



Athletics Update

“Today I give myself permission to be a masterpiece and a work in progress simultaneously.”

Greetings Sports Fans! Well, here we are and the first semester of the school year is about to end. It is a good reminder for our student-athletes to ensure you make time to check in with yourself and appropriately manage your time between athletics and preparing for any final exams or projects that you might have this week. To that point, we want to thank our outstanding staff of teachers and support staff for all of their efforts this year to create some sort of normalcy in a not so normal year. We also want to thank all of our student-athletes for their dedication this year so far as well. And finally, to our coaches, who have had to adjust schedules, adapt to changing protocols, and navigate the COVID world we live in and provide competitive and inclusive programming.

Our Winter Programs had a full week this past week with both our Men’s and Women’s Basketball Programs taking on McDaniel and Lincoln. At Lincoln, the Women’s Basketball Program had a clean sweep while the Men’s Program was able to take 2 of 3 at our place. Our Varsity Squad ran into a hot Lincoln Team. The Women’s Basketball Team hosted McDaniel on Friday and similar to the Lincoln event, they swept all three games. The Men traveled to McDaniel and were able to pick up 3 of 3 with the Varsity taking down the Mountain Lions. Our Wrestling Program hosted Cleveland and Grant on Thursday at our Wrestling Senior Night. We say goodbye to some outstanding Seniors in our Wrestling Program who have been mainstays their four years and for that, we thank them and their parents for all of their support. Finally, our Cheer Program has their first competition today as they prepare for their run at State.

All of our winter programming has the week off this week as they prepare for finals. Our next contests resume on Saturday when we host Roosevelt for a Women’s Basketball Contest while the Men travel to Roosevelt. The Wrestling Program travels to Putnam on Saturday as well for a Tournament.

Balancing School and Athletics PCA + Resources- Below are some related resources when it comes to balancing life, school, and athletics.

<https://devzone.positivecoach.org/resource/video/how-set-priorities-student-athlete>

<https://devzone.positivecoach.org/resource/externallink/why-and-how-student-athletics-academic-intervention>

<https://devzone.positivecoach.org/resource/article/time-management-student-athletes>

<https://devzone.positivecoach.org/resource/article/time-management-guidelines-student-athletes>

Guardians of the Week-



Jonah Jones Jr. Men's Basketball- Jonah Jones is the Guardian's men's basketball Student Athlete of the Week...Jonah has electrified the basketball community with his play all season long. The 6-3" junior forward produces highlight reel slams on a nightly basis. He is ranked among the state 6A leaders in rebounding once again this season, averaging nearly 12 boards per game. Jonah Jones is a team captain who leads on the court as well as the classroom.



Noah Nelson Sr. Wrestling- Noah had two thunderous wins on Thursday night, showing tremendous passion and skill. Noah works extremely hard at practice, constantly looking for ways to get better and add new and unique moves to his repertoire. Noah is also an excellent leader, showing tremendous support for his teammates and helping younger athletes learn the ins and outs of wrestling.



Emily Radtke So. Wrestling- Emily had her first two varsity duels this week against some extremely difficult opponents. Although she was defeated in both, she showed great skill and toughness. Emily is always ready for a challenge and continuously looks to learn and improve. Emily will practice and work with anyone, and has been a great source of knowledge and skill for our new female wrestlers.



Daphne Reid Sr. Basketball-Daphne has been on of our better defenders this entire season. She played some lock down defense on Lincoln’s best player. She exemplifies hard work! She has also found her soft touch hitting clutch shots as well!

Sunday Tid-Bits-

“It’s not the existence of beliefs that is the problem, but what happens to us when we hold them rigidly, without examining them, when we presume the absolutely centrality of our views and become disdainful of others.”

— **Sharon Salzberg**, *Faith: Trusting Your Own Deepest Experience*

I. Busy Vs. Productive

Being productive does not mean working 24/7. It means working effectively within the shortest amount of time.

- **Being busy** feels urgent. **Being productive** feels effective.

- **Being busy** is frantic and multitasking. **Being productive** is focused.
- **Being busy** is working harder. **Being productive** is working smarter.
- **Being busy** is fueled by perfectionism. **Being productive** is fueled by purpose.
- **Being busy** says yes quickly and takes on more than can handle. **Being productive** thinks carefully before taking on more tasks.
- **Being busy** talks about the little time they have. **Being productive** makes time for what is important.

Source: Nawal Mustafa, @TheBrainCoach

II. Remembering Thich Nhat Hanh

Zen Buddhist monk, peace activist, and author Thich Nhat Hanh passed away peacefully yesterday, January 22 in Huế, Vietnam, at the age of 95. Known as the “Father of Mindfulness,” here are 5 life lessons from the beloved teacher that we can carry on and implement in our daily living:

- **Lesson #1: Practice Mindfulness** — *Mindfulness allows you to live deeply every moment that is given you to live.*
- **Lessons #2: Find True Peace** — *Peace is not simply the absence of violence; it is the cultivation of understanding, insight, and compassion, combined with action.*
- **Lesson #3: Your Signature Is Everywhere** — *Every thought you produce, anything you say, any action you do, it bears your signature.*
- **Lesson #4: All You Have Is Your Actions** — *My actions are my only true belongings.*
- **Lesson #5: Don't Be A Zombie** — *Some people live as though they are already dead. There are people moving around us who are consumed by their past, terrified of their future, and stuck in their anger and jealousy. They are not alive; they are just walking corpses.*

“Venerable Thich Nhat Hanh lived a truly meaningful life. I have no doubt the best way we can pay tribute to him is to continue his work to promote peace in the world.” — **The Dalai Lama, Spiritual Leader of Tibetan Buddhism**

III. Auditing Your Life

Life is too short to keep carrying things that aren't supporting your growth. Each day is a unique opportunity to loosen our grip, heal our hearts, and live a meaning filled life. Here are gentle reminders for the onward journey.

- If it is costing you your peace **put it down**.
- If it is robbing you of joy, **leave it alone**.
- If it is disrupting the flow of ease in your life, **let it go**.
- No more settling because you think you have to — you don't.

Source: Alex Elle, Teacher, Writer & Coach

Question How long will you put off what you are capable of doing just to continue what you are comfortable doing?

IV. This Week I Will

1. Conquer a fear.
2. Journey in faith.
3. Nurture my vision.
4. Maintain my focus.
5. Sustain my growth.

The Last Words...

“The place to improve the world is first in one's own heart and head and hands, and then work outward from there.”

— **Robert M. Pirsig**, *Zen and the Art of Motorcycle Maintenance*

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>

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-

