



“The most important thing is to try and inspire people so that they can be great in whatever they want to do.” Kobe Bryant

Greetings Sports Fans! Happy New Year to all of you and here is to hoping that 2022 brings the best out of all of us and we can continue to be grateful and row the boat together!

OSAA Les Schwab Team of the Month- Our Women’s Basketball Program was nominated and won the OSAA Les Schwab Team of the Month award for the month of December! Outstanding accomplishment and recognition for the program!

The Week Ahead- We have a full slate of Guardian Athletics this upcoming week. The Women’s Basketball Program travels to Jefferson on Tuesday and hosts Franklin on Thursday. The Varsity will then play in the PIL Showcase on Saturday as they take on Grant at McDaniel High School. The Men’s Basketball Program will host Jefferson on Tuesday and travel to Franklin on Thursday. They will play Cleveland in the PIL Showcase at Franklin High School. Our Swim Program jumps back in the pool this week and will travel to Dishman on Friday for their meet of the week. Our Wrestling Program travels to McMinnville for a tournament on Saturday. Looking forward to a great week of Guardian Athletics!

Close of 1st Semester- It is hard to believe that we are getting ready to close out the 1st Semester of the school year. With that being said, we can’t stress enough the importance of balancing the rest of the term with being a student-athlete. That includes proper rest, nutrition, and hydration as well. The Winter Season is the longest of the three and it is extremely important to maintain a healthy balance of school, family, and personal and mental health!

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.

Cool Topics from the Past Year- Below are some cool topics from the past year that are great reflection tools. Check them out!

Stephen Curry: The Kid Who Changed Before He Had To

He was open-minded, practical and refused to capitulate to short-term failure.

The Lion Within

No one in the jungle buys into perceptions. No one will avoid challenging the lion based on reputation alone.

The Trash on the Floor

It's easy to be well-behaved and considerate after success. But how do we respond when we feel we've been wronged?

Power Hungry vs. Culture Hungry

The best leaders aren't power-hungry — they're culture-hungry. And there is a huge distinction between these that not everyone understands.

10 Lessons From Ted Lasso

Some might think the show is overly silly, but if you peel back the humor, there are still several tangible takeaways for all of us.

Motherly Advice

Coach Eric Musselman does not ignore the advice or toss the notes in the trash. In fact, he shares them with his players.

Don't Let 1 Problem Become 3

When the mistakes and hardships arise, we have to be strategic about what we do next.

The Difference Between Good and Great

Great players always want to do more — good players feel they have done all they can do.

The Agreements We Make With Ourselves

The Four Agreements can empower us to live with greater clarity, purpose and passion while letting go of self-limiting beliefs that rob us of our joy.

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>

Sunday Tid-Bits- "There is beauty in embracing the long and slow journey forward. The brave and wise see patience as a noble way of being."

“Every action we take is like a vote for the type of person we wish to become. Your habits are how you embody a particular identity. So every day that you make your bed, you embody the identity of someone who is clean and organized. Every day that you send an attagirl to somebody on your team, you embody the identity of someone who is a caring leader. Every day that you go to the gym, even if it’s just for five minutes, you embody the identity of someone who doesn’t miss workouts. So in this way, our behaviors are like they’re casting votes for the story that we’re telling ourselves, and I think ultimately, at the deepest level, this is the real reason that habits matter.”

— **James Clear**, *Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones*

I. 3 Golden Rules of Leadership

1. **The first rule of leadership:** put your mission above your ego.
2. **The second rule of leadership:** if you don't care about your people, they won't care about your mission.
3. **The third rule of leadership:** if someone has to tell you the first two rules, you're not ready to lead yet.

As leaders and positive-difference makers, never underestimate the power of a kind word, touch, or smile. People will never forget how you made them feel.

Source: Adam Grant, Organizational Psychologist at The Wharton School

II. Life Is How We See It

Life is all about perception. When we are able to see the big picture and realize what is actually going on, we will quietly and calmly become the master of our own life.

- **Life is an opportunity**, benefit from it. **Life is a beauty**, admire it.
- **Life is a dream**, realize it. **Life is a challenge**, meet it.
- **Life is a duty**, complete it. **Life is a game**, play it.
- **Life is a promise**, fulfill it. **Life is a struggle**, accept it.
- **Life is a tragedy**, confront it. **Life is an adventure**, dare it.
- **Life is luck**, make it. **Life is life**, fight for it.

III. A Year of Possibility

- **In 2022**, permit yourself to live your life according to your values.

- **In 2022**, move towards action instead of hoping that manifesting will be enough. Manifesting is not magic; you have to take action on what you manifest.
- **In 2022**, consider your options instead of believing you have to stay stuck. Sometimes stuck is a mindset, not a reality.
- **In 2022**, use your energy to promote goodness, joy, and peace, not chaos.

Source: Nedra Glover Tawwab, *Set Boundaries, Find Peace*

Question

What do I want to embody in 2022?

IV. This Week I Will

1. Speak with kindness.
2. Check-in with myself.
3. Align actions with my values.
4. Have the courage, to be honest.
5. Replace judgment with curiosity.

The Last Words...

“Contrary to pop culture understanding, patience isn’t about waiting. In fact, if you look it up in the thesaurus, a synonym is “poise.” Patience is a *state of being*. It’s dignified. We think of it as stoic. But real patience is actually very vibrant. Waiting... for the business to take off, the relationship to gel, the house to sell... the anxiety to move on its way, the body to heal... In that “in-between space,” there’s a more assured power. No waiting around, just steadiness. Patience is about sitting with life source. It’s fuel. It’s creative. It’s not about holding our breath or being in penance. It’s not even a pause button. It’s more like a tap we turn on to fill ourselves with light. And from there... *life unfolds.*”

— **Danielle LaPorte**, *The Desire Map: A Guide to Creating Goals with Soul*

Ida B Wells Athletic Schedule

January 3-8

***Schedules subject to change**

Monday January 3

No Contests

Tuesday January 4

Men's Basketball vs Jefferson

Frosh @ 4pm- **3:15 Early Release**

JV @ 5:30pm

Varsity @ 7pm

Women's Basketball @ Jefferson

JV @ 530pm

Bus Departs @ 430pm

Varsity @ 7pm

Bus Departs @ 530pm

Wednesday January 5th

No Contests

Thursday January 6th

Women's Basketball vs Franklin

JV2 @ 4pm

JV @ 530pm

Varsity @ 7pm

Men's Basketball @ Franklin

Frosh @ 530pm

JV @ 530pm

Bus Departs @ 430pm

Varsity @ 7pm

Bus Departs @ 530pm

Friday January 7th

Swimming @ Dishman

Bus Departs @ 445pm

Saturday January 8th

Wrestling @ McMinnville

Bus Departs @ 6:15am

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-

