



Athletics Update

“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”-Martin Luther King

Greetings Sports Fans! As we take the day to honor the man and legacy of Martin Luther King, I am extremely grateful to live in a community and work in a school that honors diversity and inclusion. The work to create a more perfect society is constant and needs to be intentional and the work is hard and still faces challenges and obstacles. But the work is worth the investment if we want to carry on the legacy of what Dr. King started so many years ago. Below is an exchange from the great George Raveling, coach and mentor to so many.

As we honor the life and legacy of Dr. Martin Luther King, Jr. today, Daily Coach co-founder Coach George Raveling reflects on and shares some timeless lessons from a fate exchange with Dr. King in 1963.

On Aug. 26, 1963, I was eating dinner at my best friend Warren Wilson’s house in Claymont, Delaware. Warren’s father, Dr. Woodrow Wilson, was a prominent dentist and suggested that we go to Washington, D.C., two days later for what was supposed to be a big Civil Rights rally. That same day, Dr. Martin Luther King, Jr. and his aides were making final preparations on the speech he was set to deliver in 48 hours. But they were hesitant about four words in particular: “I have a dream.” Dr. King, after all, had used this phrase many times, including at a recent fundraiser in Chicago and at rallies in Detroit and Selma, Alabama. Dr. King agreed it was “too trite and cliché.” He wouldn’t include it. The following day, Dr. Wilson graciously loaned Warren and me his car, and we made the two-hour drive from Delaware to Washington, checking into a motel on New York Avenue. We wanted to see if there was any activity and walked over to the Washington Monument. That’s when a gentleman approached us and asked if we had any interest in volunteering at the event.

The details of The March on Washington for Jobs and Freedom remain etched in my mind — and I still reflect on the day’s many leadership lessons. I also ask myself several questions: *If Warren and I did not arrive earlier than needed on the morning of the demonstration, would we still have been assigned to handle podium security on the steps of the Lincoln Memorial? What if Dr. King did not deviate from the planned, written speech and did not utter the words “I Have a Dream” that day?*

What if gospel singer Mahalia Jackson, a close confidant to Dr. King who was seated behind him at the podium, did not encourage him to tell the people about the dream? Would the speech still have the impact as one of the greatest ever? What if the organizers did not allow Dr. King to go over the designated five-minute speech limit that other presenters had to abide by?

I’ve been asked hundreds of times over the course of my life what made me approach Dr. King in the maelstrom that ensued that day and what was possibly racing through my head when I asked him for the physical copy of the speech. To that, I always smile and say, “I have no idea.

But I'm sure glad that I did." As we honor Dr. King today, two days after what would've been his 93rd birthday, I share with you six lessons I learned that day that continue to be ingrained in who I am and who I still aspire to become.

1. Practice Random Acts of Kindness

Dr. Wilson, Warren's father, did not have to loan us his car and give us money to attend the demonstrations, but he did so out of the pure grace of his heart. Being surrounded by an extraordinary family like the Wilsons afforded me some invaluable opportunities that I never would've had otherwise. The Wilsons helped me tap into my own unique and unlimited potential — and they knew the true value of a kind word, touch, gesture and smile. They taught me early on that people will always remember how you made them feel. Their generosity forever changed my life and shaped my outlook on serving others.

2. The Preciousness of Time: Arrive Early

Success does not have business hours. It only has production hours. Lessons are constantly presented to us each day, and it is our responsibility as leaders to remain cognizant of these opportunities for growth. If we focus on the present and what is actually in our control, we can create tremendous momentum in our lives and the lives of those we lead. The process is never merely a destination but a transformative journey of self-discovery. The only thing that is ever guaranteed is this moment.

3. Embrace the Unknown: Maximize the Moment

We hear it constantly, but we have a duty to make the most of every opportunity we are afforded. Each day is a gift, an interview, a new story, a celebration, a blank canvas, an intellectual journey and a negotiation. We cannot allow events to pass us by, even if the time, funding and circumstances are not entirely right. We must use our 86,400 seconds each day to maximize our potential as positive-difference makers in the life of another.

4. Never Be Afraid to Ask For What You Want

One of life's most significant challenges is to differentiate between what the world expects of us and what we expect of ourselves. If we simply strive to be normal, we will never know how transcendent we can actually become. We must see what others do not, and do and ask what others are afraid to. We must look beyond what is and toward what can be — and, even further, into what should be.

5. Leaving A Legacy: Servant Leadership

At the end of each day, our fundamental responsibility is to serve those we lead. With that as the foundation, we figure out the needs of our teams, as well as the needs of its individual members. The needs in Selma might have been different than the needs in Jackson, Mississippi, or the needs of those in Detroit and D.C. As we go along, the one thing that must become abundantly clear for us as servant leaders is that it is never about "Me" and always about "We." It becomes incumbent upon us to reflect on the question: "How can I best serve the needs of my team?"

6. The Power Of A Dream

The March on Washington for Jobs and Freedom is still a constant reminder to me of the real value a dream has and the responsibilities that come with having one. I have learned from Dr. King to be a *dream maker* — to assist people in turning their dreams into realities. There is no question that August 28, 1963, was a day that inspired and empowered me to re-evaluate how I lived and what I believed my contributions to society should be.

The time is here and now for us as leaders to take a stand, to do better, to be better, and to practice daily the powerful essence of love, unity and empathy. There is no finish line to our dreams. The "I Have a Dream" speech is every bit as relevant today as it was 58 years ago. Reflecting on its words allows us to keep Dr. King's truth-telling vision at the center of our minds, hearts and spirit as we become positive change agents. For us as leaders, today and every day, we can live out the true meaning of Dr. King's grand crescendo: "Free at last! Free at last! Thank God Almighty, we are free at last!"

Changing COVID Protocols- Due to the ever-present challenges we still face with COVID, the PIL in conjunction with PPS has modified some of their protocols regarding COVID. The one I want to highlight at the moment is the change in capacity at our facilities. We are now limiting our facilities to capacity to fifty percent. We will be following this protocol at home contests by giving each student-athlete five tickets they can hand out to anyone they want to including family members and friends. When we are on the road for interleague play, the host facility will simply ask each guest who they are there to watch participate. We will not be charging for contests anymore and will not be asking to see vaccination status when entering the building. The expectation is that ALL visitors be vaccinated and boosted if possible. As a reminder, all contests at Ida B. Wells are streamed on the NFHS Network including our Wrestling Meet on Thursday. We thank you for your flexibility and understanding as we continue to navigate these uncharted waters.

The Week Ahead- We have a big week of Guardian Athletics coming up this week. We host our one and only Wrestling Meet on Thursday when Grant and Cleveland visit. Men's Basketball has two important league games this week when we host Lincoln on Wednesday and then travel to McDaniel to Friday. We have to lower level games on Saturday when we host Central Catholic. Our Swim Program has a meet on Wednesday at Dishman vs Grant and Franklin. And our Women's Basketball Program faces off against number one ranked Beaverton today at the MLK Classic at Franklin and then travels to Lincoln on Wednesday and we host McDaniel on Friday.

OSAA Student Advisory Council-Application Open- Please see the below message from Kelly Foster at the OSAA. This is a really cool opportunity!

The OSAA is excited to launch the first ever OSAA Student Advisory Council. The purpose of the OSAA Student Advisory Council is to enhance the total student-participant experience by promoting leadership opportunities, protecting student-participant well-being, and offering input on the rules, regulations, and policies that affect students in member schools. This council will also give the opportunity for a student-participant voice within the OSAA structure, allowing students to actively participate in the administrative process, and provide a positive student-participant image.

The Council will mirror the OSAA Executive Board and will have 10 members and will consist of one representative from each classification, one 6A/5A/4A at-large representative, one

3A/2A/1A at-large representative, a representative of the Oregon Association of Student Councils, and one adult member.

We need your help identifying students in your schools who would be a great fit and represent your communities well. We are looking for students who are leaders in your buildings and participate in OSAA activities.

The application can be accessed at this link: <https://forms.gle/ZaHA1Y2ZfrKYUElv9>

Along with this online application there is also a video submission and letter of recommendation from a school administrator, coach, director, or teacher. All materials may be sent to Kelly Foster (kellyf@osaa.org).

The deadline for ALL application materials is 4:00 pm (PST) on January 28, 2022.

The first meeting for the OSAA Student Advisory Committee is expected to be in March 2022 via zoom.

NFHS Network- This is a reminder that all of our contests, including lower level Basketball Games and Wrestling Matches are all streamed on the NFHS Network. Please visit www.nfhsnetwork.com to sign up and register. If you have family outside of Portland, this is a great opportunity to see them in action.

IBW Booster Club- The athletics department would like to send a huge thank you to our Booster Club for all the great work they do providing for our school and community. If you would like to volunteer or become a member, please visit their website <https://www.ibwboosterclub.org/>

Ida B. Wells Athletic Sponsorship- If you are interested or know of anyone who is interested in becoming an Ida B. Wells Athletics Sponsor, please email me at mnolan@pps.net for more information. We like to promote all things local in our community. If you would like to donate to help support Ida B. Wells Athletics, please visit the following site- <https://pps.schoolpay.com/pay/for/Athletic-Support/Sdbkbbq>

Monday Tid-Bits- "The price of regret is far heavier than the price of discipline."

"We have the need to be accepted and to be loved by others, but we cannot accept and love ourselves. The more self-love we have, the less we will experience self-abuse. Self-abuse comes from self-rejection, and self-rejection comes from having an image of what it means to be perfect and never measuring up to that ideal. Our image of perfection is the reason we reject ourselves; it is why we don't accept ourselves the way we are, and why we don't accept others the way they are."

— Don Miguel Ruiz, *The Four Agreements*

I. Being Kind To Yourself

What self-compassion might look like:

- Giving yourself permission to make mistakes.
- Letting there be room for learning and unlearning.
- Talking to yourself the same way you would talk to someone you love.
- Validating your feelings and emotions while acknowledging when things feel hard for you.

Source: Lisa Olivera, Already Enough: A Path to Self-Acceptance

II. Daring To Live: 7 Rules For Life

1. **Make peace and heal from your past** so it won't disturb and spoil your present.
2. **What other people think of you** is none of your business.
3. **Time heals almost everything — give it time.** When you walk into tunnels of darkness, you're provided with an invaluable opportunity to grow and transform before you ultimately re-emerge into the light.
4. **No one is in charge of your happiness and joy** — except you.
5. **Don't compare your life to others, and don't judge them.** You have no idea what their journey is all about.
6. **Stop thinking and overthinking so much.** It's alright not to have and know all the answers. Sometimes embracing the unknown becomes the birthplace for knowing.
7. **Smile.** You don't own all the problems in the world, and there is always something to be grateful for.

III. Hierarchy Of Thinking Styles

One of the clearest signs of learning is rethinking our assumptions and revising our opinions.

- **The Learner: *I might be wrong!*** — Surrounding yourself with people who challenge your thought process and changing your mind in the face of stronger logic and evidence.
- **The Critical Thinker: *That might be wrong!*** — Engaging with diverse sources of information and questioning their credibility.
- **The Contrarian: *You're all wrong!*** — Finding the flaws in other people's arguments but being blind to the limitations of your own.

- **The Politician: *They're wrong! We're right!*** — Preaching your side's gospel and prosecuting the other side's.
- **The Cult Leader: *I'm always right!*** — Treating your own thoughts as gospel.

Source: Adam Grant, *Think Again: The Power of Knowing What You Don't Know*

This Week I Will

1. Mindfully live.
2. Take accountability.
3. Walk in faith and gratitude.
4. Have loyalty to my intuition.
5. Be kind to myself and others.

The Last Words...

“Someone congratulated me recently and I started to deflect after I said thank you. They said ‘I’m gonna give you your flowers, you can water them or not’ and it stuck with me. We often don’t appreciate our current wins because we’re anticipating what’s next. Take time to water your flowers.”

— **Ariel Lopez**, CEO of Knac

Ida B Wells Athletic Schedule
Week of January 17 - January 22
***Schedules subject to change**

Monday, January 17

No School, MLK Holiday

Basketball-Women

@ Franklin vs Beaverton 4:00pm

Tuesday, January 18

No Contests

Wednesday, January 19

Basketball - Men vs. Lincoln

FR, 4:00pm, **Early Release 3:15pm**

JV, 5:30pm

Varsity, 7:00pm

Basketball - Women @ Lincoln

JV2, 4:00pm, JV, 5:30pm

Early Release 2:45pm, Bus Departs 3:00pm

Varsity, 7:00pm

Swimming

vs Grant and Franklin @ Dishman Community Center, 6:30pm

Bus Departs 4:45pm

Thursday, January 20

Wrestling - IBW Gym vs. Grant and Cleveland

Friday, January 21

Basketball - Men @ McDaniel

FR, 4:00pm, JV, 5:30pm

Early Release 2:45pm, Bus Departs 3:00pm

Varsity, 7:00pm,

Bus Departs 5:30pm

Basketball - Women vs. McDaniel

JV2, 4:00pm, **Early Release 3:15pm**

JV, 5:30pm

Varsity, 7:00pm

Saturday, January 22

Basketball - Men vs. Central Catholic

FR, 10:00am

JV, 11:30am

The Ida B. Wells 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.

The Ida B. Wells Athletic Department would like to thank the following sponsors for all of their support-

