



Athletics Update

“You are never really playing an opponent. You are playing yourself, your own highest standards, and when you reach your limits, that is real joy.” —Arthur Ashe

Greetings Sports Fans! I hope you had a great time off with your families over the Holiday break and spend some quality time charging the batteries and enjoying some great food! We are gearing up for an exciting Winter Season ahead and I wanted to share some important details for the upcoming season. We are still following some of the same protocols we experienced in the Fall Season with some slight adjustments. First, all spectators, coaches, and student-athletes when not competing need to wear a mask at all times. The key change here is that when student-athletes are participating do not need to wear a mask. All visitors to Ida B. Wells will need to show proof of vaccination or a negative COVID test within the past 72 hours. We thank you all for your cooperation regarding PPS protocols. Finally, our swim program will still be using the East Portland Community Center.

Fall Highlights-We had a number of student-athletes be recognized for their efforts during the season and we had teams make the OSAA Academic All-State Top Ten. Below are the highlights-

PIL All-League Recognition-

Volleyball-Co-PIL Champions

Player of the Year-Avery Fraser

1st Team-

- **Avery Fraser**
- **Aly Wright**

2nd Team-

- **Carly Straub**

Honorable Mention

- **Claire Catalan**

Football

1st Team-

- **Tom White**
- **Davis Dufort**

Honorable Mention

- Jesse Litwin

Men's Soccer-

1st Team-

- Carter Kroenke

2nd Team-

- Jacob Berg
- Nico Lomanto

Honorable Mention

- Harry Watson

Women's Soccer

1st Team-

- Daphne Reid
- Elle Unflat
- Finley Crabtree

2nd Team-

- Hannah Bradley

Honorable Mention

- Devera Graham
- Ada Strecker
- Calla Cheah

Academic All State Top Ten Teams-

- Football
- Volleyball
- Men's Soccer
- Men's Cross-Country

Congratulations to our All-League Members and to our teams for getting it done in the classroom!

The Week Ahead- We kick off the Winter Season with Varsity Men's Basketball this week when we host Oakland from California on Wednesday night for a 7:30pm tip-off. On the women's side, we host Sandy for all three levels on Thursday and on Saturday we host Sherwood for a Varsity only contest at 3pm.

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>

Sunday Tid-Bits-

“Next time, ask: What’s the worst that will happen? Then push yourself a little further than you dare.”

— **Audre Lorde**, *Sister Outsider*

I. The Power Of Mentorship

Having someone we can look up to and get guidance from is invaluable. Here are 7 qualities of a good mentor:

1. Someone who understands your vision.
2. Someone who sees you for who you are.
3. Someone who is trustworthy and honest.
4. Someone who challenges and supports you.
5. Someone who respects your autonomy and decisions.
6. Someone who can help you grow and diversify your strengths.
7. Someone who is patient and gives you space to make mistakes.

Source: Sara Kuburic, Millennial Therapist

II. Problems Are Great Opportunities

Most people see problems as burdens and barriers. Leaders see them as opportunities to make things better.

Before we call something a problem, let's aspire to change our attitude toward the problem and see them as:

- New Beginnings
- Gifts & Blessings
- Answers & Possibilities
- Opportunities to Unlearn and Relearn

III. A Lifetime To Learn

Lessons most people take a lifetime to learn:

- That lesson will repeat itself until you learn it.
- Feeling sad after making a decision doesn't mean it was the wrong decision.
- Self-awareness is realizing that there is no opponent — you're fighting against yourself.
- Sometimes saying goodbye doesn't mean you don't love something. It just means you love yourself too.
- If you keep one hand on your past and one hand on your future, you'll never have either. To embrace tomorrow, you must let go of yesterday.
- The world starts and ends entirely inside your mind. No matter where you end up, no matter how rich, or successful you become, you won't enjoy any of it if you get there at the expense of your mental health.

Source: Steven Bartlett, The Diary Of A CEO

IV. Question

Is there a better way? Is there a kinder way?

V. This Week I Will

1. Believe.
2. Look up.
3. Keep it real.
4. Trust my instincts.
5. Ask for what I want.

The Last Words...

“Give yourself a gift of five minutes of contemplation in awe of everything you see around you. Go outside and turn your attention to the many miracles around you. This five-minute-a-day regimen of appreciation and gratitude will help you to focus your life in awe.”

12 Little Known Laws of Gratitude
(That Will Change Your Life)
WRITTEN by MARC CHERNOFF

“Walk as if you are kissing the Earth with your feet.”
Thích Nhất Hạnh

Gratitude leads to greatness. It can literally turn what you have into more than enough, jobs into joy, chaos into order, uncertainty into clarity, and bring peace to an otherwise chaotic day.

The easiest way to make your blessings count is to count your blessings. Acknowledging the good things you already have in your life is of the essence, because whatever you appreciate and give thanks for will grow stronger in your life.

When Angel and I discuss the importance of gratitude with our coaching/course students, we often get a “Yeah, yeah, I know...” response.

But the truth is, most of us don't know – because we're forgetful. In the haste of our busy lives we neglect many of the basic laws of gratitude, and thus miss out entirely on their positive effects.

So here's a good refresher, for all of us:

1. The more you are in a state of gratitude, the more you will attract things to be grateful for.

Be grateful for what you have, and you'll end up having more. Focus on what you don't have, and you'll never have enough.

2. Being happy won't always make you grateful, but being grateful will always make you happy.

It's nearly impossible to sincerely appreciate a moment and frown about it at the same time. To be happy right now doesn't mean you don't desire more, it means you're grateful for what you have and patient for what's yet to come.

3. Gratitude fosters true forgiveness, which is when you can sincerely say, “Thank you for that experience.”

It makes no sense to condemn or regret an important life lesson. Gratitude makes sense of yesterday, brings peace to the present, and creates a positive vision for tomorrow.

4. You never need more than you have at any given moment.

It has been said that the highest form of prayer is giving thanks. Instead of praying 'for' things, give thanks for what you already have. When life gives you every reason to be negative, think of one good reason to be positive. There's always something to be grateful for.

5. Gratitude is all-inclusive.

Good days give you happiness and bad days give you wisdom. Both are essential. Because all things have contributed to your advancement, you must include all things in your gratitude. This is especially true of your relationships. We meet no ordinary people in our lives; if you give them a chance, everyone has something important to teach you.

6. *What you have to be grateful for in the present changes.*

Be grateful for all you have now, because you honestly never know what will happen next. What you have will eventually be what you had. Life changes every single day, and your blessings will gradually change along with it.

7. *A grateful mind never takes things for granted.*

What separates privilege from entitlement is gratitude. The circumstance (or person) you take for granted today may turn out to be the only one you need tomorrow.

8. *As you express your gratitude, you must not forget that the highest appreciation is not to simply utter words, but to live by them daily.*

What matters most is not what you say, but how you live. Don't just say it, show it. Don't just promise it, prove it.

9. *Gratitude includes giving back.*

In the hustle of everyday life we hardly realize how much more we receive than give, and life cannot be rich without such gratitude. It is so easy to overestimate the importance of our own achievements compared with what we owe to the aid of others.

10. *The highest tribute to the people and circumstances you've lost is not grief but gratitude.*

Just because something didn't last forever, doesn't mean it wasn't the greatest gift imaginable. Be thankful that your paths crossed and that you got the chance to experience something wonderful.

11. *To be truly grateful, you must be truly present.*

Count the blessings in your life, and start with the breath you're taking right now. We often forget that the greatest miracle is not to walk on water; the greatest miracle is to walk on this green earth, dwelling deeply in the present moment, appreciating it and feeling completely alive.

12. *Letting go of control multiplies the potential for gratitude.*

Sometimes we put too much weight into trying to control every tiny aspect of our lives that we completely miss the forest for the trees. Learn to let go, relax a bit and ride the path that life takes you sometimes. Try something new, be fearless, but above all else, do your best and be OK with it. Clearing yourself of needless expectations lets you truly experience the unexpected. And the greatest joys in life are often the unexpected surprises and opportunities you never anticipated.

Afterthoughts

As I'm wrapping up this short post I'm reminded of something my grandmother always used to say when I was growing up:

"Life should be lived with a little more GRATITUDE and a little less ATTITUDE."

Honestly, that's what I strive for on a daily basis. And I'd be honored if you'd join.

Let's consider how fortunate we are – let's consider it every day. The more we count our blessings, the more blessings there will be to count.

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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