



IDA B. WELLS

GUARDIANS

Athletics Update

“Anything worthy of your passion should be worthy of your preparation.”-Sue Enquist

Greetings Sports Fans!

Once again, the weather wreaked havoc on some of our scheduling last week. With one of the wettest springs on record, we have had to make so many adjustments to our scheduling and shift contests around, especially for our Baseball, Softball, and Tennis Programs. The Track, Golf, and Lacrosse programs have had to compete in some crazy weather this year. We thank you all for your flexibility and patience as we try and navigate this unprecedented spring weather season. With that being said, we have some pretty exciting news regarding our spring programs. Our Women’s Golf Team is PIL Champions for the fourth year in a row and Claudia Barberi is the PIL Singles Champion in Women’s Tennis! Men’s Tennis also had a great showing at Districts this past week. Congratulations, Guardians!

PIL District Tennis Results

Women’s Tennis

- **Doubles- 3rd Place Kate Rodgers/Julia Boboc (qualified for State)**
- **Singles-PIL Champion Claudia Barbieri (qualified for State)**

Men’s Tennis

- **Doubles- 2nd Place Logan Horvat/Lucas Erickson (qualified for State)**
- **Consolation Champions-Jose Beroza/Trey Nelson**

Guardians of the Week



Saida Seelig, Women’s Golf, Sr.- Team Captain Saida competed as a senior in her second season on varsity this year. She has developed into a very consistent player for Wells after joining the team as a freshman with very little experience. Her dedication to learning and improving golf skills is unmatched during her time on the team. She rounded into a leadership role and fought through an early season knee injury to contribute to winning the PIL Championship. Saida will enroll next fall at Willamette University and will join the Willamette Women’s Golf Team. We thank Saida for her contribution to the Wells team and wish her the very best in her collegiate career.



Lucas Erickson, Men's Tennis, Sr.- Lucas had an amazing season! Playing 1st Doubles, Lucas had only one defeat in the regular season and earned the #3 seed at Districts. Lucas played his best tennis at the most important time. He and his partner Logan breezed through the tournament's first two rounds. Setting up a huge match versus the #2 undefeated seed from Lincoln. Lucas and his partner played at the highest level disposing of the Lincoln team in two strait sets and giving them their first defeat of the season. Having qualified for State already Lucas and Logan faced off versus one of the best doubles teams in the state in Lincoln's #1 doubles team. Again, Lucas raised his level of play to give Lincoln one of their only competitive matches in the year. Lucas should have a good run at State in two weeks to cap off a great High School tennis season.



Ben Korach + Otto Laprete-Men's Golf- Golf had a down week to grind and sharpen our skills going forward toward Regionals and our last chance to qualify for the State tournament. We had a tie for athlete of the week in Ben Korach and Otto Leprete. Both young athletes demonstrated excellent adherence to practice and demonstrated the utmost in positive attitudes in adverse conditions. Both are deserved athletes of the week representing the Ida B. Wells Men's Golf team!



Elle Amato-Softball, Sr.- Elle Amato senior has been a true team leader with her amazing attitude and constant smile. She helped keep her team motivated on the field and in the dugout. She has had multiple double plays at short stop and constantly getting hits as our number 3 batter. She had a double play against Franklin this week and has stopped almost every ball hit to her this season.



Hadley Laas-Women's LAX, Sr.- Hadley is one of our starting defensive players and is a leader on our defensive end. She has a keen sense of defense on the field and shows no fear going up against other teams' strongest players. She encourages and guides new and returning players alike. This week she and our other defenders kept the ball on attack almost the whole game, shutting down the other team's transitions in the midfield.



Jordan Winthrop-Men's LAX, Jr.- Our athlete of the week is Jordan Winthrop. Jordan has been working through a position change over the second half of the season, switching from a short stick to a long stick midfielder. That can be a tough transition for many, but Jordan has taken it in stride and Friday afternoon vs Central Catholic he played a terrific game. Long stick midfielders are tasked with picking up ground balls, creating fast break opportunities, causing havoc and creating turnovers and Jordan did all of that masterfully. He was a main factor in our JV's dominating win over the Rams. Great job Jordan!



Claudia Barbieri-Women's Tennis, Jr.- Claudia Barbieri is our Women's Tennis athlete of the week. She finished the week with a 6-0, 7-5 win over Lincoln's #1 player to become the 2022 PIL District Singles Champion. Claudia's record this year is 12-1 [so far] and she will play in the Oregon State HS Championships with teammates, doubles players Julia Boboc and Kate Rodgers who finished in 3rd place at the PIL championships. The Ida B. Wells women's tennis team finished the regular season with 52 total points, narrowly losing to Grant and Lincoln which had 53 and 58 points respectively. Claudia, Julia, and Kate will represent Ida B. Wells at the state tournament that starts on May 19. They hope to better the school's finish in 2019; a 3-way tie for 7th place in 2019, the last time a State tennis tournament was played.



Miles Ward-Baseball, Sr.- Senior Miles Ward had four hits in two games vs Roosevelt and Benson. In the 2-0 win vs Roosevelt, he scored both runs. Versus Benson he had the game winning hit in the bottom of the 8th inning.

The Week Ahead

We have a big week ahead in Guardian Athletics. Our Track Program travels to McDaniel High School for the JV and Varsity District Meet. Our Varsity Baseball Program has a big week finishing the series with Benson and then wrapping up league play with Cleveland as they work to position themselves for a run in the State Tournament. Softball will host Roosevelt this week and then travel to play Cleveland. The Men's Golf Program is at Stone Creek for the Regional Tournament to decide who gets to go to the State Tournament. Our Tennis Program wraps up their non-league contests this week as they prep for the State Tournament. And finally, both the Lacrosse Programs have big games this week with the men hosting Hood River and the women traveling to Sherwood. Great time to be a Guardian!

For up-to-date transportation and schedules, please visit

<https://www.ibwathletics.com/page/show/3803298-this-week>

Other Announcements

2022 Flag Football Jamboree

Our Football Staff has organized the first annual Flag Football Jamboree on June 3rd. There will be the following contests-

- IBW 12th Grade vs IBW 9-11th Grade
- Jackson 7/8 Grade vs Gray 7/8 Grade
- IBW 11th Grade Boys vs Football Alumni

You can register and find more information here-

<https://wellsfootball.sportngin.com/register/form/767941177>

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!

Community Outreach

The Guardian Athletic Leadership Council will be heading to Jackson Middle School and Robert Gray Middle School this week 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.

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/Sdbkbbg>

Sunday Tid-Bits

-“Dear Self, I am so glad you didn’t let fear keep you from growing.”

"It will be incredibly tempting to invest every extra hour of time or ounce of energy in whatever activity yields the clearest and most immediate evidence that we've achieved something. Our careers provide such evidence in spades. But there is much more to life than your career. The person you are at work and the amount of time you spend there will impact the person you are outside of work with your family and close friends. In my experience high-achievers focus a great deal on becoming the person they want to be at work — and far too little on the person they want to be at home."

— **Clayton M. Christensen**, *How Will You Measure Your Life*

I. Making Space to Grow

Make space for all parts of you:

Joy. Grief. Fear. Love

Breathe into them.

Relax in your wholeness.

Presence can hold all of you.

Source: Cory Muscara, Stop Missing Your Life

I. Journey In Grace

"The sun will rise and set regardless. What we choose to do with the light while it's here is up to us. Journey wisely."

- Small steps, every day, will add up.
- Short-term discomfort for long-term peace.
- Pick your path: Work and burnout or work and rest.
- I am not what happens to me. I am what I choose to become.
- Don't get caught up on what could have been. If it should have been, it would have.

III. The Art of Relationships

Attributes of a good relationship:

- Selfless listening
- Calm communication
- Holding space for each other
- Strong trust, no need to control
- Authenticity, no need to perform
- Rest, laughter, and adventure together
- The love between you is empowering
- Commitments to each other are clear
- Flexible, no need to always be together
- Both have the space to grow and change

Source: Yung Pueblo, Clarity & Connection

IV. Question

What am I missing by choosing to worry or be afraid?

V. This Week, I Will

1. Live my values.
2. Limit interruptions.
3. Keep my ego in check.
4. Learn from my mistakes.
5. Do the important things first.

The Last Words...

"The kindest people are not born that way, they are made. They are the souls that have experienced so much at the hands of life, they are the ones who have dug themselves out of the dark, who have fought to turn every loss into a lesson. The kindest people do not just exist - they choose to soften where circumstance has tried to harden them, they choose to believe in goodness, because they have seen firsthand why compassion is so necessary. They have seen firsthand why tenderness is so important in this world."

— **Bianca Sparacino,**

"Our bodies are alive, and we have no idea how long this is going to be true. We live every day inside this great mystery, and yet it is extremely challenging to acknowledge regularly. Denying or ignoring the fact of our impermanence keeps us from the work of befriending our body. Our body deserves to be treasured, now. It wants to be celebrated as it is — broken and whole. We give ourselves an irreplaceable gift when we praise our body every day as our temporary, extraordinary temple that offers the gift of being alive."

— **Kristi Nelson,** *Wake Up Grateful*

"The real masterclass is observing your own mind so that your emotional history no longer stunts your relationships or life goals. You can learn a lot from other people, but revolutionary internal change comes from building your self-awareness to the point where it becomes easier to make good decisions that make your present and future brighter. Allow yourself to be inspired by others, but remember that the deepest transformations occur when you become more familiar with the patterns that impact your behavior. Too often, we get stuck listening to the stories of other people in the hope of it effortlessly changing ourselves when what would truly serve us best is turning our attention inward."

— **Yung Pueblo,** *Power, Love, and Doing The Work*

"If you worry too much about what might be, or what might have been, you will ignore and overlook what is. Remember this. Worrying is a misuse of your vast present potential, and your incredible creative energy. So do your best to focus mindfully on what's in front of you today."

— **Marc and Angel Chernoff,** *Hack Life*

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-

