</u>
<u>Football</u>	<u>Football</u>	<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*

# UPCOMING EVENTS

## **Monday, November 7**

*Official Start Date for Boys Basketball and Boys Swimming*

## **Tuesday, November 8**

6:00/7:30 PM Girls JV/Varsity Basketball vs. Westfield, **HOME, Grandparents Night (TWHS Main Gym)**

## **Wednesday, November 9**

4:30 PM 1st College Signing Ceremony (TWHS Cafeteria)

5:30 PM Boys/Girls Swimming Parent Meeting (TWHS Cafeteria)

6:00 PM Boys Basketball Parent Meeting (TWHS Auditorium)

## **Thursday, November 10**

*No Events*

## **Friday, November 11**

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

## **Saturday, November 12**

*No Events*