



***“The only person who can stop you from reaching your goals is you.”-Jackie Joyner-Kersey***

**Greeting Sports Fans!** We have an exciting couple of weeks of Guardian Athletics coming up. We kick off homecoming week with our annual Battle of the Birds Week with a double header soccer match versus our cross-town rivals, the Lincoln Cardinals, this Thursday. The Guardian Leadership group will be selling t-shirts that our very own Kris Leeper and his team designed for us again this year at the soccer matches on Thursday and throughout the week. All proceeds will go to the Neighborhood House Organization. And of course, we will follow up the next week with our Homecoming Game against Lincoln with the dance directly afterwards on Thursday night. Great time for our student body to get excited about all things Guardian!

This past week in Guardian Athletics, we had some exciting events. Our Cheer Program headed to Clackamas for their first competition of the year. Coach Smith reported that it was a great event for the squad and a great learning experience for the group. They competed well and it was a great gauge for what to improve upon. Our Cross-Country Program traveled to the Champoeg Invitational over the weekend and had a great turn out. The Varsity Men finished in 2<sup>nd</sup> place with Kai Mitchell-Reiss, Asher Danielson, and Quentin Nelson all finishing in the top ten. The Varsity Women finished in 2<sup>nd</sup> place as well with Josie Fale coming in 3<sup>rd</sup> place. The JV Women finished in 1<sup>st</sup> place with Sabine Veillette, Sohana Monson, Lola Dixon, Addisen Prather, and Anaya Cochran all finishing in the top ten. In the JV Men Gold Race, the team finished 3<sup>rd</sup> with Nash Matson and Freddy Sengstake finishing in the top ten. In the JV Men Blue Race, the team finished 2<sup>nd</sup> with Alex Peltz, Knox Orchard, and Jake Manning all finishing in the top ten. Great day for the Cross-Country Program! Both of our Varsity Soccer Programs kicked off league play against Franklin this week with convincing wins. The Varsity Men posted a 2-0 score while the Women notched a 4-1 victory. Our Volleyball Program traveled to Roosevelt this past week and swept the Rough Riders. The Varsity Team traveled to Westview for their first tournament of the year and went 2-2. We hosted PIL Youth Volleyball this past weekend in our gym with a great turnout from kids all across the city. Our Varsity Football Team had a tough game against Roosevelt on Friday night. One of those nights for us where the ball literally didn't bounce our way and we came up short in our efforts. Finally, our 8<sup>th</sup> grade football team got their first victory of the season with a win over Newberg. Great time to be a Guardian!

#### **Winter + Springs Sports Registration**

You can now register for both Winter and Spring Sports. Thanks to Leanne, Family ID is now open for both. Get ahead of the game and get signed up today!

## **Positive Coaching Alliance-Freshmen Course/Character + Leadership**

Our partners at the Positive Coaching Alliance have put together a six-week course that is centered around character and leadership that all freshmen student-athletes are going to take this year. We are working on the logistics of when and where the classes will be held. The courses are as follows-

- **Sports can battle racism**-This workshop focuses on fostering a culture of diversity, equity, and inclusion.
- **Elevating myself**- This workshop helps student-athletes understand the difference between a scoreboard mindset and a growth mindset.
- **Elevating others**- This workshop examines the emotional make up of the athlete, encouraging self-awareness and practical tools to deepen bonding and relationships
- **Leadership**- This workshop approaches leadership by exploring different leadership styles showing everyone has a unique and valuable way of being a leader.
- **Team Culture**- This workshop is designed to address hazing and bullying and model the power and value of an inclusive team culture
- **Health**- This workshop explores nutrition and the student athlete while focusing on the value of mindfulness in developing focused attention

## **Elena Miller Shout Out!**

From the entire Athletic Department, we want to give a huge shout out to Elena Miller for shooting pictures at our contests! She does an outstanding job of capturing great moments of our programming!

## **The Week Ahead**

The Volleyball Program will travel to Cleveland on Monday and we host the Techsters on Wednesday. The Men's Soccer Programs play matches against McDaniel and Lincoln this week. On the Women's Side, the JV and Varsity play McDaniel and Lincoln while the lower levels play Grant and Franklin this week. Our two lower level football teams play at Jefferson and Jesuit this week while the Varsity travels to Jefferson on Friday. The Cross-Country Program travels to Clackamas on Wednesday. And the Cheer Program travels for another competition as well.

## **Schedules**

All of our schedules for the Fall season can be found at [www.ibwathletics.com](http://www.ibwathletics.com) and [www.osaa.org](http://www.osaa.org) as well.

## **NFHS Network**

This is a reminder that all of our contests in the stadium and the gym are streamed on the NFHS Network. If you cannot make it to the game or have family abroad, this is a great opportunity to watch our contests. Please visit [www.nfhsnetwork.com](http://www.nfhsnetwork.com)

## **IBW Boosters**

We can't thank the Ida B. Wells Booster club for all of their hard work for all they do to support our community. And they can't do it all without your support. They are always looking for new members and volunteers. Please visit <https://www.ibwboosterclub.org/> to find out more ways to support this great organization.

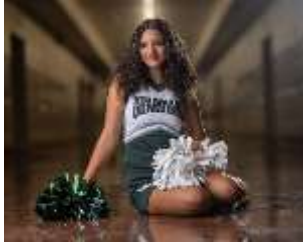
## **Guardians of the Week-**



**Sydney Hett Sr. Volleyball-** Sydney has been contributing to the team with her positive energy/attitude and effort all season. Mainly an outside hitter, she has been asked to play a couple different positions this year and has taken it in stride. Stepping in as a setter, DS or hitter, she brings her game to any position, with a tough serve and smile.



**Nathan Olszewski Jr. Men's Soccer-** Junior midfielder Nathan Olszewski is the men's soccer athlete of the week. Nathan finished off an excellent team counter attack to make it 3-0 against Forest Grove on Tuesday. He followed that with a gritty performance in a 2-0 win against Franklin to kick off the PIL schedule. Nathan scored the insurance goal with a right footed shot from 35 yards with 10 minutes left to secure the win.



**Shayla Ruether Fr. Cheer-** Our program has been fortunate to have such strong underclassmen and Shayla Ruether is no exception. As a Freshman on the white squad, Shayla is already making a big impact. She is dedicated to growth and highly invested in the program as a whole. She holds herself to a high standard and is constantly pushing herself to improve. As a performer, she is energetic and engaging. She is also very kind and encouraging to her teammates. Even during our toughest practices Shayla is uplifting towards her teammates, communicating with passion and frankly. We so looking forward to seeing Shayla shine over the next four years.

Sunday Tid-Bits- **"Maybe the journey isn't so much about becoming anything. Maybe it's about un-becoming everything that isn't really you, so you can be who you were destined to become."**

#### **20 Habits That Will Help You Prepare for the Future-By Lolly Daskal**

**1. If there's a way to do it better- find it.** Start now to increase your commitment to actively and consciously creating your future instead of waiting for good things to happen. Shift some of the energy you put into coping into creating a better reality.

**2. Old ways won't open new doors.** Just as you have to prioritize saving for long-term financial goals, you have to prioritize your personal development and self-improvement if you want to become the kind of person who can face any challenge.

**3. Make time for self care.** Whatever your age now, in five years you'll be...well, five years older. You can make it five years of getting used to the damaging practice of sitting at a desk all day or five years of cultivating the energizing and beneficial habit of regular exercise.

**4. Time is what we want most, but what we use worst.** What could you accomplish with a gift of 900 hours? Save just 30 minutes of wasted time a day, and that's what you'll have in five years.

**5. If your life is worth living, it's worth recording.** The habit of reflective writing, even a short daily passage, can make you more productive. It also helps clear out the cobwebs and gives you a record to look back on.

**6. Keep searching until you find what you want.** It's easy to settle for what's in front of you, but the best leaders see opportunities where others see nothing. Begin now to discipline yourself to seek out answers, do research, and look for solutions rather than problems.

**7. Slow down so you can speed up.** Learn now how to slow down your internal pace. It will be a vital skill in a world where things move even faster than they do now.

**8. Trust is earned when actions meet words.** Trust is a fragile thing, Easy to break, easy to lose and one of the hardest things to ever get back, especially when you looking to create partnerships and relationships that will help you succeed.

**9. Reading changes lives.** Avid readers have a wealth of knowledge and experiences. It's easy to let the reading habit fall off when life gets busy, but you owe it to your future to make the time.

**10. Balance isn't something you find, it's something you create.** Priorities tend to become even more challenging as you move through life. Work now to build balance among your competing priorities. Learn what balance feels like and appreciate its gifts so you can maintain it into the future.

**11. Every choice you make has an end result.** If you're at a point in life where it's a temptation to switch to autopilot, keep yourself making intentional choices every day based on your life plan and long-term goals. Don't allow your life to become a clumsy series of unplanned events and outcomes.

**12. Flexibility is the key to stability.** We've heard it a million times: The only constant is change. That means the most important skill is the ability to embrace change and adapt.

**13. Never stop learning because life never stops teaching.** The capacity to learn is a gift, the ability to learn is a skill, the willing to learn will always be up to you, learning can be attained through reading, paying attention, and by deliberate efforts to stay on top of current developments in your field, community, country, and the world. When you are open to learning you are open to growing.

**14. All the world is a laboratory to the inquiring mind.** Pay attention to what's going on around you, and if you don't know or understand something, ask. Always ask.

**15. True humility is staying humble, regardless of how much you already know.** I believe the first test of a truly successful person lies within their humility. Humility is the solid foundation of all virtues.

**16. Tough times don't last, resilient people do.** Learn now to finish what you start and developing the discipline to stick with what you're doing, even when the excitement and novelty have worn off, even when it's no longer fun, that is resilience.

**17. Think and be positive, and positive things will happen.** Invest in the future with a spirit of making every day a great day. Don't give toxic people or negativity the slightest foothold, and commit to staying positive through good times and bad.

**18. Learn to go confidently in the direction of your dreams.** If you have tendencies toward people-pleasing and a need for approval, start now to replace them with confidence. Belief in yourself is a valuable asset to carry into the future.

**19. Gratitude turns what you have into enough.** Wherever you find yourself in five years, you'll be a happier person if you learn to be thankful for whatever you have. It is not happy people who are thankful, it is thankful people who are happy and successful.

**20. The meaning of life is to give life meaning.** Be ready to set new standards, higher than the ones you have today. The meaning of life is to find your gift, the purpose of life is to give it away.

The IBW Athletic Department would like to thank the following sponsors for their generous support.





**THE IBW ATHLETIC DEPARTMENT IS COMMITTED TO SUPPORTING OUR STUDENT-ATHLETES TO THRIVE IN THE CLASSROOM, PROMOTING CHARACTER, FOSTERING HEALTHY COMPETITION, AND BUILDING BRIDGES IN OUR COMMUNITY.**