



"We all have dreams. In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort." -Jesse Owens

Greetings Sports Fans! We have had some pretty amazing sporting events last week. The Varsity Baseball Program swept Lincoln and now sits atop the PIL with Grant. We have a pivotal two-game series with them this week. The track team traveled to the legendary Hayward field this past weekend to compete in a National level meet with athletes flying in from across the country. We had some great performances and a lot of fun. Dylan Dimond was 5th in the Men's freshman 100m, Nolan Malcomson was 4th in the 110 hurdles and 2nd the 300m hurdles, Charlotte Richman was the meet champion in the 3000m and anchored the distance medley relay to a school record time! Josie Fale, Nina Loewer and Jordyn Davies filled out the record breaking team. The Wells Varsity Women's Golf team is out to a commanding 94-point lead for the District Title after four matches with one match left to play this season. The team scoring average is over 200 points per match so a final match score of about 100 should lock up the title. In the fourth match last week Helen Brodahl led all players scoring 61 points. Lucia Donovan scored 55, Natalie Teague scored 52 and Saida Seelig scored 39 to beat second place Grant by 13. All four Wells players placed in the top 10 scoring at 1st, 3rd, 4th, and 9th. Wells depth of talent was on full display in harsh spring conditions at Eastmoreland Golf Course. Great time to be a Guardian!

The Week Ahead- As I stated above, the Varsity Baseball Team has a big week ahead with a series with the Grant Generals on Tuesday and Wednesday. Tennis has a huge week with both the Men and Women playing Benson, Cleveland, and McDaniel. The Women will have to finish their match with Lincoln this week as well. Our Softball Program takes on Roosevelt on Tuesday and Lincoln on Friday. Women's Lacrosse has a big game in the stadium this Thursday against Grant High School and the Men take on Lincoln Friday at home as well. We host our final Track meet of the year on Wednesday when we host Cleveland and Benson. And our Golf Programs both have a JV and Varsity match this week as well. **Please visit www.ibwathletics.com for the most up to date game and transportation schedule.**

PIL Scheduling- With all of the weather we have had this year, it has had an adverse effect on getting contests in. The PIL DAO has worked to try and create a schedule and optimize some of the fields we have and partnered with area schools that have turf facilities to get Varsity contests played. We also have had to adjust the Tennis schedules as well. We appreciate your flexibility as we navigate all of the changes that have occurred.

Senior Signing Day- We will be hosting a Senior Signing Day Ceremony on May 18th 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!

A Message From the OSAA- Planning for the 2022 OSAA/OnPoint Community Credit Union Track and Field Championships is going well and it is my hope that the 2, 500+ athletes and their coaches that will participate at Hayward Field from May 19-21 will have a memorable experience. Those volunteering to work the event make a difference and I hope that you can help me get the word out to your track community about volunteer opportunities.

An online volunteer sign-up form is now posted and ready to accept registrations. [CLICK HERE](https://docs.google.com/forms/d/e/1FAIpQLSf3Ap2Rn_IUfOv4REBGNYd87eK1hoAIsSWQ00XAhI_e_EY69A/viewform)
https://docs.google.com/forms/d/e/1FAIpQLSf3Ap2Rn_IUfOv4REBGNYd87eK1hoAIsSWQ00XAhI_e_EY69A/viewform

Volunteers will be assigned shifts based as closely as possible on the preferences provided during the registration process. Volunteers who commit to the minimum shift receive a ticket good for all days of the event, their choice of either a Championships hat or t-shirt (as available), and one meal (lunch or dinner) depending on the time and day of their assigned shift.

Volunteers should take the time to review the tentative meet schedule posted at <http://www.osaa.org/docs/btf/22tentativeschedule.pdf> before completing this registration. Volunteer shifts are on a first come - first served basis therefore we may not be able to accommodate all requests so please encourage early registration.

Please forward this email to the adults who currently work your home track meets and those athletes that may be interested in participating in some way. My goal is to finalize a master schedule by May 16 and notify those selected of their specific assignments, time slots, and check-in procedures as soon as possible after that.

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/>

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>

Weekly Tid-Bits

“You were not created to be perfect or have it all together everyday. You were created to evolve and grow over time. Journey in grace.”

— **Lalah Delia**, *Vibrate Higher Daily*

I. The Power of Three

Stillness, Solitude and Space are key for us to make good decisions.

- **Stillness** creates clarity.
- **Solitude** reduces the noise.
- **Space** allows for distance from other peoples opinions and expectations so that we can truly think for ourselves.

Source: Jay Shetty, Think Like a Monk

II. Cultivating Self-Awareness Through Auditing

Auditing our lives with self-awareness questioning enables us to focus on the small victories, our holistic improvement, and how we can use each day's momentum and lessons to cultivate a more purposeful tomorrow!

Questions we can ask ourselves to Win the Morning:

- 3 things I am grateful for today?
- How do I want to feel today?
- What is within my control that I am committed to making happen today?

Questions we can ask ourselves to Seize the Evening:

- Who did I help today?
- What made me smile today?
- What am I proud of accomplishing today?

III. The Art of Thriving

When we disconnect to reconnect as leaders and positive-difference makers, life becomes art, and the beauty is in the eye of the beholder.

- **The art of** using “no” as a complete sentence.
- **The art of** rediscovering yourself over, and over, and over again.
- **The art of** clearing your mind so that you can listen to your heart.
- **The art of** balancing empathy for others with empathy for yourself.
- **The art of** knowing when to speak, when to listen, and when to leave.
- **The art of** knowing when to pivot, when to pause, and when to persist.

Source: Michell C. Clark, Keep It 100

IV. Question

What are some things you've had to unlearn in order to move forward?

V. This Week, I Will

1. Feed my imagination.
2. Choose ease over hurry.
3. Keep promises to myself.
4. Be intentional with my habits.
5. Engage with the present moment.

The Last Words...

“The biggest obstacle that we all have to overcome to experience inner peace is our own reaction. It is easy to think that things outside of you are causing you mental pain and turbulence, but when you develop your self-awareness you start to see that what is driving the intensity in your mind is actually the relationship between your perception and your reaction.”

— **Yung Pueblo**, *Lighter*

“Fear is both the obstacle and the opportunity.”

— **Ryan Holiday**, *Courage Is Calling*

“Muscles aren’t true strength, vulnerability is.”

— **Jay Glazer**, *NFL Insider & TV Host for FOX*

“Don’t be daunted by what you can’t do. Think about what you can do, and what you may be uniquely suited to do. And then start.”

— **Julie Lythcott-Haims**, *How to Raise an Adult*

Guardians of the Week-



Lucia Donovan, Women’s Golf So.- Lucia continues to anchor the Women’s Golf Team with consistent top-2 scoring on the season. Lucia is 4th in league scoring this season. She exemplifies the depth of talent on the Wells team while helping the team build an impressive 94-point lead going into the final match of the season.



Lucas Devlin, Men’s Golf So.- Men’s golf representative for athlete of the week is Lucas Devlin. He fired a 78 to assist Ida B. Wells to a third place finish in the PIL's 4th match of the season.



Julia Boboc & Kate Rodgers-Women's Tennis- Julia Boboc and Kate Rodgers came close to defeating Lincoln's #1 doubles team. It would have marked IBW's first doubles win against LHS in over 10 years. Boboc and Rodgers won the second set 7-5 after losing the first set 5-7. They played a ten-point tie-break to determine the outcome. In that tie-break, they were down 2-4, before taking a 7-5 lead. That's when the rain started. They're last match point occurred at 9-8 and the tie-break ended 10-12 on courts that were too wet to begin other matches. Congratulations Julia and Kate for leading the team to an [interim] 2-2 tie in matches and a 46-46 tie in overall games against our SW rival.



Kaia Young-Softball So.-Kaia is extremely hard working. As we face pitching challenges Kaia is blocking machine. She creates a wall no ball can get through. Her hard work is keeping our team moving forward. She is a leader at the plate also going 3 for 5 in our game Friday night with one RBI.



Maggie Kocsis-WLAX-Sr. We played a really hard game this week against one of our strongest competitors, Hood River. Everyone put in 110% during the game and it paid off with a 20-13 victory for IBW WLax. The point differential being 7 goals, the same number Maggie scored, whether it was a power shot from the 8 meter or she drove it in on a play. Maggie is a fierce attacker and leads our offensive end. Maggie and Olivia really found their niche this game as they went back and forth assisting each other in goal after goal.



Quin Dufort-Baseball-So- Sophomore Quin Dufort pitched a complete game shutout vs Lincoln, striking out nine and allowing only three hits. On the week in two games vs Lincoln and a game vs McDaniel he had seven RBI and scored four runs.



Charlotte Richman-Women's T & F-Sr- On Friday night under the lights of the legendary Hayward Field in Eugene, Charlotte ran away from a National class 3000m field in an impressive time 9:42. That time betters her school record by ten seconds. She took the lead early and powered away for the elite field and led by almost 100m in the later laps. Her time now sits 9th all-time for the state of Oregon and 13th nationally. It was an awesome performance.



Nolan Malcomson-Men's T & F-Sr- Nolan had a busy night Saturday in Eugene he finished the 110 hurdles in an impressive 4th in an elite field including athletes from across the nation. He then returned 30 mins later to compete in the 300m hurdles and ran to an amazing 2nd place. He now has the top time in the state for both races. But he was not done. He returned to the track again to race in the Distance medley relay and ran 50 seconds for 400m. It was a fantastic triple from an amazing athlete.

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-

