

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2022, Volume 18

November 21, 2022

[@triwestsports](#)

[Tri-West Athletic Website](#)

MESSAGE FROM THE ATHLETIC DIRECTOR

Thanksgiving and Gratitude

As we approach Thanksgiving, I can think of many things we can be grateful for in our world of athletics.

- **Our Athletic Community.** Being a part of a team is like walking into a gigantic family. What a gift it is to practice, play, and grow together with a group of people who are excited about what you are doing.
- **Adult Mentors.** The people who pour into you through athletics are all here for the same reason-to help student-athletes grow and develop as players and people. Be sure to express gratitude to those Adult Mentors in your life.
- **Athletic Facilities.** What a privilege it is to live in a community that values athletics and is willing to make necessary upgrades in order for you to have the best high school athletic experience.
- **Reaching for the Same Goal.** There is something special about being on a team and working alongside each other towards the same goal. Be sure to express gratitude to your teammates for making the commitment to the program.



Mr. Scott Knapp
Tri-West Athletic Director



Thanksgiving

TW S&C After School Training Schedule

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

ADVANCED PHYSICAL EDUCATION

APE WEEKLY

THEME:

**SHOWING
THANKS**

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

JOHN F. KENNEDY

WEEK IN REVIEW

- Girls C-Team Basketball lost to Pike, 28-34
- Girls Swimming defeated International, 107-54
- Girls Swimming defeated North Putnam, 96-58
- Girls JV Basketball defeated Danville, 30-26
- Girls Varsity Basketball lost to Danville, 28-56

CONGRATULATIONS TO THESE BRUINS



Congratulations to our Girls Swim & Diving team for defeating International and North Putnam

Congratulations to student-athlete, Madi Parker on winning Tri-West Distinguished Young Woman Competition. Good luck to Madi at the State Competition!



FALL SPORTS AWARDS PROGRAM PHOTOS



Congratulations
Fall Athletes

BRUIN SERVICE AWARD



We were able to honor two outstanding Bruins with our inaugural **Bruin Service Award** at our Fall Sports Awards Program. The Bruin Service award is "Presented in Appreciation for Outstanding Effort and Support for Tri-West Athletics." Receiving our Fall Bruin Service Awards were retired TW teacher and coach, **Mrs. Vicky Williams** and our current Athletic Secretary, **Mrs. Rebecca Saylor**.

UPCOMING EVENTS

Monday, November 21

No Events

Tuesday, November 22

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

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

Wednesday, November 23

No School, Thanksgiving Break

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

Thursday, November 24

No School, Thanksgiving Break

Friday, November 25

No School, Thanksgiving Break

Saturday, November 26

5:00/6:15/7:45 PM Boys Freshman/JV/Varsity Basketball @ Plainfield

6:00/7:45 PM Girls Varsity/ JV Basketball @ Plainfield