



Athletics Update-Fall Re-Cap

“My motto was always to keep swinging. Whether I was in a slump or feeling badly or having trouble off the field, the only thing to do was keep swinging.”-Hank Aaron

Greetings Sports Fans! Our Fall Season has officially come to and end with our Cross-Country Program traveling to Lane CC for the State Cross Country Meet over the weekend. Our teams ran great with the Women finishing fifth in the state and Charlotte Richman finishing fourth in her race and the Men’s Team finishing ninth in the state. Great accomplishments for the program! We would also like to take this opportunity to thank all of our coaches, student-athletes, teachers, and Ida B. Wells Community for all of their time and energy this past Fall Season. You all are appreciated.

We are now moving into the Winter Season and FamilyID is open for Wrestling, Swimming, and Basketball. If you are interested in Skiing and Snowboarding, please visit our athletics website at www.ibwathletics.com for more information.

Fall Re-Cap- Below are some notes from our Fall Coaches on their seasons.

Volleyball- Ida B Wells volleyball season had a success season at every level. First year coaching staff took to the program and brought their knowledge, energy, and passion for student athletes every day. Can't say enough about the players either, competing with the stressors of COVID, playing with a mask and first time back in school after a year. They handled it well, giving to their teammates and program.

Varsity was co-champs with Grant and led this season's series 2-1 against the Generals. With 7 seniors, we were led by a group that were familiar and supportive of one another, no matter the situation. All 14 contributed on and off the court supporting the entire program, even helping out with lower level teams. All levels played great all season, taking 1st or 2nd in conference. Some highlights, JV2 only lost a few sets all season and won a set 26-24 after being down, JV won a match against Cleveland after being down 13-8 in the final set, and Varsity's fifth set win 18-16 against Grant at home, are just a few.

Avery Fraser- PIL Player of the Year, 1st team PIL, Ida B Wells Co-MVP

Aly Wright- 1st team PIL(2nd in votes PIL POY), Ida B Wells Co-MVP

Carly Straub- 2nd team PIL, Ida B Wells MIP

Claire Catalan- Honorable mention PIL

Thank you players, coaches, parents and everyone else involved for a fun, successful season.

Football- It was so amazing to be back on the field playing football again! The Guardians Football Program grew to new heights this fall that will lead to consistent, sustained success in the very near future. It wasn't a normal season, but it WAS a season and we couldn't be prouder of what our players accomplished this year under very difficult circumstances! Just the ability to get back out onto the field and play football made this season a success. The obstacles for our team and our program were many this year, but through it all we showed the promise, grit and determination that will build our team into a perennial power in the PIL.

This past summer we started our brand-new Ida B Wells Youth Football Program. Students starting from Kindergarten all the way through Seniors in high school joined our teams. From K-12 we had the largest participation in the PIL in our very first year. That's quite the accomplishment and will ensure success for our future! Our participation started out amazingly at the high school. We had 70 students signed up to play football. Almost doubling our roster size from this past spring! Many of our players were playing for the first time in several years....or ever. It was great to see the excitement for our football program!

With our participation numbers so high and the talent and athleticism of our players the year started out with a ton of promise and potential. This season however, was not a normal season. With full time school starting this year and the pandemic still in full swing, many of our players quickly realized that juggling full time in-person school, work and family made playing football very difficult to manage. This, along with various injuries and quarantines decimated our roster on a weekly basis. We were never able to field our full team in any single game, the closest we came was our final home game of the year versus Lincoln. Throughout the year we were so amazed at how many new or younger players stepped up week after week filling in wherever necessary. Although wins eluded us, we played every team tough and our players worked hard every single week. One of our big wins of the year was the Lincoln game. We showed the entire league what could have been if this had been a normal season. Lincoln will never doubt us again, as we dominated them in every phase of the game. A glimpse of the success that's in store for our team's future.

Our JV2 team is among the toughest in the state. The talent in our younger classes is second to none. Because of this, we found the best teams in the state to compete against. Every extra JV team we scheduled this season, Tualatin, Wilsonville, Banks, Rainier.....are ranked in the top 5 of the state at their classification and are all competing for state titles. We did this because we know how good our younger players are! They did not disappoint. Even though many younger players could not play the entire JV game because of time spent in the varsity game, we were able to beat Tualatin and Rainier and played Banks to a tie.

Our Varsity and JV teams won their last 4 games this season. With our youth program back in full swing and the talented underclassmen we have, the future is VERY bright here at Ida B Wells. The Seniors on this year's team have persevered the last two years through the toughest of times. Their leadership and dedication to our program and community has laid the foundation for our success for many years to come! Thank you so much Seniors for everything

you have done! We will follow your lead and example for many years to come! You have made us proud to be Guardians!!

Men's Soccer- Men's soccer finished the year in 4th place in the PIL with a record of 6-7-1, narrowly missing the playoffs. Highlights of the season included a 4-0 away victory over Southridge, a 4-3 comeback victory at McDaniel, and a 2-1 home victory over Lincoln. Despite being very young, with only 5 seniors and 6 underclassmen, the team produced several stellar performances.

Standout performers included center back Carter Kroenke, right back Jacob Berg, midfielder Nico Lomanto, center midfielder Harry Watson, and forward Jaden Igarta. The program will return 15 varsity players next year and will look to challenge for the league title with a more experienced squad.

Women's Soccer- Our women's soccer program had a successful year at all three levels. Everyone was incredibly grateful to be back on the field for a full fall season, and our program continued to take steps forward. Kasey Geller did a terrific job in his first season coaching the JV2 girls to a record of 8-4-1. The girls improved tremendously over the course of the season, their willingness to get up before school and practice at 6:30am shows the commitment that this team had for each other.

Our JV team, coached by Ted Savage, adapted well to a really difficult schedule, ending with a 7-7-1 record. During their preseason they got to compete against a number of the best programs and JV teams in the state, and got better game by game, culminating in a great 2-1 against a strong Cleveland team in their final game. This group had to deal with a number of variables throughout the year, but continued to improve game by game. All together a great job from Coach Savage, and a terrific season from our JV girls.

Our Varsity group had another strong season on the field, and even stronger off. We had an incredibly cohesive team - players who had each other's backs and built each other up - and it was this strong culture that carried this team this season. Despite one of the toughest preseason schedules possible, and a PIL with some of the top teams in the state, we finished with a record of 6-4-5, including big results such as 1-0 over state-semifinalist Sunset, and 0-0 with state-semifinalist Grant.

After earning a home first-round playoff game, we fell 1-0 to South Medford in a game in which we left everything on the field, but just couldn't catch a break in front of goal. It was a sad end to the season, but everyone left with their heads held high.

There are numerous players that could be recognized from this team, but two in particular that stand out - Daphne Reid and Finley Crabtree. Daphne was a mainstay of this team for the past three seasons, and someone who everyone on the field looks up to. She leads by example and leaves absolutely everything out on the field every time she plays. Finley is one of the hardest working goalkeepers I have seen, and had a phenomenal season. She was another big leader

for us and a huge piece of our success. Both these seniors have given so much to this program, and we have been lucky to have them!

Cross Country- Ida B Wells cross country had a fantastic season. Our participation was awesome with 150 athletes out for the team. We had many great team performances and many impressive individual races. We had a strong showing at the district meet. We had 53 personal best times at the district championships and many very happy athletes. The varsity boys led us off with a 3rd place finish behind to nationally ranked teams and 4 athletes under 16:15!! Then our varsity girl's team placed 2nd behind a nationally ranked team in Lincoln. They were led by 4 athletes under 18:45. Our JV boys were 4th with many PRs and fantastic performances. Brigder Vance improved by 10 minutes from our first race at Lents to our last!! Then our JV girls were 4th with great racing from veterans like Sohana, Lola and Grace. What an amazing way to end a great season. We are so thankful for all the hard work and effort the athletes put in along the way. At the State Championships, the Girls varsity finished a strong 5th with Charlotte Richman finishing 4th for the highest finish ever for an Ida B Wells individual. Olivia Kozitza made 3rd team all-state with a 21st overall finish in her first year. The boys team finished 9th overall exceeding pre-meet predictions. They were led by Kai Mitchell-Reiss with an honorable mention all-state performance finishing 28th overall. The boys showed great poise as they were 17th at the mile, 11th at 2 miles and 9th at the finish.

We are sad to see such a great group of seniors cap off their final season. But we are also so excited to capitalize on their accomplishments and leadership. The future is also bright for the team. With many returners and many veterans, we should see great success in the future. We return 9 of our top 10 girls and 6 of our top 10 boys.

Charlotte Richman finishes her cross-country career with the fastest time in school history with a 17:16 5k. We had 6 girls and 4 boys finish the season on the top 20 best times list.

Cheer- Going into this season, I was optimistic but tempered my expectations as I wasn't sure how much of a season we'd have due to Covid restrictions. I am thrilled to say that our Fall season was extremely successful on numerous accounts. I'm also quite to report that we have the largest number of athletes in cheer since I joined Wells 3 years ago, with 26 in total. Additionally, we welcomed two new coaches into the program. By increasing our coaching staff we have been able to create two squads, a JV and Varsity team, ensuring that our commitment to being a no-cut program will continue.

Homecoming/Senior was a definite highlight for us and a great way to end football season. I was thankful that all of our IBW fall athletes were finally able to be recognized by the school and with their families. We thoroughly enjoyed performing with the Dance team and it was refreshing to see such enthusiasm among student supporters. We're already planning new ways to increase school spirit at games for next season!

Lastly, we are so fortunate to have talented leaders among our upperclassmen; using their experience, talent, and maturity to motivate and encourage their teammates. A handful of them; Bella, Eva & Kathleen have been with me since my first year at Wells and it's been such a privilege to watch them grow as athletes and young ladies. We currently have 10 freshmen in our program that bring an impressive drive and work ethic that I look forward to watching over the next four years.

We are now looking forward to the winter season where we are excited to cheer on our basketball athletes and hit the mat in competition.

Dance-

- Established a dance community for Ida B. Wells High School
- We performed for our homecoming football game
- We look forward to competition this winter and spring
- We are recruiting for some fun summer camps this summer
- Tryouts for THE IBWHS PERFORMANCE TEAM will be May 13th
- Auditions for next year's IBWHS COMPETITION TEAM will be on August 12th

Sunday Tid-Bits-

“So as you are beginning your day anchor yourself in the truth. Know that all is well. Extend this to your friends, colleagues and all that you meet. That life is for YOU! It is never against you.”

— **Michael Bernard Beckwith**, *Life Visioning*

I. Timeless Truths to Live By

Universal truths about life that will change the way we think and live:

1. Purpose doesn't always look like purpose.
2. Choose to put yourself out there, again and again.
3. What you cannot find within, you will find in nature.
4. Nobody is putting a magnifying glass to your mistakes — just you.
5. Your inner life defines your outer life. Self-love is the greatest agent of change.

Source: Jay Shetty Genius

II. A Life Without Regrets

Living a purpose-driven life:

- Help others.
- Be courageous.
- Simplify your life.
- Pursue your passion.
- Encourage creativity.
- Silence your inner critic.
- Prioritize family and friends.
- Focus on one thing at a time.
- Define what's important for you.
- Have the courage to express yourself.
- Live your eulogy rather than your résumé.

III. Do What You Gotta Do

- Do what you gotta do **to be happy.**
- Do what you gotta do **to stay present.**
- Do what you gotta do **to protect your peace.**
- Do what you gotta do **to get where you want to go.**

“Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.” — **Oprah Winfrey**

IV. Question

What if it does work out exactly how you imagined it or greater? *Entertain that thought.*

V. This Week I Will

1. Prioritize sleep.
2. Write my to-do list.
3. Practice a new skill.
4. Work without distractions.
5. Take care of my body and mind.

The Last Words...

“Sometimes we have to leave the comfort of home, in order to discover truth. Truth often emerges through discomfort.”

— Zenju Earthlyn Manuel, *The Way of Tenderness*

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-

