



Athletics Update

“I sit in trust, I stand in truth and I rise in wholeness. Well-being and being well is my way of life.”

Greetings Sports Fans! We are entering the second half of the school the year with a new semester and our winter programs are gearing up for districts, the state tournament for Cheer, and hopefully a long run in the state playoffs for our basketball programs. We have some important contests this week kicked off with a youth wrestling meet today hosted by our program at Ida B. Wells High School. Our Wrestling Program heads to Franklin this week with an important dual with Lincoln and Franklin. Our Swim Program has the week off as they prepare for a run at districts. Both the Men’s and Women’s Basketball Programs have a big week this week as they face off against both Benson and Jefferson. We host Men’s Basketball on Tuesday and Women’s Basketball on Friday. Come out and support your Guardians!

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 February 4th, 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/Sdbkbbg>

Guardians of the Week-



Oscar Doces Fr. Wrestling- Oscar won the 126 pound weight class this weekend at the Rex Putnam tournament. He had two pins and a well earned 5-2 victory in the final. Oscar has shown tremendous skill this year and is always looking to learn new moves and teach what he knows. We hope that this tournament win is the first of many to come.



Eliza Digiulio Sr. Women's Basketball- Eliza had an amazing week leading her team in both points and rebounds. Off the floor, Eliza epitomizes what a student-athlete should be as an excellent student and role model for her peers.



Jacey Canalin So. Men's Basketball- Jacey is a 5-7 sophomore lefty that reminds many of Ida B Wells alumni and NBA great, Damon Stoudamire. Jacey is lightning quick and plays with supreme confidence. Jacey is a stalwart in the classroom as well. Hopefully the student body and community can support Jayce and his Guardian teammates this Tuesday at home vs Benson.



Luke Randall Jr. Swimming- Luke had a fantastic week at practice. He has shown great attention to detail during practice last week and all year. His effort in practice has leads to much cleaner and stronger races at meets. He also works as hard as anyone at practices!



Malia Fernandez Fr. Cheer- Malia is one of our rookie cheerleaders, on the JV Squad. There is not a practice that goes by that she is not upbeat and encouraging to her teammates. She is the embodiment of a sideline cheerleader, she is always smiling, cheering, her voice carries throughout the stands. She sets goals for herself and is determined to hit them. She always wants to improve and she is always asking “what can I do better” or “where can I improve to fix X”. Malia is a GREAT asset to IBW cheer and look forward to many more years with her on the team. With Malia's help, JV earned second place last weekend at their first competition of the season.



Sophie McMillan Fr. Cheer- Sophie is yet another standout freshman in our program. Her contributions to the Varsity squad are physical as much as they are mental. Sophie is a powerhouse cheerleader, showcasing her skills and strength in stunting and tumbling. Additionally, Sophie does a phenomenal job of keeping the morale high amongst her teammates. She's always quick to offer words of encouragement to those around her. With Sophie's help, Varsity earned 3rd place at the Gladstone cheer challenge last weekend! It was the first time the program hit the mat with a traditional competition routine in over four years.

Monday Tid-Bits- “We never know what’s going to happen in the future. We really don’t. Kobe Bryant, a friend of ours, God rest his soul. We think we’re going to live forever, we’re not. We think we’re going to play forever, we’re not. What can we do? We can enjoy the moments that we have.”

— Tom Brady, *Let's Go Podcast*

I. Multiply Your Impact

There are impact players within every team and organization — those indispensable players and colleagues who can be counted on in critical situations.

Here are characteristics of an impact player that we can focus on growing in our own lives to make our work, our play, and our impact more fulfilling.

An impact player is...

- Present and open
- Flexible and curious
- Ready to take action
- Ready to ask and adjust
- Someone who makes work light
- Ready to make themselves useful

Source: Liz Wiseman, Impact Players

II. The Power Of A Teacher

Four teachers that give free lessons:

1. Change
2. Water
3. Solitude
4. Being

“If you spend more time observing instead of reacting, you start to notice how the absence of reaction also means the absence of tension.” — **Yung Pueblo**

III. Wholehearted Living

10 Guideposts for Wholehearted Living:

1. **Cultivating Authenticity:** Letting Go of What People Think
2. **Cultivating Self-Compassion:** Letting Go of Perfectionism
3. **Cultivating a Resilient Spirit:** Letting Go of Numbing and Powerlessness
4. **Cultivating Gratitude and Joy:** Letting Go of Scarcity and Fear of the Dark
5. **Cultivating Intuition and Trusting Faith:** Letting Go of the Need for Certainty

6. **Cultivating Creativity:** Letting Go of Comparison
7. **Cultivating Play and Rest:** Letting Go of Exhaustion as a Status Symbol and Productivity as Self-Worth
8. **Cultivating Calm and Stillness:** Letting Go of Anxiety as a Lifestyle
9. **Cultivating Meaningful Work:** Letting Go of Self-Doubt and “Supposed To”
10. **Cultivating Laughter, Song, and Dance:** Letting Go of Being Cool and “Always in Control”

Source: Brené Brown, The Gifts of Imperfection

Question

What habits did I inherit from my childhood? Is it time to change any of them?

VI. This Week, I Will

1. Let myself recharge.
2. Be patient with myself.
3. Disconnect to reconnect.
4. Handle my emotions with care.
5. Be honest about my needs and boundaries.

The Last Words...

“I have dreams, and dreams, they should be pure. I think a lot of times when we’re born into this world, we actually wind up going backwards. And it seems like the more we mature, the more responsible our dreams become, and the more governors we put on ourselves and our ability to dream and to reimagine. And it’s always a fight, for us parents and for you all, to make sure that your dreams always stay pure. So it’s not a matter of pushing beyond your limitations or expectations. It’s really a matter of protecting your dreams, protecting your imagination. That’s really the key. And when you do that, the world just seems limitless.”

— **Kobe Bryant**, *The Mamba Mentality: How I Play*

- Making a difference often means seeing invisible challenges.
- We are not placed in jobs to keep them the same. We're put in positions to make them better.
- A successful team consists of many hands but one mind and vision.

- The larger an organization grows, the greater the tendency to overregulate.
- Don't clutter your mind with the information you don't intend to use.
- A problem that remains unresolved long enough will become a crisis.
- Just because something is logical doesn't mean it's right.

The Inward Journey

- **The only person** who can make **me mad** is "ME."
- **The only person** who can make **me happy** is "ME."
- **The only person** who can make **me better** is "ME."
- Your life is simply an extension of your thinking.
- People work most effectively when they believe it's their idea, not yours.
- The behavior you reward is the behavior you'll get.
- Nothing is as constant as change.
- Getting good players and talent is easy. Getting them to play together, trust, and buy into the culture is the hard part.
- Reward and recognition are the fertilizer in the garden of human growth.

Magic Question

Is this a fact or assumption?

Ida B Wells Athletic Schedule
 Week of January 31 - February 5
 *Schedules subject to change

Monday, January 31

No School, Staff Professional Development
No Contests

Tuesday, February 1

Basketball - Men vs. Benson
 FR, 4:00pm, **Early Release 3:15pm**
 JV, 5:30pm
 Varsity, 7:00pm

Basketball - Women @ Benson

JV2, 4:00pm, JV, 5:30pm
Early Release 2:45pm, Bus Departs 3:00pm

Varsity, 7:00pm

Wednesday, February 2

Wrestling - 3 Team PIL Dual @ Franklin, 5:00pm

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

Snowboard Team

Early Release 2:30pm

Thursday, February 3

No Contests

Friday, February 4 (Flex)

Basketball - Men @ Jefferson

JV, 5:30pm

Bus Departs 4:30pm

Varsity, 7:00pm,

Bus Departs 5:30pm

Basketball - Women vs. Jefferson

JV2, 4:00pm, JV, 5:30pm, Varsity, 7:00pm

Wrestling

Women's State Qualifying Tournament

Century High School, 5:00pm

Saturday, February 5

Basketball - Men @ Benson

FR, 10:00am, JV, 11:30am

Bus Departs 9:00am

Varsity, 1:00pm,

Bus Departs 12:00pm

Wrestling

Women's State Qualifying Tournament

Century High School, 10:00am

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-

