



“Success is a journey, not a destination. The doing is often more important than the outcome.”-Arthur Ashe

Greetings Sports Fans! Well we managed to get through some of the bad weather last week. What a crazy spring season this has been. Our Varsity Baseball Program had a tough week last week squaring off with Grant and Roosevelt. We came up short in all three games but look to bounce back this week with some pivotal games against Roosevelt and Benson. Our Softball Program continues to battle it out in league play. They have been hit with the injury bug unfortunately for the young squad but have managed to compete day in and day out. They too have a big week ahead with four league games coming up. The Women’s Golf Team wrapped up another PIL League Championship this past week. This is a 4-Peat for the program! They are getting tuned up for districts. The Men’s Program is gearing up for a run at districts as well. Both of our Tennis Programs are looking to wrap up league play this week with a contest versus Cleveland as they prepare for districts this week as well. Our Track Program has districts this week as well. Finally, both the Men’s and Women’s Lacrosse Programs have pivotal games this week as well as their regular season is winding down as well. A huge thanks to our coaches for all of their hard work and dedication this season. Exciting times for the Guardians!

Guardians of the Week + Spring Updates-



Natalie Teague-Women’s Golf, So.- Natalie scored a season and career high points in her final league match to help the Wells Girl’s Golf Team to a season best margin of victory and the PIL Championship. Natalie will compete with the team at the State Tournament in Eugene May 16 and 17. Perseverance and patience has paid off for Natalie as she has rounded her game into form and is peaking at the perfect time of the season. Congratulations Natalie and thank you for your hard work. From Coach Titus- On Wednesday April 27 the Wells Varsity Girl’s Golf Team officially wrapped up the PIL District Title. It is the fourth consecutive title for the team.

Natalie Teague and Catherine Karkosky earned career high points to help the team to the largest margin of victory of the season by 47 Stapleford points. Captain Helen Brodahl led the team with 71 points to place second in the league in scoring on the season. Lucia Donovan and Captain Saida Seelig rounded out the scoring for Wells. The top 4 Wells players scored 2nd, 4th, 5th, and 6th place points for the day. The team has qualified for the State Championships May 16 and 17 to be held at Emerald Valley Golf Course in Creswell. With momentum coming off the victory it will be exciting to see how Wells stacks up to competition with other teams from around the state. Go Guardians!



Logan Horvat-Men's Tennis, So- Undeclared week at Doubles and Singles. Earned a top seed at Districts next week as Well's #1 doubles with Lucas Erickson. Logan elevated his game to the next level as the team locked up 3rd place in the PIL for the regular season. Super impressive for a sophomore with a great chance to reach State this year.



Spencer Lee-Men's Golf, Sr- The athlete of the week for Men's Golf is Spencer Lee. Spencer shot an amazing 77 on Eastmorelands difficult and very tight course. He battled along with the 4 other Varsity players to secure 3rd place in the league. Having secured third place, Ida B. Wells Boys Golf travels to Regionals where we can secure a berth into the State Championship Tournament with a top three finish. Go Guardians!



Jackson Miller-Baseball, Sr.- In a tough week versus Grant (2 games) and Roosevelt, Senior Jackson Miller was 5 for 9 at the plate with 2 doubles and 1 home run. He drove in 2 runs and scored 3 times. Currently we are tied for 2nd place in the PIL with Roosevelt. An inexperienced team has dealt very well with unexpected travel due to poor weather. Sophomore Quin Dufort has done an outstanding job in his first year as a varsity starting pitcher. With an injury to junior Russell Petersen, sophomore Henry Stoianoff now joins fellow sophomore Griffin Scott in the pitching rotation. Along with Dufort, the future is bright for these three and our program.



Tom White-Men's Lacrosse, Sr.- Senior midfielder Tom White is our athlete of the week. More often than not this season, Tom has shown he is the best overall player on the field and Friday night vs Lincoln was no different. Despite being the primary focus of Lincoln's defense, Tom scored a game and season high 8 goals. In addition to his goal scoring, Tom lead our team in ground balls, played the roles of our top short stick defender, top clearing option, a top face-off man, as well as a man-up and man-down midfielder. It was a great start to league play for Tom and he was a huge reason our team was able to go toe to toe with a very talented Lincoln program. Despite the crazy weather and the fact that we have still not played a single game at full strength, we continue to improve as a team as the season goes on. Our fundamentals on both JV and Varsity are improving by the week and we continue to take steps forward as competitors which has already resulted in more wins than we had all of last season. While we wish we could have pulled off the upset vs Lincoln to start league play on Friday night, we played our best overall game showing resiliency, aggressiveness and a competitive fire that we aim to carry over for the remainder of our season.



Bella Mosteller-Women's Lacrosse, So.- Our athlete of the week this week is Bella Mosteller, a sophomore who scored her first ever goal in our game against Liberty on Tuesday, and noticeably found her niche on the field. After scoring her goal Bella was beautifully aggressive, whether it be in ground balls or driving towards the goal. It seemed like a spark lit under her and she's ready to dominate the rest of the season. Our season is going really well, I am beyond impressed with our players, in how they have come together to work as a team, and how they have honed their skills this season. We are currently 2-2 with our in-league stats, but we have a season record of 5 wins and 2 losses including in and out of league games. We have played against some historical competitors and either come up on top or held our all throughout the game. Our defense is a wall that most teams seem unable to break, led by our amazing goalie Sierra Donis and one of our star defenders, Hadley Lass. Our games usually start with a win at the draw by either Kiran Cerwonka or Olivia Kozitza, who take it down to our offensive side to either score or assist Maggie Kocsis for a beautiful shot. Come catch our senior night on May 18th! Details on Trivory.



Lillian Haley-Women's T & F, Fr.- Lillian Haley has been quickly improving all season and is on the verge of some breakout performances. She followed her personal best 1500m performance of 5:37 on Wednesday with an impressive leg on the 4x800m team at the Nike Twilight Relays on Friday. She is a great talent and dedicated teammate.



Quentin Nelson-Men's T & F, So.- Quentin Nelson ran a great 3000m race for the second weekend in a row. He won his race at the Oregon Relays last weekend in a PR of 9:04 and came back this week at the Twilight Relays and ran in a much more competitive field and fought to 9:06 time. He has asserted himself as one of the top rising stars in Oregon distance running. He is also one of the most dedicated athletes we have had on our team.

The Ida B Wells Track and Field team just concluded the Invitational portion of our season and look to finish the season strong at our League Championships. We have had numerous school records and great performances. Nolan Malcomson continues his tear as Oregon's top hurdler and one of the best all around sprinters. He had a great performance to win the illustrious Twilight Relays 110m Hurdle race on Friday. Charlotte Richman continues to set national level marks. Her 3000m and 1500m times are both school records and rank among the top 25 times in Oregon history. She also anchored our school record Distance Medley Relay team to a victory at the Twilight Relays on Friday. Mia Fowler set the school record in the Pole Vault with an 11-3 mark. And Kai Mitchel-Reiss set the school record in the 3000m. All of our athletes are excited for championship season. Go Guards!



Minka Whittaker-Women's Tennis, Fr, Audrey Garrison-Women's Tennis, Sr.- Audrey Garrison (12) and Minka Whittaker (9) are our athletes of the week. They've been consistent the entire season playing #2 Doubles, winning 8 matches, and recently outperformed Grant's #1 team; subbing for Wells' #1 Doubles and playing the same opponents. This has been a difficult season so far with weather affecting matches and practices, but the team is in a position to make news this week at the district tournament. Stay tuned. The women's tennis team is sitting on a 9-2

record with two matches remaining. We play Cleveland at home on Tuesday, May 3 to wrap up in-district play before the district tournament starts (May 4). We play Forest Grove in the post-season (May 9). Our 2-2 tie with Lincoln was rained--out so we expect district officials to determine Wells the winner after leading 5-4 in sets and 39-34 in games.

Sunday Tid Bits-*“Today, continue to nourish your dreams. Hold fast to your vision and do something everyday to bring it into manifestation.”*

“A key step that can help us begin to settle ourselves when we are profoundly unsettled is to come home, to ourselves, in this moment, whatever is happening. This is one way of speaking about mindfulness, or being present: *coming home to ourselves*. When we bring our mind back to our body we come home. We could consider this state as *our true home*. This home inside of us is a home no one can take away from us, and it cannot be damaged or destroyed. No matter what happens around us, if we can find this home inside of us, we are always safe.”

— Kaira Jewel Lingo, *We Were Made for These Times*

I. There Is No Substitute for Preparation

Every Sunday, do a quick review of the prior week:

- What gave me energy?
- What drained my energy?
- What should I have said no to?
- What could have been delegated?

It's a simple, effective way to close out the prior week and set intentions for the week ahead.

Source: Sahil Bloom, Investor & Entrepreneur

II. Traits of Exceptional Leaders

To give our team the best version of ourselves, continuous self-improvement, lifelong learning, and unlearning are paramount.

Here are 7 inspiring traits of exceptional leaders we can incorporate into our leadership:

1. **Exceptional leaders** are master storytellers.
2. **Exceptional leaders** find opportunities to let others shine.

3. **Exceptional leaders** seek the advice and input from others.
4. **Exceptional leaders** have their teams back during tough times.
5. **Exceptional leaders** take accountability and know when to apologize.
6. **Exceptional leaders** care while treating everyone with dignity and respect.
7. **Exceptional leaders** express appreciation and give credit where credit is due.

Source: Glen Leibowitz, CFO Consultant

III. We Always Have a Choice

Each moment of every day, we have the unique opportunity to choose how we will live, love, and lead. We can choose to go back toward safety or forward toward growth — the choice is always ours.

May the following affirmations guide us forward on the journey this new month:

- **I choose** what I think and feel.
- **I choose** what stays in my inner world.
- **I choose** what I let go of and what I welcome in.
- **I have the power of choice**, and that frees me automatically.
- I am making better decisions today, and **I choose** the best for myself.

IV. Question

How does your self-doubt feel? What quiets your doubt and elevates your confidence?

V. This Week, I Will

1. Sit in silence.
2. Trust my worth.
3. Hold myself accountable.
4. Listen without judgment.
5. Be intentional with my intentions.

The Last Words...

“You have come so far. Please think about where you were a year ago, or three, or five, or seven. You have scaled mountains, you have overcome things you once thought you never

would. You have done things you didn't think you could do, even if some of those were just getting out of bed and facing another day.”

— **Brianna Wiest**, *101 Essays That Will Change The Way You Think*

“So as you are beginning your day anchor yourself in the truth. Know that all is well. Extend this to your friends, colleagues and all that you meet. That life is for YOU! It is never against you.”

— **Michael Bernard Beckwith**, *Life Visioning*

“Sometimes we have to leave the comfort of home, in order to discover truth. Truth often emerges through discomfort.”

— **Zenju Earthlyn Manuel**, *The Way of Tenderness*

“Everything starts small. Our culture has fooled us into thinking that instant gratification is the way this world works. That big things come overnight, that dreams are achieved all at once. But the truth is, good things take time, they take patience. They take the unshakeable faith that what you feel inside of yourself is so fundamentally true, there is not a person in this world that can strip you of it. Keep going friend, time is always on your side.”

— **Déjà Rae**, *Writer*

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

PIL Golf Tournament- The PIL is proud to announce the 9th Annual PIL Open Golf Tournament will be held on Wednesday July 20th at Pumpkin Ridge Golf Course. This is a great event to help raise funds for Youth Sports in our city. You can register here-

<https://docs.google.com/forms/d/e/1FAIpQLScn6viiPJdwXIEscOyWmU1LoE7FXIwI4JhKBB6iE09h15ZiVQ/viewform>

PIL Middle School Sports- The Ida B. Wells Middle School Track Program had a fantastic weekend at the PIL/Franklin Middle School Invitational with both the boys and girls programs coming in 1st place!

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>

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-

