

# TRI-WEST HIGH SCHOOL ATHLETICS NEWSLETTER

Edition 2 - 2023, Volume 7

August 21, 2023

[@triwestsports](#)

[Tri-West Athletic Website](#)

***Building Tomorrow's Leaders Today***

## MESSAGE FROM THE ATHLETIC DIRECTOR

### **Friday Night Success**

Friday was a beautiful night for our first Home football game of the 2023 season. The atmosphere was electric! From Tailgate Town to the enthusiastic student section, Friday night was fun! A big thank you goes out to all of our behind-the-scenes workers that made Friday a huge success. Congratulations to our football team on their win over Western. Next week, we are Away at Brebeuf, only a 20 mile drive. Let's bring the same energy and enthusiasm to support our team!



*Mr. Scott Knapp  
Tri-West Athletic Director*

### **Upcoming Competitions**

Many of our teams are facing some tough competitions in this early part of the season. We play some bigger schools and some of the best competition in the State. This is on purpose, and is meant to make our teams better when it comes to the time it really counts--conference and post-season tournament time. Don't be discouraged. Take pride in these opportunities to compete at a high level. It will only help us in the long run.

### **Hydrate, Hydrate, Hydrate**

Hydration is key over these next several days of high temperatures, high humidity, and high heat index. As temperatures rise, so should your intake of water. Be sure to pay attention to your body and know when you need a break. Coaches are encouraged to give frequent water breaks and alter practice times during this week. Let's have a great and safe week.



# FALL TRANSPORTATION FEE

If you are a Fall athlete and have not paid your \$25 transportation fee, please do so at your earliest convenience. Checks can be made payable to Tri-West High School.



## BRUISER THE BRUIN

Friday night we announced the name of our new Bruin Mascot: **Bruiser!**





# COACH WORLD'S WORLD



## Quote

"Knowing is not enough, we must apply. Willing is not enough, we must do."

Bruce Lee

## Monday 8/21

APE: Max Effort Lower Body

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

## Tuesday 8/22

APE: Dynamic Effort Upper Body

After School Strength Training  
3:50 - 4:50p

## Wednesday 8/23

APE: Synthesis Lesson & Projected MAX tutorial

After School Athletic Enhancement & Conditioning  
3:50 - 4:30p

## Thursday 8/24

APE: Dynamic Effort Lower Body

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

## Friday 8/25

APE: Max Effort Upper Body

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



PIC•COLLAGE

F  
L  
E  
X  
-  
O  
N

F  
R  
I  
D  
A  
Y



# WEEK IN REVIEW

- Girls JV Soccer lost to Avon, 2-3
- Girls Varsity Soccer tied Avon, 2-2
- Girls Golf defeated Monrovia and Southmont, 195-227-197
- Boys Varsity Soccer lost to Avon, 0-6
- Boys JV Soccer lost to Avon, 0-3 (1 half)
- Girls Golf lost to Lebanon, 211-176
- JV Volleyball defeated Danville, 2-0
- Varsity Volleyball defeated Danville, 3-0
- Girls JV Soccer lost to Cathedral, 0-4
- Girls Varsity Soccer lost to Cathedral, 0-8
- Boys Varsity Soccer lost to Ben Davis, 0-5
- Boys JV Soccer lost to Ben Davis, 0-9
- JV Volleyball lost to Zionsville, 0-2
- Varsity Volleyball lost to Zionsville, 2-3
- Football defeated Western, 42-6
- JV Volleyball went 2-2 in the Maverick JV Invitational
- Girls Golf placed 5th out of 11 in the Lady Mountie Invitational
- Boys Varsity Soccer lost to West Lafayette, 3-6
- Boys JV Soccer lost to West Lafayette, 3-4
- JV Football defeated Western, 42-6
- B/G Cross Country results from The Jeremy Wright Memorial can be found [here](#).

## TRI-WEST HIGH SCHOOL ALL-SPORTS PASSES



*Click here for more information on 2023-24 All-Sports Passes*



# CONGRATULATIONS TO THESE BRUINS



**Congratulations to our Volleyball team for defeating Danville**



**Congratulations to Kycie Steffey for placing 2nd out of 138 runners in the Jeremy Wright Memorial Cross Country Invitational**



**Congratulations to our Football team for defeating Western**



**Congratulations to our Girls Golf team for defeating Monrovia and Southmont**



# UPCOMING EVENTS

## Monday, August 21

6:00/7:30 PM Girls JV/Varsity Soccer @ Brownsburg

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

## Tuesday, August 22

5:00 PM Girls Golf @ Shortridge, *Coffin Golf Club*

6:00/7:30 PM Boys JV/Varsity Soccer vs Greenwood, **HOME**

## Wednesday, August 23

*No Events*

## Thursday, August 24

5:00 PM Girls Golf vs Pike, **HOME, West Chase Golf Club**

5:30/7:00 PM Girls Varsity/JV Soccer @ Western Boone

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

## Friday, August 25

7:00 PM Football @ Brebeuf

## Saturday, August 26

8:30 AM B/G Cross Country @ Franklin Invitational

9:00 AM Girls Golf @ Lebanon Ulen Open, *Ulen Country Club*

10:00 AM JV Football vs Brebeuf, **HOME**

10:00 AM Boys Varsity Soccer @ Shelbyville Invitational

10:00/11:30 AM Girls JV/Varsity Soccer vs Plainfield, HOME

FRIDAY'S  
FOOTBALL  
THEME



# 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

LINE 1 TEXT

----- 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