

TW TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 1 - 2023, Volume 35

March 20, 2023

[@triwestsports](#)

[Tri-West Athletic Website](#)

MESSAGE FROM THE ATHLETIC DIRECTOR

Seussical Success



Mr. Scott Knapp
Tri-West Athletic Director

Over the weekend, I had the privilege to attend Tri-West's production of *Seussical*. I was so proud to see many of our student-athletes on stage. I was impressed by ALL of the students in the show; those on stage and backstage. I have seen these students working after school on set designs and rehearsing lines. The hours that these students put into refining their craft to make the show the best it could possibly be is incredible. It was a true pleasure to see it all come together. It was a great way to spend an evening with my family, and made me very proud to be a Bruin!



COACH WORLD'S WORLD

	Monday 3/20	Tuesday 3/21	Wednesday 3/22	Thursday 3/23	Friday 3/24
	eLearning Day	After School Strength & Speed 3:50p - 4:45p (All Athletes)	After School Strength & Speed 3:50p - 4:45p (All Athletes)	CLOSED	
	CLOSED				

Part 3: The Expanded Role of the HS Strength Coach

- Kevin Vanderbush, Head Strength Coach - Ben Davis HS, CSCS

**THE EXPANDED ROLE OF THE
HIGH SCHOOL STRENGTH
COACH - A 7 PART SERIES BY
KEVIN VANDERBUSH, CSCS,
BEN DAVIS HIGH SCHOOL**

**PART 3: DEVELOP
LEADERSHIP TEAMS AND
TRAINING**

**LEADERSHIP SKILLS ARE AN
IMPORTANT PART OF ATHLETIC
TEAMS. WE AS COACHES
OFTEN ASSUME THAT OUR
ATHLETES KNOW MORE
ABOUT LEADERSHIP THAN
THEY ACTUALLY DO. BY
DEVELOPING LEADERSHIP
TRAINING AND TEAMS WE
CAN TEACH OUR STUDENT-
ATHLETES LIFE LONG SKILLS.**

BRUINS IN THE COMMUNITY

A big thank you to our TW Baseball program for getting up early to read to our younger students!



WEEK IN REVIEW

- Boys Volleyball lost to Indy Genesis, 0-3
- Boys/Girls Track & Field competed in the Red Devil Last Chance Indoor Qualifier at University of Indianapolis. Complete team results can be found [here](#).
- Boys Volleyball competed in the Monrovia Tournament losing to Whiteland, 0-2 and Monrovia, 0-2 and defeating International, 2-1

CONGRATULATIONS TO THESE BRUINS



Congratulations to our Boys Volleyball team for defeating International in the Monrovia Tournament

UPCOMING EVENTS

Monday, March 20

6:00 PM Boys Volleyball vs. Ben Davis, **HOME, TWHS Main Gym**

Tuesday, March 21

6:00/6:00 PM JV/Varsity Softball @ Fishers

Wednesday, March 22

6:00 PM JV Softball @ Zionsville

6:00 PM Boys Volleyball vs. Southport, **HOME, TWHS Main Gym**

Thursday, March 23

5:30 PM Varsity Baseball @ Ben Davis (Scrimmage)

Friday, March 24

No School; No Events

Saturday, March 25

4:00 PM Boys/Girls Track & Field Hoosier State Relays Indoor Finals @ Gladstein Fieldhouse (Indiana University - Must have Qualified)

Hendricks County Special Olympics Swimming 2023 Season

All Practices will be At Tri West High School. Please enter Door 9. See schedule listed below for dates and times.

- 1 Saturday March 11th 1:00pm – 2:00pm
 - 2 Saturday March 18th 1:00pm – 2:00pm
 - 3 Saturday April 8th 1:00pm – 2:00pm
 - 4 Saturday April 15th 1:00pm – 2:00pm
 - 5 Saturday April 22nd 1:00pm – 2:00pm
 - 6 Saturday April 29th 1:00pm – 2:00pm
 - 7 Saturday May 6th 1:00pm – 2:00pm
 - 8 Saturday May 13th 1:00pm – 2:00pm
- Extra Practices TBD

State Games in Terre Haute June 9th – June 11th.

Any questions please reach to me

Scott Stanley

stanleysj2020@gmail.com



Lessons Schedule for April and May

Lessons are for ages 2-10 years old. They are three days, 30 minute sessions, with no more than two swimmers to one instructor. \$50.00 per week. We will work with the swimmer at their level and progress from there.

Register at triwestswimclub.org. You may register for one week or multiple weeks.

April

Week #2

Class #1 April 11, 12 & 13 at 6:30 PM

Class #2 April 11, 12 & 13 at 7:00 PM

Week #3

Class #3 April 18, 19 & 20 at 6:30 PM

Class #4 April 18, 19 & 20 at 7:00 PM

Week #4

Class #5 April 25, 26 & 27 at 6:30 PM

Class #6 April 25, 26 & 27 at 7:00 PM

May

Week #2

Class #7 May 9, 10 & 11 at 6:30 PM

Class #8 May 9, 10 & 11 at 7:00 PM

Week #3

Class #9 May 16, 17 & 18 at 6:30 PM

Class #10 May 16, 17 & 18 at 7:00 PM

Week #4

Class #11 May 23, 24 & 25 at 6:30 PM

Class #12 May 23, 24 & 25 at 7:00 PM

More Lessons will be provided in June and July.
Questions please email triwestswimclub@gmail.com