



Athletics Update

“I can be changed by what happens to me. But I refuse to be reduced by it”-Maya Angelou

“Your strength is in your calmness, in the clarity of your mind. Strength comes from putting the negative aside without reacting. Win in calmness, in consciousness, in balance.”- Amrit Desai

Greetings Sports Fans! We are entering the final stretch of the PIL regular season and what a final stretch it is shaping up to be! Both of our Soccer Programs are continuing to battle it out with some huge final league games coming up. Our Volleyball Program is in the final stretch of the regular season with a chance of at least a share of the PIL City Title. Our Football Program faces our cross-town rival, the Lincoln Cardinals, in our homecoming contest on Friday. Our Dance and Cheer Programs will showcase their talent on Friday at homecoming as well. And our Cross-Country Program is gearing up for a run at districts as well. This past week was Battle of the Birds Part One as our Men’s and Women’s Soccer Programs battled it out on Friday night. The Men’s Team played an outstanding match with the highlight of the night coming from Jacob Berg with one of the best goals I have ever seen in a high school soccer match which ultimately proved to be the winning goal beating Lincoln 2-1. Part two of the Battle of the Birds will be on Friday. Great time to be a Guardian!

Maintaining Positivity and Mental Health PCA Resources- As we continue to navigate the COVID world we are still living, I cannot stress the power of positivity and maintaining and addressing mental health. We all have experienced some kind of stress during these anxious times and it is extremely important to address any mental health issues that have arisen and understand that we are ALL in this together. Below are some great tips and resources from our partners at the Positive Coaching Alliance that you can work on as a family or on your own.

<https://devzone.positivecoach.org/resource/article/discussion-guide-mindgame-unquiet-journey-chamique-holdsclaw>

<https://devzone.positivecoach.org/resource/video/how-help-athletes-mental-health>

<https://devzone.positivecoach.org/resource/externallink/5-ways-young-athletes-improve-their-mental-health-during-covid-19>

<https://devzone.positivecoach.org/resource/video/power-mental-maintenance>

The Week Ahead- As I stated above, we have a big week in Athletics coming up. First up, we have senior night for the Women's Soccer Program on Tuesday night. On Friday, we honor the Men's Soccer Program and their senior class before the Football game. Additionally, we will honor the Football Senior class at the homecoming game on Friday as well. Our Dance Program will be teaming up the Cheer Program for a halftime presentation at the football game on Friday. We will be selling Battle of the Birds Shirts again this week with the proceeds going to the Ida B. Wells GSA group and purchasing fleece blankets for Doernbecher's Hospital.

A message from our Dance Program- The IBW Dance is looking forward to homecoming! Cheer has been so supportive in helping us to present for the first time. Many thanks to Lynsey and Denise and all of the cheer team. What an impeccable time for us to debut. Dance Competition is also on its way!! Please see the flyer attached.

We loved having everyone involved with our performance team in the fall and strive for experienced dancers during the winter and spring months. Please come to the audition on Nov. 5th at 2pm if you are ready and willing to compete with dance for our school.

Winter Sports- Family ID is up and ready for registration for our Winter Programming. If you are interested in Basketball, Swimming, and Wrestling, please visit www.familyid.com to register. Ida B. Wells also offers Ski and Snowboarding Team options as well. Please visit www.ibwathletics.com for more information.

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 make a donation 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-



Olive Moore Fr. Cross Country- Olive Moore is an amazing and confident leader. She has inspired her teammates with her hard work and dedication to her team. As just a freshman, she has asserted herself as a team leader. She recently ran an impressive PR of 25:37.



Dublin Gingerich Sr. Cross Country-Dublin Gingerich transferred to us last year. He immediately became an impactful leader. He has dedicated himself to the team and ensures all the “little” things are done right. He had a breakout performance this week with #6 all time Wells time of 15:50 for 5k.



Signe Oliver-Nutt Sr. Volleyball-Signe Oliver-Nutt- Great student but even better teammate. Signe has been a player coach this season leading drills at practices and supporting her teammates from the sidelines at matches. Not the way she wanted her SR season, but Signe is taking it in stride with a positive attitude and support for her teammates.



Sebastien Porter Fr. Guardian Leadership- Sebastien has been a welcome voice for the Guardian Leadership Council adding positively to the discourse about how we can improve our school and community. He is also an active member of our Dance Program as well and provides and promotes positivity in our hallways at Ida B. Wells. Thank you Sebastien!



Devera Graham Jr. Women's Soccer- Devera scored her long awaited (how many crossbars?) first career goal in Monday's win over McDaniel. She was on the ball constantly, and dictated everything that happened in midfield. She improves every week and is growing into a vocal leader in the team.



Jacob Berg Sr. Men's Soccer- Senior defender and team captain Jacob Berg returned early from injury to lead the men's soccer team to a 2-1 upset victory against #3 Lincoln. Still recovering from a foot ligament strain, he opted to play through the pain on Friday after sitting out of the 4-3 win at McDaniel on Tuesday. He anchored the Guardians defense to hold one of the top offenses in the state to only one goal. In addition to his significant defensive contributions he scored the winning goal on an acrobatic bicycle kick. His goal will live on in Wells soccer lore for years to come.



Shay Gallagher Fr. Dance Team- "Shay is an excellent dancer. She brings not only her style but her happiness to the table. Her accomplishments go above and beyond. Watch how she moves!!"



Michael White Jr. Football-Michael White - Michael came back to football this season after being away from the game for a little while. Boy are we glad that he decided to come back. Michael is a joy to have on the team. His positive attitude and joyous nature during practice keeps our time positive and fun. He is always asking how to improve and he strives to get better every day. Michael has stepped up on numerous occasions this season, but this past Friday, it all came together for Michael. He rated out as our top offensive lineman as he made block after block after block. He dominated the man over him all night and was a key reason why our offense really started to click. It has been amazing to see Michael's growth as the season progresses. Fantastic job Michael!!!



Park Feld-Gore Jr. Football- Parker Feld-Gore - Parker had his best all around game in his young career on Friday Night. Parker completed close to 60% of his passes for over 200 yards and 3 TDs!! Along with this, Parker didn't throw any interceptions, fumble or ever get sacked. A quarterback has not had this efficient of a game for our school in a long, long time. When you look at the talent that we've had play QB in recent history.....that puts Parker in some pretty great company. He has really taken command of our offense and has become a true leader on the team. Parker was able to achieve all of this while not getting much of a break the entire night. He played every single offensive and defensive play. Great game Parker!!!



Emma Allen Fr. Cheer- Emma joined our JV Program this fall and has been a quick learner! She's extremely coachable taking corrections with a smile. Emma possess a great ability to roll with the punches as circumstances on the team change. Emma has risen to the occasion when asked to work with an entirely new stunt group on varsity. During this time, we have watched her selflessly work to serve the needs of the program and its been a joy to watch her confidence grow.



Midori Corollo Fr. Cheer- Midori is one of five freshmen on varsity and has been a formidable addition to our program. Over the past several months, Midori has continued to work hard with a great attitude, terrific sense of humor, and has helped push her teammates to hit new skills. Recently Midori has been thrown into the main flyer position due to team injuries and has continued to shine in this role.

Sunday Tid Bits-

"What would life feel like if you didn't tell yourself that you were 'behind,' based on your own or society's timelines?"

— **Yasmine Cheyenne**, *Advocate for Mental Wellness*

I. The Beauty of Growth

A few gentle reminders of growth:

- **Growth** is a journey.
- **Growth** is not linear.
- **Growth** needs acceptance.

- Our ability **to grow** starts with our willingness to change.
- **Our growth** depends on our willingness to be uncomfortable.

II. The Power of Acceptance

As leaders and positive difference-makers, there will be times we fail and make mistakes. Finding the lessons and practicing the power of acceptance becomes the birthplace of transformational leadership.

- **Guilt says:** “You made a mistake.”
- **Shame says:** “You are the mistake.”
- **Compassion says:** “Your mistake doesn't define you.”
- **Acceptance says:** “You will learn from your mistake.”

III. Be You, Be True.

It has been a wildly intense past year and a half. You are allowed to have days where you are not productive. Give yourself grace. Here are invaluable gems we need to hear today:

- You're more than capable.
- Care about yourself the way you care about others.
- Don't allow your fear of the outcome to stop you from getting started.
- Less checking up on what others are doing on social media and needlessly triggering yourself. Practice being more being present and loving yourself.

Source: We the Urban

Question

Have you taken the time to truly take a look at how far you have come and enjoy the results?

IV. This Week I Will

1. Journal.
2. Stay hydrated.
3. Call a loved one.
4. Practice mindfulness.
5. Forgive myself for a mistake.

The Last Words...

“The thing that you're struggling with, that no one seems to understand that makes you feel weak and inadequate...that very thing will become the source of strength that connects you to the hearts and lives you were meant to touch. Don't give up.”— **Anonymous**

Ida B. Wells Athletics: October 18 - October 23

****Schedules are subject to change, please check our website www.ibwathletics.com/THIS WEEK for most current schedules Homecoming/Fall Spirit Week!***

Monday, October 18

Football

JV2 @ Wilsonville, 6:00pm

Bus Departs 4:00pm

Soccer - Men

JV2 vs. Woodburn, Delta Park 2, 4:15pm

Early Release 2:30, Bus Departs 2:45pm

Tuesday, October 19

Soccer - Men

JV @ Grant, Rose City Park, 4:15pm

Early Release 2:30pm, Bus Departs 2:45pm

Varsity @ Grant, Delta Park, Strasser Field, 4:15pm

Soccer - Women

JV vs. Grant, Rieke Field, 4:15pm

Early Release 3:15pm

Varsity vs. Grant, IBW Stadium, 7:00pm (Senior Night)

Volleyball

JV2/JV @ McDaniel, 4:30pm

Early Release 3:15pm, Bus Departs 3:30pm

Varsity @ McDaniel, 6:30pm

Wednesday, October 20

Cross Country

PIL/MHC Crossover Meet @ Grant (Location TBD), 4:00pm

Early Release 2:15pm, Buses Depart 2:30pm

Soccer - Men

JV2 vs. Cleveland, Delta Park Strasser Field, 4:15pm

Early Release 2:30pm, Buses Depart 2:45pm

Soccer - Women

JV2 @ McDaniel, Glenhaven Park, 4:15pm

Early Release 2:30pm, Buses Depart 2:45pm

Thursday, October 21

Football

JV2 vs. Lincoln, IBW Stadium, 4:00pm

Volleyball

JV2/JV vs. Cleveland, IBW Gym, 4:30pm

Varsity vs. Cleveland, IBW Gym, 7:00pm (Senior Night)

Friday, October 22

Football

Varsity vs. Lincoln, IBW Stadium, 7:00pm (Senior Night)

Soccer - Men

JV vs. Jefferson, Delta Park 4, 4:15pm

Early Release 2:15pm, Buses Depart 2:30pm

Varsity vs. Cleveland, IBW Stadium, 4:15pm (Senior Night)

Early Release 3:15pm

Soccer - Women

JV @ Jefferson, 4:00pm

Early Release 2:15pm, Buses Depart 2:30pm

Varsity @ Cleveland, 7:00pm

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-



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