



Athletics Update

"The most important shot in golf is the next one."-Ben Hogan

Greetings Sports Fans! To say this spring has been an unusual one due to the weather would be an understatement. Rain. Hail. Snow. Thunder at a track meet. Crazy! Huge credit to our student-athletes and coaches for showing up each and every day and adjusting to a crazy spring weather season. With that being said, our spring programming, when able to compete, has been doing outstanding! Our Track Program continues to compete at a high level with some outstanding returners and a crop of underclassmen. Both the Men's and Women's Golf Program continues to post some outstanding scores as they battle it out in a competitive schedule. A big thanks to both of our new Golf Coaches for their hard work. Our Baseball Program is stronger than ever with four competitive levels this year! Both of our Men's and Women's Lacrosse Programs are battling it out this year with their new head coaches as well. The Men's and Women's Tennis Programs are continuing to compete at a high level in a very competitive PIL League. And a huge shout out to our Softball Program and their young squad. They have had a tough season so far but continue to show resiliency and toughness as they compete. Great time to be a Guardian!

Positive Coaching Alliance News- Our partners at the Positive Coaching Alliance announced that the PIL is their PCA Partner of the Month! <https://positivecoach.org/the-pca-blog/pca-partner-of-the-month-portland-public-schools/>

Senior Signing Day- We will be hosting a Senior Signing Day Ceremony on April 27th at lunch in the gym. This ceremony is open to all family members, IBW students, coaches, admin, and teachers. Come help us celebrate some outstanding accomplishments for a great group of Guardian Student-Athletes!

Community Outreach- The Guardian Athletic Leadership Council will be heading to Jackson Middle School and Robert Gray Middle School as part of our community outreach program to help promote all things IBW Athletics. We will be taking an informational flyer, magnets, and stickers for middle schoolers to take home.

Oregon Girls Sports Leadership Summit- On Saturday May 7th, OES will be hosting the annual Oregon Girls Sports Leadership Summit. This is an excellent opportunity for female student-athletes to learn and study leadership opportunities. You can register at the following site-

<https://www.oes.edu/athletics/girls-leadership-summit>

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. They are looking for help during Spring Sports and running the concession stand. You can register here <https://signup.com/go/ycboLia> 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-



Women's Golf-Helen Brodahl Jr.- Helen has led the team all season and last week shot a career best one under par to lead the team by scoring 73 Stableford points. Helen is second in the league in scoring and has amassed 11 birdies through two matches. Her dedication to the sport and leadership are on full display week in and week out.



Men's Golf-Ben Korach Jr.- Ben Korach who shot a 75 to help us take third place in last week's PIL match at Heron Lakes Greenback course.



Softball-Mei Li Hawthorne Sr.- Mei Li one of our senior captains stepped up this week when our pitcher got injured in the 2nd inning of the Lincoln game. She is our starting right field and has only pitched a half inning last year before this. She threw 3 and half innings in the Lincoln game and went 3-3 with an RBI. Friday she threw the whole game against Cleveland and went 1-3. She showed a wonderful attitude and great sportsmanship stepping in to help the whole team when it was needed showing what a true captain is!



Baseball-Griffin Scott So.- Griffin Scott was 6 for 11 with two doubles, scored 6 runs and had 6 RBI in as the Guardians began league play with three wins.



Women's T & F-Mia Fowler Sr.- Mia Fowler just broke our school record in the Pole Vault with a high flying 11-3. She is an incredible athlete and great leader. She dedicates an incredible amount of time to her personal pursuits but also spends countless hours coaching up future pole vaulters. It has been a tough start weather wise but we are so excited to see what she can do when the sun returns.



Men's T & F-Kai Mitchell-Reiss Jr.- Kai Mitchell-Reis is hands down one of the best runners Ida B Wells has had. This week he broke an amazing 3000m school record held by Alex Slenning(his coach) with a blistering 8:24. Kai is also the best leader we have had at Ida B Wells. Kai exemplifies the term student-athlete. He has committed himself to being the best version of himself and that is all we could ever ask.



Women's Lacrosse-Kiran Cirwonka Fr.- Our athlete of the week for IBW WLax is Kiran Cerwonka. Kiran is one of our powerful midfielders, she's always ready to play a full game and is a powerhouse on defense. She is one of our kindest players, even though on attack she regularly breaks ankles (sometimes literally, at least a sprain). This week she got the most draw controls in both of our games which played a huge role in both of our victories.



Men's Lacrosse-Eli Hart Sr.- This week was a tough one for Varsity, losing a close game in the crazy weather to Glencoe on Tuesday, and then running into a very talented and well coached Newberg team on Thursday. However senior attackmen Eli Hart provided us a big offensive spark. Eli led our team in both shots and goals this week, and is proving to be the dodging and shooting threat our attack unit was missing while he was out with a broken collarbone to begin the year. Good work Eli, glad to have you back!



Men's Tennis-Jonah Cunningham-Parmeter So.- Mens Tennis athlete of the week in Jonah Cunningham-Parmeter. Jonah has had several challenge match wins lately. Putting the sophomore at #4 Singles. Jonah had several big wins for the Guardians as well. Looking forward to seeing Jonah finish the season strong and compete at Districts.

Sunday Tid-Bits- The bright sunshine of my own being lights my path and shows my way!

“Change is supremely inconvenient, uncomfortable and naturally scary. Yet we only move through life through the process of change, reinvention and renewal, and so bravery is our quintessential rebel for pushing us past our own limiting beliefs and behaviors. Bravery is feeling the fear, immersing yourself into it and through it so you can come out the other side.”

— **Christine Evangelou, Author**

I. Managing Life Stressors

We cannot serve, lead, help and love others to our maximum ability if we do not first show up for ourselves and prioritize our own self-care and stress management.

Here are tips for managing stress:

- Spend time in nature.
- Hydrate and get enough rest + sleep.
- Develop a daily routine and structure.
- Acknowledge and validate your feelings.
- Re-write and re-frame negative self-talk.
- Do something every day that brings you joy.
- Move your body and eat in a way that honors it.

- Take time to celebrate the little victories and accomplishments.

Source: Sara Kuburic, Psychotherapist

II. Co-Existing In Harmony

When we let go of the idea of perfectionism and needing to have it all together, we give ourselves graceful permission to be more authentic as leaders and positive-difference makers.

In this process, we begin to realize things can co-exist in our living:

- **Growth and mistakes** can co-exist.
- **Confidence and anxiety** can co-exist.
- **Learning and unlearning** can co-exist.
- **Accountability and self-forgiveness** can co-exist.

III. Save Some Love For Yourself

Gentle reminders for the onward journey as we focus on progress over perfection:

- You are enough as you are.
- Focus more on being your own source of happiness, first.
- Not sure if anyone's reminded you lately, but everything is going to be okay.
- Setbacks and mistakes are a normal part of the human experience, they don't mean all of your progress is erased.

Source: We The Urban

IV. Question

What is something wonderful about your life that you rarely appreciate as much as you should?

V. This Week, I Will

1. Choose rest over stress.
2. Choose peace over fear.
3. Choose trust over worry.
4. Choose joy in the process.
5. Choose grace over judgment.

Source: Josefina H. Sanders, Artist

The Last Words...

“Happiness cannot be traveled to, owned, earned, worn, or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.”

— **Denis Waitley**, *Motivational Speaker*

“The easiest way to think about vulnerability is the willingness to show up and be seen when you can’t control the outcome.”

— **Brené Brown**, *Atlas of the Heart*

“What you need to do is build the house you will live in. You build that house by laying a solid foundation: by building physical, emotional, mental, and spiritual health.”

— **James Altucher**, *Choose Yourself!*

“The root of self-care is setting boundaries. Boundaries are expectations and needs that help you feel safe and comfortable in your relationships. Expectations in relationships help you stay mentally and emotionally well. Learning when to say no and when to say yes is also an essential part of feeling comfortable when interacting with others.”

— **Nedra Glover Tawwab**, *Set Boundaries, Find Peace*

The Week Ahead-

Please visit www.ibwathletics.com for the most up to date game and transportation schedule.

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-

