



Athletics Update

“Sports teaches you character. It teaches you to play by the rules. It teaches you to know what it feels like to win and lose. It teaches you about life.”-Billi Jean King

Greetings Sports Fans! What a week we had this past week in Guardian Athletics! Our Varsity Volleyball Program wrapped the regular season with a thrilling victory over Cleveland on senior night and captured a share of the PIL City Title. They will have their first-round playoff game on Wednesday October 27 when we host the Summit Storm at 6pm. At our homecoming contest on Friday, our Football Program took down the Lincoln Cardinals. It was a double homecoming for both Ida B. Wells and Lincoln which made for an exciting night. Our Cross-Country Program swept at their meet at Grant on Wednesdays as they tune up for the District Meet this week. The Men’s Varsity Soccer Team wrapped up their regular season with a victory over the Benson Techmen and the Women’s Varsity Team wrapped up their regular season with a victory over the Cleveland Warriors. From the Athletic Department, we would like to thank our coaches, student-athletes, and community of parents and volunteers for all you did to make our Fall Season a great success. Finally, a huge shout out to our teachers and staff at Ida B. Wells for creating inclusive, challenging, and fun classrooms for all of our students!

A Message from Our Dance Program-



Congrats to the Dance Team for a fantastic debut performance during the homecoming game half-time. A special thanks to Lynsey and Denise and the whole cheer team for collaborating to create a fantastic performance. Up next for the dance team is the November 5th tryouts. We would love to add more dancers for our competition season. If you are finishing up a fall sport, you can still join the dance team for the winter! We would love for you to come to the try outs and see what we are all about! **Tryouts will be held at the Rieke gym from 130-330.**

The Week Ahead- As I mentioned before, we are hosting Summit in the first round of the 6A State Volleyball Playoffs. Doors will open at 5pm for spectators and all spectators will need to show proof of vaccination or a negative COVID test within the past 72 hours. Ticket prices are \$8 for adults and \$5 for students. Our Football Program wraps up their season with a JV game at Rainer on Monday and then the Varsity travels to Cleveland on Thursday. The Cross-Country Program is heading to Lents Park for Districts on Wednesday. The Varsity Men run at 3:30, Varsity Women at 4:15pm, JV Men at 5pm, the JV Women at 5:45pm. Our Women's Varsity Program wraps up this week with a JV game at 5:30pm vs Cleveland and the Varsity at Catlin Gabel on Tuesday. The Varsity will be playing in the first round of the OSAA Playoffs with their opponent TBD. The Varsity Men's Soccer Program wraps up their season with a JV game at Cleveland on 10/26 as well with a 7pm start time.

Developing Habits + PCA Resources- Developing and maintaining healthy habits is part of the process of social and emotional learning and a growth mindset. There has been a ton of work done in this area the past couple of years with some really good resources. Below are some that are helpful tools to put in your tool box from the Learner Lab, James Clear and Atomic Habits, and our good friends at the Positive Coaching Alliance.

<https://devzone.positivecoach.org/resource/book/effort-habit>
<https://thelearnerlab.com/habits-how-to-make-a-lasting-change/>
<https://jamesclear.com/>

Battle of the Birds Fundraiser- A huge thanks to all of our Guardian Leadership Council Students who helped us sell t-shirts the past couple of weeks! Proceeds went to our GSA group at Ida B. Wells and we will be purchasing fleece blankets for Doernbecher's Children Hospital. Thanks for all your support!

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/Sdbkbbg>

Guardians of the Week-



Avila Hurd Fr. Cross Country- Avila Hurd has made a big splash on the team this year. She is new to cross country and has picked it up quickly. She ran a 14th fastest freshman time in 21:01. She has been improving her leadership abilities as well. The team loves her and she has a fun and calming effect on her teammates.



Tazio Marotta Sr. Cross Country- Tazio Marotta has asserted himself as an essential leader for the team this year. His poise and confidence has been a great influence on his teammates. They rely on his leadership for guidance and direction. He epitomizes the senior leader role we need.



Daphne Reid Sr. Women's Soccer- The senior centerback led our backline that did not concede a goal throughout the full week (0-0 with Grant and 1-0 over Lincoln). Daphne is the vocal and physical leader of our defense, and can lock down any opposing attacker. The entire team defended terrifically throughout the whole week, with Daphne as our anchor.



Prasad Smith Jr. Men's Soccer- Junior midfielder Prasad Smith scored his second goal of the year to help beat Benson 2-1 at home. He contributed to the best attacking chances against Cleveland on Friday, before notching the winner against Benson on Saturday.



Senior Volleyball Players- Ida B Wells Seniors- All season the seniors have been leading by example, starting off by taking over practices at the start of the season to ending with taking 1st in the PIL(!). Aly Wright, Avery Fraser, Ava Hagan, Claire Catalan, Karli Norell, Signe Oliver-Nutt, Zoey Weakland all contributed and carried the team to a victory over Cleveland on Thursday for SR night. Sealing up 1st for the PIL and securing a 1st round home match against Summit Wednesday 10/27- come support your Guardians!



Jesse Litwin Sr. Football- Jesse Litwin - If Tom was blocking in at the point of attack, Jesse was the one leading the way and blocking out! Jesse is our lead blocker on the majority of plays we run. This means that he runs probably more than anyone else on the team. Time and time again Jesse runs several yards to clear the road for our ball carriers. He's the captain of our offensive line and if you look at almost every play we run....you'll find Jesse there leading the way! On defense his versatility is a key component of our success. Jesse has played Defensive Line, Inside Linebacker, Outside Linebacker and even Cornerback. His knowledge of the game and of our offensive and defensive schemes allows us to lean on him every single week. His determination and effort allows him to be at full speed in the fourth quarter when our opponent has tired and weakened. Thank you Jesse for the amazing effort!! Great job leading our team to victory!!



Tom White Sr. Football- Tom played a meticulous game on Friday Night. He was in charge of all of the defensive calls for every play during the game. When Tom is on the field it's like having an extra coach out there. He recognized Lincoln's formations and made the defensive call to put our players in the best position to be successful. Not only did Tom recognize what Lincoln was doing, but he took advantage of it. He made several tackles, knocked down passes and had a strip sack! On offense he caught two TD passes and a 2 point conversion. He was the blocker at the point of attack on almost every big run we had on Friday Night. When you consider his defense, receiving and blocking, Tom had a hand in almost every successful play on our way to victory! Great job Tom, we could not have done it without you!



Joahana Scheurer So. Dance Team- "Congratulations to all of our Ida B. Wells Dance Team members! Thank you for performing for our football players last night at the homecoming game. You performed with outstanding Vim & Vigor!! This week we would like to highlight Johanna Scheurer. Jojo brings not only her athletic skill but her style. She lovingly supports all of the members of our team while simultaneously striving to be better as her own person. If she were to be absent, even for a day, all would miss her."



Laci Sottoway Fr. Cheer- Laci is yet another standout freshman on our varsity squad. From the beginning, Laci has impressed us with her dance and performance abilities. However, it's her strength and versatility with stunting that has really wowed us. We love Laci's always positive attitude and appreciate how she constantly strives to go the extra mile for her teammates.



Lara Gordon Jr. Cheer-Lara joined our program as an exchange student and we're so happy to have her! She is a quick learner with a great work ethic and positive attitude. We appreciate

how quickly she's jumped into the thick of things with all things cheer related and are excited to watch her to continue to improve over the next few months.

Sunday Tid-Bits-

“Society glamorizes large victories and huge leaps, but it does not highlight the small daily actions that make long-term success possible. Slow progress is actually the way to get to a better life. Slowly building self-love and self-awareness will help you construct a sturdy home within yourself. Inner work that is done too quickly stands the risk of producing superficial results.”

— **Yung Pueblo**, *Meditator, Writer & Speaker*

I. The Power of Habit

Each day is a unique opportunity to manage and be intentional with our time and energy. Here are 7 habits that have the power to transform our lives:

- Always do the most difficult task first.
- Meditate daily, even for just 5 minutes.
- Begin your day with positive affirmations.
- Eat healthy and exercise often.
- Read for 20 minutes every day.
- List what you're grateful for.
- Say only what you really mean.

II. Doors of Possibilities

We are what we think. Today, we can open doors filled with:

- Trust & Truth
- Gratitude & Joy
- Love & Respect
- Happiness & Hope
- Wisdom & Courage
- Purpose & Forgiveness

“When one door closes another door opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us.” — **Alexander Graham Bell**

III. Question

People will tell stories about you at your funeral. What chapter are you writing today?

V. This Week I Will

1. Speak up.
2. Tell the truth.
3. Prioritize your needs.
4. Learn from my mistakes.
5. Begin again, stronger than before.

The Last Words...

“For me, success is not a public thing. It's a private thing. It's when you have fewer and fewer regrets.”

— **Toni Morrison**, *Renowned Novelist*

Ida B. Wells Athletics: October 25 - October 30

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

Monday, October 25

Football

JV2 @ Rainier, 5:00pm

Early Release 2:15pm, Bus Departs 2:30pm

Tuesday, October 26

Soccer - Men

JV @ Cleveland, 7:00pm

Bus Leaves 6:00pm

Soccer - Women

JV @ Cleveland, 5:30

Bus Leaves 4:30pm

Varsity @ Catlin Gabel, 4:30pm

Early Release 2:45pm, Bus Leaves 3:00pm

Wednesday, October 27

Cross Country

PIL Districts, Lents Park, 3:30pm

Early Release 1:45pm, Buses Depart 2:00pm

Volleyball

State Playoff Game vs Summit 6pm

Doors Open at 5pm

Thursday, October 28

Football

Varsity @ Cleveland, 7:00pm

Buses Departs 4:30pm

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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