



Athletics Update

“You don't have to become something you're not to be better than you were.”-Sidney Poitier

Greetings Sports Fans! To say there is some unease in our community, state, country, and world would be an understatement. The current surge in COVID is causing major disruptions in the lives and communities of so many. It is our hope and goal that Athletics can provide a safe, positive, and inclusive environment for our student-athletes, school, and community. From the entire Athletic Department, we hope that you and your loved ones are safe and healthy.

Updated COVID Protocols- PPS in conjunction with the PIL Athletic Office have updated some of our COVID Protocols. Student-athletes will need to wear masks at all times when practicing and competing when possible. We will now be asking for COVID Vaccination status from ages five and up when spectating a PIL sporting event as well.

The Week Ahead- We have had to make some adjustments to our Basketball schedule for this week. On the Women's side, the JV2 and JV are traveling to Grant tomorrow. On Tuesday, the JV and Varsity will be traveling to Jefferson. On the Men's side, we will host Franklin's JV and Frosh teams and on Tuesday, we will host the Grant Men's Program. Our Swim team travels to Dishman on Wednesday and our Wrestling Program will travel to Roosevelt on Wednesday and then head to Southridge for a tournament on Saturday.

OSAA Student Advisory Council-Application Open- Please see the below message from Kelly Foster at the OSAA. This is a really cool opportunity!

The OSAA is excited to launch the first ever OSAA Student Advisory Council. The purpose of the OSAA Student Advisory Council is to enhance the total student-participant experience by promoting leadership opportunities, protecting student-participant well-being, and offering input on the rules, regulations, and policies that affect students in member schools. This council will also give the opportunity for a student-participant voice within the OSAA structure, allowing students to actively participate in the administrative process, and provide a positive student-participant image.

The Council will mirror the OSAA Executive Board and will have 10 members and will consist of one representative from each classification, one 6A/5A/4A at-large representative, one 3A/2A/1A at-large representative, a representative of the Oregon Association of Student Councils, and one adult member.

We need your help identifying students in your schools who would be a great fit and represent your communities well. We are looking for students who are leaders in your buildings and participate in OSAA activities.

The application can be accessed at this link: <https://forms.gle/ZaHA1Y2ZfrKYUELv9>

Along with this online application there is also a video submission and letter of recommendation from a school administrator, coach, director, or teacher. All materials may be sent to Kelly Foster (kellyf@osaa.org).

The deadline for ALL application materials is 4:00 pm (PST) on January 28, 2022.

The first meeting for the OSAA Student Advisory Committee is expected to be in March 2022 via zoom.

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-



Leo Sewell Sr. Men's Basketball- The recent COVID outbreak hasn't slowed Leo down at all! The senior point guard has been doing it all for his team when they need him most.

A leader in the classroom as well as the basketball court, Leo is playing the best basketball of his Guardian career right now.



Eliza Di Giulio Sr. Women's Basketball- Eliza DiGiulio is the athlete of the week for girls basketball. Following an outstanding holiday classic, Eliza was dominant against Franklin. She led the team in both scoring and rebounding. In addition to Eliza's prowess on the floor, she continues to be an amazing student, leader and person. Eliza is a shining example of what a student athlete can be.



George Ramsey Sr. Wrestling- George has been a constant all season. He is one of our most important leaders on the team, helps others, and works extremely hard. This week he remained positive despite all of the uncertainty around COVID and moving practice location and topped the week off with his first ever tournament win, an impressive 3 pin performance against all opponents.



Sam Waxman Fr. Wrestling- Sam is the ultimate teammate. Sam shows up to practice everyday, ready to work hard, no matter what. He helps his partners get better and has shown

incredible growth and improvement. Before his matches he's up and jogging before any coach has to remind him. He watches others wrestle with intent, learning in the process. Even when he doesn't win, he finds value in every second that he's wrestling. This weekend he had two tremendous matches where he wrestled the entire 6 minutes. For a novice wrestler, that's incredible. We look forward to see how much better Sam can get!



Catherine Coffield Fr. Swimming- Catherine dominated all her events at our last meet including the 200 Fr and two relay wins.



Jake Wilson-Goodwin Sr. Swimming- Jake won all of his events at our last meet posting a PIL top ten time in the 500 Fr.



Kaia Tust Fr. Cheer- Kaia is another one of our stellar freshman athletes on the varsity squad. One of the things I love most about Kaia is that she's always asking for feedback to help her do better. She's always striving to improve and putting in the work outside of practice. That quote about it being hard to beat someone who never quits, could be about Kaia. Her smile is infectious and her ever cheery attitude helps keep the team morale up.



Tupelo Wright So. Cheer- Tupelo is a great addition to the guardians cheer program. Her willingness to take on any task that is asked of her makes her invaluable. She is always practicing, doing jumps, tumbling or even working on material. There is never a time in which she is down or gloomy, she always has a smile, she is always eager to help her teammates. We can not wait to see her grow over the next few years with her.

Sunday Tid-Bits-“ High intention and deep conviction is streaming live with love through every area of my life!

“It’s the small things. How you spend your morning. How you talk to yourself. What you read. What you watch. Who you share your energy with. Who has access to you. That will change your life.”

— **Michael Tonge**, *Cultural Entrepreneur*

I. Growth Is Optional

Each day is a unique opportunity to improve and evolve our relationship with:

- Self & Truth
- Values & Books
- Our Mind & Body
- The Past & Present
- Friends & Colleagues
- Family & Loved Ones
- Innovation & The Future
- Information & Knowledge
- Our Team & Those We Lead

II. Fostering Confidence Through Self-Awareness

7 Questions to ask yourself when your confidence is low:

1. **What hard-to-notice progress am I making?** Blaring failures can blind you from subtle wins.
2. **What can I learn from my past success?** Spend some time reflecting on some of your highlights from the past.
3. **How's my preparation?** Your level of preparation influences your level of confidence. Consider changing things up if you need to.
4. **Who's opinion am I giving too much power to?** Opinions from others can evolve into self-beliefs.
5. **What am I saying to myself?** You are the most important person you speak to every day — make it productive.
6. **What's my purpose?** A powerful purpose can cut through self-doubt.
7. **Am I focused on the results or the process?** Confidence is more stable when it's attached to actions, not outcomes.

Sometimes, you'll have confidence and perform poorly. Other times, you'll lack confidence and perform great. Confidence is nice to have, but it's possible to succeed without it.

Source: Justin Su'a, Head of Mental Performance, Tampa Bay Rays

III. Redirecting the Energy of Our Fears

Too often we fear the unknown, things that have not yet arrived. What if we took a leap and let ourselves believe. V. Question

What are you grateful for these first nine days of 2022?

IV. This Week I Will

1. Direct my focus.
2. Remember why I started.
3. Take small steps every day.
4. Be patient with my progress.
5. Help someone who can't repay me.

The Last Words...

“We all have different selves: There is a public self, a private self and a core self. We all know the public self—it's how we put our best foot forward, smiling and behaving. But the private self is a more fundamental self, and that is where we find our frailties, our fears. It's like a

clearinghouse where our demons are safe. Then there's the core self, which is our pure instinct. That's where all our goodness and capacity for kindness lives. You can feel it sometimes. When people say, 'I feel it in my stomach,' that's the core self. Our best comes from there, and we know how courageous and honorable we are. The core self is who we are."

— **Sidney Poitier**, *Wisdom Teacher*

- **Instead of** what if I fail? **Practice asking** what if I succeed?
- **Instead of** why is this happening to me? **Practice asking** what's happening for me?
- **Instead of** why is this so hard? **Practice asking** what strengths and resources do I have to handle it?
- **Instead of** why don't I get what I want? **Practice asking** how do I know something better isn't on the way?

"If we would only see that all limitations are self-imposed and chosen out of fear, we would leap at once." — **Adyashanti**

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-



