



Athletics Update

“Life is like riding a bicycle. To keep your balance, you must keep moving.”-Albert Einstein

Greetings Sports Fans! We are entering the final stretches of our Fall Season and what a Fall Season it has been! This past week, our Volleyball Program entered into the week needing a couple of big wins against Franklin and Grant to keep pace with the top teams in the PIL and they delivered beating Franklin and outlasting Grant in a five-set thriller. Three teams sit atop the PIL all with two losses. Makes for an exciting end to the regular season. Our Cross-Country Programs went to David Douglas and swept on both the Varsity and JV Women sides. Our Soccer Programs went to Roosevelt the Varsity Men got a big win while the Women ended with a tie. We have a huge week in Athletics this week with rivalry week ahead against our longtime rivals, the Lincoln Cardinals. There have been inquires about all of our scores being posted and we are happy to report that you can find them all at www.ibwathletics.com under the This Week tab.

The Week Ahead Rivalry Week + Battle of the Birds- We have a huge week ahead in Guardian Athletics. The Guardian Athletics Leadership Council will be selling Battle of the Birds T-Shirts in preparation for soccer and football contests with Lincoln. A huge thanks to Kris Leeper and his team for designing the t-shirts(see attached). We will be selling them at lunch and at our home contests for \$5. We will be donating a portion of the proceeds to the Ida B. Wells Gender Sexuality Alliance Affinity Organization and use another portion of the proceeds to purchase fleece blankets for Doernbecher’s at OHSU. We host the Lincoln Women’s Soccer Team on Thursday night and the Men’s program on Friday afternoon. On the gridiron, we host the Grant JV Team on Monday and travels to Beaverton on Thursday. The Varsity travels to Franklin on Friday for a big PIL showdown. Our Volleyball Program has a match at Jefferson High School and the Varsity travels to West Linn for a huge Volleyball Tournament that many teams that will be in the playoff hunt on Saturday.

Ida B. Wells Dance Team-The IBW Dance team will be performing for the first time at Homecoming half time on October 22nd! They will be joining cheer for a combined performance. The team is looking forward to their 2020-2021 debut.

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 make a donation to help support Ida B. Wells Athletics, please visit the following site-

<https://pps.schoolpay.com/pay/for/Athletic-Support/Sdbkbbq>

Cross Country Update- The Guardian XC varsity team continues to improve. The women are ranked amongst the best in the northwest. Charlotte Richman just broke her own school record this weekend while finishing 4th overall in one of the most competitive meets on the west coast. Her time of 17:20 betters her last season record of 17:30. The boy's varsity team continues to impress by outperforming their expectations. They are currently a top 10 ranked team in the state.

The JV teams were challenged this last week. In an attempt to build confidence, we held our top varsity athletes out of the most recent league meet. We challenged our athletes to compete for the wins in their absence. And compete they did. With our awesome JV athletes, we won both varsity races and with our additional JV runners we also won both JV races. There were 68 personal records run and many personal battles won. It was a great day to be a Guardian.

Guardians of the Week-



Teia Gipp Fr. Cross Country-Teia Gipp has really come a long way this season. She has committed herself to her team and her individual improvement. In return, her times have improved and her strength as a runner and a leader have hardened. She ran her first varsity race on Wednesday and came away 12th overall with a new personal record of 22:30 down from a debut of 25:20 in her first 5k. She is a rockstar!



Dublin Gingerich Sr. Cross Country- Dublin Gingerich has been an amazing addition to the Ida B. Wells XC family. He is all in for his teammates. He has shown a tremendous amount of leadership as we have hit our mid-season stride. The team relies on his guidance and confidence. In his latest race, his best so far, he passed 24 other runners in the last mile to move his team up two places over all. We are blessed to have his leadership.

Coaches Corner- We like to highlight coaches in our program and this week we are highlighting our Head Cross Country Coach, Thor Esbensen.



1. Where are you from? Where did you grow up?

I'm from Boulder Colorado and went to high school and college in Nebraska. I ran cross country and track in both high school and college. I ran at D3 Nebraska Wesleyan University.

2. Tell us a little about your family? Do you have any cool traditions?

My father is Danish and we are proud of our heritage. My parents have attended almost every race I've run and are still attending our races now as Guardian fans. My father also ran in college for D3 Tufts University.

3. How long have you been coaching and where have your stops been?

I have been coaching at Ida B Wells since 2003 and it was my first introduction to coaching and continues to be where my heart is.

4. What do you enjoy the most about coaching? I most enjoy watching athletes grow as people. I get the greatest joy watching athletes become leaders. Leaders in the competitions, at practice, in the classroom and in the community. It fills my heart to see young timid members of our team become confident strong leaders.

5. Do you have any game day superstitions or rituals?

On competition days, I wake up early and get my requisite 4 mile run in around 6am.

6. What lessons can you draw from running cross country?

We have a belief that cross country is life. There is a beauty we find in cross country where the individual is accountable solely for themselves but that our team is directly tethered to the success of each individual. There are no excuses. You did or you didn't and in turn we did or we didn't.

There is something special about being at the finish line of a cross country meet. Every single kid is pooping their heart out and striving for each step. It's awesome! Every athlete giving their all. That's life!

7. Any one particular moment in your coaching or playing career that stands out?

I think the team invention of the "Wolfpack" stands out. Watching 80 young men recite poetry together before throwing themselves into a running competition is pretty cool.

Sunday Tib-Bits-

"Ambition is when you close the gap between your circumstances and your expectations. Entitlement is when you expect others to close the gap between your circumstances and your expectations."

— James Clear, *Atomic Habits*

I. Leave Your Mark

Meaning is about making a difference, not having an audience.

It's better to be **valued by a few** than to be **known by many**.

Your contribution is not the scope of your reach. It's the depth of your impact.

Your legacy is not how many footprints you leave. It's how long they last.

Source: Adam Grant, Organizational Psychologist

II. Giving Yourself Grace Through Self-Care

1 Hour Mood Booster

Start Here — Try this routine to ground yourself and lift your spirits:

- **3 minutes** — Put your devices on Do Not Disturb.

- **12 minutes** — Play your favorite tunes.
- **10 minutes** — Move your body
- **5 minutes** — Write down what you're grateful for
- **10 minutes** — Meditate
- **15 minutes** — Spend time outside
- **5 minutes** — Do a good deed

III. Gentle Reminders To Hear Today

- Be intentional with your habits, energy and time.
- Give yourself credit for the ways you've already grown this year.
- Every season has a purpose. See it as preparation rather than punishment.
- Taking care of your mind is just as important as taking care of the rest of your body.
- You don't have to keep stressing over things that don't exist and haven't happened.
Worry less, try your best.

Source: We The Urban

IV. Question

What have you learned about not forcing things, trusting the process, and letting go?

V. This Week I Will

1. Eat with gratitude.
2. Listen with curiosity.
3. Keep promises to myself.
4. Take a social media break.
5. Wind down with a bedtime routine.

The Last Words...

“When was the last time you paused for a second and gave yourself the credit you deserve for how far you’ve come, how much you’ve grown, the person you’ve become, the transformation you’ve experienced and the tough lessons you’ve learnt? Honestly, you should be so proud of you.”

— **Steven Bartlett**, *Founder of Social Chain*

Ida B. Wells Athletics: October 11 - October 16

****Schedules are subject to change, please check our website
www.ibwathletics.com/THIS WEEK for most current schedules***

Monday, October 11

Football

JV2 vs. Grant, IBW Stadium, 4:00pm

Early Release 2:30pm

Soccer - Men

JV2 vs. Lincoln, Buckman Field, 4:15pm

Early Release 2:30pm, Bus Departs 2:45pm

Soccer - Women

JV2 vs. Franklin, Delta Park 4, 4:15pm

Early Release 2:30pm, Bus Departs 2:45pm

Tuesday, October 12

Soccer - Men

JV @ McDaniel, Glenhaven Park, 4:15pm

Early Release 2:30pm, Bus Departs 2:45pm

Varsity @ McDaniel, 7:00pm

Soccer - Women

JV vs. McDaniel, Rieke Field, 4:15pm

Early Release 3:15pm

Varsity vs. McDaniel, IBW Field, 7:00pm

Volleyball

JV2 vs. Lincoln @ Jefferson, 4:30pm

JV @ Jefferson, 4:30pm

Early Release 3:15pm, Bus Departs 3:30pm

Varsity @ Jefferson, 6:30pm

Wednesday, October 13

Soccer - Men

JV2 @ Glencoe, Lincoln Street Elementary, 4:30pm

Bus Departs 2:30pm

Soccer - Women

JV2 vs. Lincoln, Delta 3, 4:15pm

Bus Departs 2:45pm

Thursday, October 14

Football

JV2 @ Beaverton

Early Release , Bus Departs TBD

Soccer - Women

Varsity vs. Lincoln, IBW Stadium, 7:00pm

Friday, October 15

Football

Varsity @ Franklin, 7:00pm

Buses Depart 4:30pm

Soccer - Men

Varsity vs. Lincoln, IBW Stadium, 4:15pm

JV vs. Lincoln, Rieke Field, 4:15pm

Early Release 3:15pm

Soccer - Women

JV vs. Lincoln, Delta Field 4, 4:15pm

Early Release 2:15pm , Bus Departs 2:30pm

Saturday, October 16

Volleyball

Varsity @ West Linn Tournament TBD

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-



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