



“One person practicing sportsmanship is far better than 50 preaching it.” Knut Rockne

Greetings Sports Fans! The above quote is an important reminder about the importance of sportsmanship and our Be A Guardian initiative where we are stressing the importance of being energetic and gracious in victory and defeat. I am extremely excited to announce that our JV Volleyball Program and our Varsity Football Program was recognized by the OSAA for their great sportsmanship! Thank you coaches! Our partners at the Positive Coaching Alliance have crafted a great tool for sportsmanship centered around ROOTS. They are Rules, Opponents, Officials, Teammates, and Self and you can see more of their message here-

<https://devzone.positivecoach.org/resource/book/roots-honoring-game-and-sportsmanship>

Fall Sports

We have many things to be excited about thus far for our Fall Programs. Our Football Program is having quite a year so far. The Varsity sits at 1-2 and has had some very exciting games. The JV squad has opened up the year at 2-0. Great things happening in the Football Program from the Varsity all the way down to the youth level. Our Volleyball Program continues to wreak havoc in the PIL starting off strong versus some traditional rivals and gearing up for another run at a PIL Title. Both of our Soccer Programs have faced a gauntlet of a preseason facing some traditional powers from around the region. Hopefully the strong preseason will prepare them for one of the toughest leagues in the state in the PIL. Our Cross-Country Program is young but showing great promise at their events. And our Cheer Program is getting ready to head to their first competitions of the year. Great time to be a Guardian!

The PIL Open

The PIL has done a tremendous job of supporting Middle School Sports for our league. We currently provide Middle School Sports for Volleyball, Football, Cross Country, Wrestling, Basketball, and Track and Field. One of the biggest ways we continue to support these efforts is playing in the PIL Open on September 28th at the Reserve. If you are interested in forming a team or becoming a sponsor, please visit www.pilathletics.com for more information.

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

Schedules

All of our schedules for the Fall season can be found at www.ibwathletics.com and www.osaa.org as well.

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.

Spotlight-JV2 Men's Soccer

A note from Head Coach, Matt Liebman. The Men's JV2 Soccer team has had a strong start to the season, with 2 wins over Wilsonville & Franklin and 1 tie against Oregon Episcopal's JV Team through our 1st 3 games. The team is growing every week and we are expecting positive results for the season. The team is led by 3 freshman captains - Defender Tyler Marshall, Midfielder Jonah Allen, and Attacker Henry Elkin. Henry led the team to victory against Franklin in our last game by scoring a hat trick, with all 3 goals in the 2nd half. The team also has goals from Andrew Paris, Joe Moylan, Boden Palmeri, and Saul Wieting so far this season. With 11 games remaining over the next 5 weeks, the team is ready for a strong and intense season. We still have many tests to come but feel excited and optimistic about our chances this season.

Spotlight-JV2 Women's Soccer

A note from Head Coach, Daphne Reid. I think this season is going to go well for the freshman team. With 17 goals scored in only 5 games, the team has proven their offensive capability. On the defensive side, we have only given up seven goals, and only continue to get better with one of our team captains leading the back line. One of the highlights was watching the girls bounce back after two early goals in the game against Jefferson. The team recognized that Jeff had one player who was a big offensive threat, and they adjusted the way they were playing to make sure she was shut down almost completely. They kept good attitudes the entire game and cheered each other from the sidelines. Emily Bamonte has been a standout player on offense. She has scored quite a few of our goals and has a killer shot. She is a major leader on the field. Center back Grace Olszewski has shown her defensive capability by helping organize the defense and never giving up on tackle. She has truly made some great saves for the team. Amé Bolduc has also really impressed with her physical play on defense and tenacity to win the ball at any means necessary.

Spotlight-JV Men's Soccer

A note from Head Coach, Alex Kinlaw. We have a pretty even mix of Juniors, Sophomores, and Freshman on the JV team this season, with a wide range of soccer experience. I expect a strong season, with a couple bumps along the way, which will be valuable learning experiences. Off the field, the highlights so far have been how quickly the team bonded, and how much they all

enjoy playing and training together. On the field, we have scored some beautiful goals already this season. The best of the bunch came late in our 1-0 win vs Sunset. Kaden To found himself 1 vs 1 with the Sunset keeper and chipped the GK as he dove at Kaden's legs. From the start of the season, Jake Meurer and Liam Hall stepped up and took on leadership roles within the team, and were deservedly voted captains by their peers. Both boys love the game and have a real hunger to improve which sets the tone for our team.

Spotlight-Varsity Volleyball

A note from Head Coach, Mark Mendak. Volleyball season is going great, player and parent involvement is at an all-time high, and energy is high throughout the program. Varsity has started 5-0, by playing as a team and limiting our mistakes. Serving has been a strong suit as we have been over 90% as a team this season. Overall team contributions, digging and hitting have been strengths that wear teams down. They have stayed positive and supportive throughout the matches whether leading or trailing. Practices have been productive and the players are making the most of it, staying later or coming in on an off day. There's a lot of season left, two tournaments and another round of PIL opponents after this week. Our goal is to stay focused and continue to work and grow together. Where my Gaurdians at?

Guardians of the Week



Chloe Nelson, Jr. Volleyball- Chloe Nelson- Jr Middle hitter is one of the top scorers on the team, serving over 90% and hitting above .250. Her calm and positive demeanor is always ready for anything at or off the net. Making athletic plays with her hands or platform on the ground or in the air, it doesn't matter. Willing and able to play any front row position as well, Chloe is a team player and contributor.



Kate Rodgers, Sr. Volleyball- Kate Rodgers- Sr Libero has led the Guardians in digs and a leader in the back row and off the court. Her positive attitude and effort is an excellent model of behavior that doesn't go unnoticed by her teammates or coaches. Along with some of the digs! Kate's contributions not only prevent points with her defense, they accumulate thanks to her back-row attacks and tough serves.

Sunday Tid Bits-

Not reacting from the past, not reacting out of fear of the future, we learn to respond to life just as it is. We learn the power of being in the new moment filled with self-trust, self-discipline, and self-love.

"I've been thinking, life isn't really about all that you achieve or that your dream comes true exactly as you hoped it would. A beautiful life is about the journey and adventures along the way. A beautiful life is that you kept going even when things felt hard. A beautiful life is experiencing the new paths that you weren't expecting. A beautiful life is the people you meet along the way. A beautiful life is simply, life. All of it. It's not the end, it's not the achievement, it's not the destination. It's every day and every moment along the way."

— **Lisa Buscomb**, *Wildly Deserving*

I. Leading Into the Future

Three essentials for leading a successful team:

- **Alignment** — The team has a shared understanding of its mission.
- **Execution** — The team is able to communicate, collaborate, and progress toward its goals.
- **Renewal** — The team is able to take time for personal recovery and respond to change.

II. The Power of Journaling

6 reasons to keep a daily journal:

1. To record where you are winning.
2. To note areas for improvement.
3. To write about what you are learning.
4. To codify beautiful moments.
5. To process through pain.
6. To commit to higher ambitions.

“Reclaiming our power, healing ourselves, loving ourselves, knowing ourselves – these phrases are becoming more and more common, why? Because they are the pathways to our own freedom and happiness.” — Yung Pueblo

III. Stay Devoted to Elevating

The greatest privilege of leadership is to shine a light on the gifts and talents of others. While pursuing excellence, stay devoted to elevating the lives you touch and leaving your world better than you found it:

- To turn darkness into light and calamity into victory is the very nature of leadership — and heroism.
- Deep change can yield profound growth if we seek to wander within the mess.
- In a world that reveres superficiality, go deep. In a world that honors distractions, be focused. In a world that suggests selfishness, serve.
- Do not deface your mind with worry. Do not degrade your heart with hate. Do not deny your soul its greatness. You are meant for majesty. It’s not too late.

Source: Robin Sharma, The Everyday Hero

IV. This Week, I Will

1. Slow down and just be.
2. Be my own cheerleader.
3. Make someone feel special.
4. Remember how far I've come.
5. Celebrate the blessings of living.

The Last Words...

"Taking time with this masterpiece, I am becoming, remembering that I don't have to rush how I sculpt my spirit in order to massage any egos. Being patient with what I can't control, remembering that sometimes the wind takes you not where you want to be, but to where you need to."

— **Billy Chapata,**

"We need to dispel the myth that empathy is walking in someone else's shoes. Rather than walking in your shoes, I need to learn how to listen to the story you tell about what it's like in your shoes and believe you even when it doesn't match my experiences."

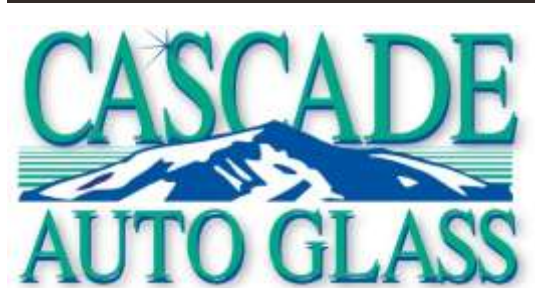
— **Brené Brown,** *Atlas of the Heart*

"Honor your timeline. Run your race. Stop comparing yourself to people who haven't lived your life."

— **Dr. Thema Bryant,** *Homecoming*

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.