



Athletics Update

“Today I rise up and journey onward in the frequency of excellence, joy, gratitude and love.”

Greetings Sports Fans! What a tremendous week in Guardian Athletics this past week! Our Cheer Team competed at the State Cheerleading Tournament over the weekend and for our Seniors it was their last time to compete before they go off to their next adventure. Our Swim Program had an outstanding showing at the PIL District Meet over the weekend with our Men’s Team finishing 2nd and the Women’s Team finishing 3rd! You can find all the District Results at www.pilathletics.com under the results tab. The Varsity Women’s Basketball Team was able to earn a hard-fought victory over Cleveland on Friday night and picked up another win on Tuesday when they were victorious over Franklin. The Men’s Basketball Team split this past week beating the Lightning of Franklin and losing a tough one to a very good Cleveland team. And the Wrestling Team as able to beat Jefferson in a dual on Thursday and according the coaches, “it has been a long time” since that has happened. Thank you coaches, parents, and student-athletes for all of your hard work, time, and dedication this entire Winter Season. Great time to be a Guardian!

Positive Coaching Alliance + Gratitude- I have said it before but it is always good to come back to it, but the power of gratitude can go a long, long way. Just like the quote above states, entering the world with a sense of gratitude can have powerful impacts. Below are some friendly reminders about the power of gratitude from our good friends at Positive Coaching Alliance and from the Learner Lab.

<https://thelearnerlab.com/podcast/>

<https://devzone.positivecoach.org/resource/video/3-ways-teammates-can-practice-gratitude-and-improve-overall-team-chemistry>

<https://devzone.positivecoach.org/resource/article/21-day-gratitude-challenge-athletes-coaches-parents-and-leaders>

<https://devzone.positivecoach.org/resource/video/have-your-athletes-reflect-gratitude-once-week-and-see-results>

The Week Ahead- We have a big slate of athletics this week ahead. Our Women’s Basketball Program hosts Grant on Tuesday then travels to Cleveland on Wednesday and we host McDaniel on Friday. The Men’s Team travels to Grant on Tuesday and hosts McDaniel on Friday. Friday is a cool night where we have a stacked Varsity contests with the JV Women’s Team playing at 4pm, followed by the Women’s Varsity at 5:30pm and the Varsity Men at 7pm.

Great night to come out and support both programs. We have one more Frosh/Novice Wrestling meet this week and then Varsity Districts on Friday and Saturday at McDaniel High School. And our Swimmers that qualified for state will be competing at the State meet this week as well the Tualatin Hills Recreation Center.

Spring Sports- Spring Sports registration is open on Family ID. You can register for one of the following Spring Sports-

- **Baseball**
- **Softball**
- **Men's Tennis**
- **Women's Tennis**
- **Men's Golf**
- **Women's Golf**
- **Men's Lacrosse**
- **Women's Lacrosse**
- **Track and Field**

You can find out more information about each program at www.ibwathletics.com Spring Sports starts February 28th so don't delay getting signed up!

Mask Protocols-Indoor-PPS and PIL Athletics now allows participants when competing to now go mask less. Coaches and players on the bench will still need to be masked up. We appreciate your flexibility regarding changing protocols.

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>

Guardians of the Week-



Etta Brick Fr. Cheer- For the second time this year, Freshman Etta Brick is Cheer's Athlete of the week as she continues to shine in our program. As an underclassman, she is already establishing herself a leader not only on Varsity but in the program as a whole. She pushes her teammate to try harder and challenge themselves to achieve new skills. Recently, she has stepped up substantially to help her team navigate a competition season that has been full of ups and downs. As a coach, she's a joy to have in the program as she always has a positive attitude and constantly shows up for her team.



Aweis Mohamed Sr. Wrestling- Aweis has been a tremendous addition to our team this year. Not only is he a gifted, hardworking wrestler, but he is a constant source of positivity. Aweis is always the first person to sit in the corner of a match when extra help is needed and volunteer to take on additional responsibilities. Aweis is a catalyst for our team and he started off our duel meet victory over Jefferson with an exciting pin over his opponent. We are fortunate to have a leader like him with us and look forward to his success at the district tournament this upcoming weekend and hopefully a trip to the state meet!



Claire Dixon Fr. Women's Basketball- Clare has continued to show up week after week as both an athlete and as a leader. She is a true lefty with a fierce drive to the hoop and has knock down 3 point shoot. Against Franklin and Cleveland last week her lock-down defense helped lead the guardians to two victories!



Dererk Diggy Griffin Fr. Men's Basketball- This week's Men's Basketball Student Athlete of the Week has been awarded to Diggy Griffin. Diggy is a standout freshman who swings between the JV and Varsity teams. Diggy is the leading scorer on the JV team and helped lead his team to a huge come from behind victory at Cleveland last Friday. Coach Jack Rubin is doing a great job with Diggy and the rest of his JV crew. An excellent student, Diggy has a bright future ahead of him, both on and off the basketball court.



Andie Wieber So, Swimming- Andie had a fantastic Meet this weekend. She got second place in both the 100 Fly and 100 Backstroke at the PIL district championships. She swam her personal best in both races as well. She also led off the team's 2nd place Medley Relay and had the

fastest split on the team's 2nd place 4x100 Free Relay. Another great performance from Andie who has had an outstanding season and was to be the team's top performer all year. Andie is also a swimmer who knows how to really have fun at big competitions and swim fast at the same time!



Henry Cannon So. Swimming- Henry arguably was the swimmer of the entire meet yesterday. He was the PIL Champion in both the 200 and 100 Freestyle events! His times automatically qualified him for the State meet next weekend in both races as well. He also had the fastest splits in both the team's Championship Relays, the 4x50 and the 4x100 Free Relays respectively. Henry is one swimmer who really knows how to compete. He always has a plan and so far has executed on those plans to a T this season.

Sunday Tid-Bits-

“The first step toward creating an improved future is developing the ability to envision it. Vision will ignite the fire of passion that fuels our commitment to do whatever it takes to achieve excellence. Only vision allows us to transform dreams of greatness into the reality of achievement through human action. Vision has no boundaries and knows no limits. Our vision is what we become in life.”

— **Tony Dungy**, *Winning Head Coach of Super Bowl XLI*

I. Showing That You Care

- **The most important quality** in a mentor, teacher, or coach is not how much they know. **It's how much they care.**
- **Caring is more than** taking pride in your success. It's feeling joy as you progress.
- **The people you want in your corner** are the ones who celebrate your growth.

Source: Adam Grant, WorkLife with Adam Grant

II. Forgive. Believe. Create

- **Forgive** your younger self.

- **Believe in** your current self.
- **Create** your future self.

“It is so important to take time for yourself and find clarity. The most important relationship is the one you have with yourself.” — Diane von Furstenberg

III. Simplifying Self Love

Here's to learning and re-learning how to cultivate a kinder relationship with ourselves by doing the little things for ourselves one step and day at a time:

- Let yourself dream big.
- Check-in with yourself and your feelings.
- Stand up for yourself like you stand up for others.
- Celebrate yourself and your growth at every opportunity.
- Ask yourself what you need and allow yourself to receive it.
- Listen to your body and mind when they tell you to slow down.
- Make time to do something that brings you joy every day, no matter how simple and small.

Source: Matilda, Crazy Head Comics

Question

What do I need to de-prioritize?

IV. This Week, I Will

1. Hug myself.
2. Journey with ease.
3. Prioritize my wellbeing.
4. Picture the best-case scenario.
5. Remain patient with the process.

The Last Words...

“Finding ourselves can lead to confusion because who we are is always changing. Finding ourselves can be complicated without any deep healing. It is to our greater benefit to focus our efforts on freeing ourselves from the burden of past pain and patterns that do not serve our happiness. As we purify our being, as we release the heaviness that dwells within,

everything about ourselves and what we should do with our time becomes clearer. Our deepest aspirations become evident the more we remove the dense clouds of ego that wrap themselves around our consciousness.”

— **Yung Pueblo**, *Clarity & Connection*

“You can usually accomplish more by giving something your full effort for a few years rather than giving it a lukewarm effort for fifty years. Pick a priority for this season of your life and do it to the best of your ability.”

— **James Clear**, *Atomic Habits*

“Do not expect to receive the love from someone else you do not give to yourself...The light of love is always in us, no matter how cold the flame. It is always present, waiting for the spark to ignite, waiting for the heart to awaken.”

— **bell hooks**, *All About Love: New Visions*

“What I realized when I was ready to let go, even though there was a twinge of uncertainty and doubt at first, is that it was time...Endings welcome that type of reflection, whether you're leaving a job, marriage, or friendship or leaving old behaviors and patterns behind. A celebration can be uncovered when it's time to turn over a new leaf. When we stop holding on to the things that we're ready to let go of, it allows for reflection on the beauty and growth we've experienced along the way. Change is good, even if we don't like it. Change can make things challenging (in a good way), it holds us accountable, and requires our full attention and presence. It's not supposed to be comfortable every time we're ready to let go and move forward.”

— **Alex Elle**, *Gratitude for Endings*

Ida B Wells Athletic Schedule
Week of February 14 - February 19
***Schedules subject to change**

Monday, February 14
No Contests

Tuesday, February 15

Basketball - Men @ Grant

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

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

Varsity, 7:00pm

Bus Departs 5:30pm

Basketball - Women vs. Grant

JV2 and JV, 5:30pm. Varsity, 7:00pm

**Wrestling - Frosh/Novice District Tournament
@ Benson (Marshall Campus), 4:30pm**

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

Wednesday, February 16

Basketball - Women @ Cleveland

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

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

Varsity, 7:00pm

Thursday, February 17

No Contests

Friday, February 18

Basketball vs. McDaniel

JV Women, 4:00pm,

Varsity Women, 5:30pm

Varsity Men, 7:00pm

Wrestling - Varsity PIL Tournament

@ McDaniel, TBD

Bus Departs TBD

Saturday, February 19

Basketball vs. McDaniel

FR Men, 12:00pm

JV Men, 1:30pm

JV2 Women, TBD

Wrestling - Varsity PIL Tournament

@ McDaniel, TBD

Bus Departs 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-

