



Athletics Update

“Impossible is just a big word thrown around by small men who find it easier to live in the world they’ve been given than to explore the power they have to change it. Impossible is not a fact. It’s an opinion. Impossible is not a declaration. It’s a dare. Impossible is potential. Impossible is temporary. Impossible is nothing.” – Muhammad Ali

Greetings Sports Fans! What a great week it was to be a Guardian student-athlete! Our Men’s and Women’s Basketball Programs continue to compete week in and week out. Our Swimming Program had their first meet at Dishman this past week and both teams came in first place. Our Wrestling Program traveled to McKay over the weekend and competed well against some very good teams as well. It is great to see the power that athletics can provide for our student-athletes when it comes to perseverance, commitment, and competition. As we wind down and enter the Holiday Break after this week, I would like to thank our great teachers, coaches, and support staff for all of their hard work this year. I know it has been challenging to say the least and it takes all of us to row the boat but we all have played an important role in rowing the boat forward!

The Power of Gratitude- I know I have stated it before but I cannot express enough the power of gratitude. It such a simple act but powerful in so many ways. As an Athletic Department, we are extremely grateful that we get to provide an athletic experience for our student-athletes and community and I am personally grateful for all the time that I get to experience with our coaches, student-athletes, and community. Below are some links from our partners at the Positive Coaching Alliance regarding gratitude.

<https://devzone.positivecoach.org/resource/video/3-ways-teammates-can-practice-gratitude-and-improve-overall-team-chemistry>

<https://devzone.positivecoach.org/resource/article/21-day-gratitude-challenge-athletes-coaches-parents-and-leaders>

<https://devzone.positivecoach.org/resource/video/have-your-athletes-reflect-gratitude-once-week-and-see-results>

<https://devzone.positivecoach.org/resource/video/positive-effects-fist-bumps-and-high-fives>

The Week Ahead- We have some big contests and meets ahead this week. We open league play in PIL Basketball with the Men's Basketball Team Traveling to Roosevelt for their league opener on Wednesday and then we host Tigard on Thursday. The Women's Basketball Program will host Benson on Friday. We have a Frosh/Novice Wrestling Meet on Thursday at Jefferson and our Swim Program will have their second meet of the year at Dishman on Wednesday.

Silent-Night vs Benson- This Friday we host the Benson Techsters in an early season PIL Showcase between two of the top Women's Basketball Teams in the PIL and it will be a Silent Night. We are encouraging everyone to come dressed in Holiday Theme and the crowd stays silent until we score our 10th point and then the crowd goes crazy! We will also be accepting canned food donations that will get you into the contest for half-price. We will donate all food to the Neighborhood House. Below is a fun link on espn about the tradition. We, of course, cannot rush the floor! <https://www.youtube.com/watch?v=YSiumKaPnyc>

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.

COVID Protocols- First off, thank you for all of your cooperation as we navigate the COVID world we are still living in. I know it is extremely difficult to still navigate these challenging times. At every home contest in the PIL, we are still requesting to see proof of vaccination and/or a negative COVID test within the past 72 hours and all spectators still are required to wear a mask. This also applies to our students who wish to travel to another PIL school for a contest as well. Not all districts have the same policy so if and when we receive information when traveling to another school, our office will do the best we can to disseminate that information out to our community. Again, thanks for your flexibility.

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>

Swim Preview-

Girls: Andie Wieber: Andie is the kind of swimmer who has the ability to qualify for the state meet in every single event and she is only a sophomore. Andie is one of the favorites to be a PIL champion in the freestyle, butterfly, and backstroke events.

Julia Iwanow: Another outstanding all around swimmer who has already qualified for the state meet in her strongest event the 100 breaststroke. Julia is sure to qualify *at least* one more event. She also has a strong chance to be a PIL champion in the 200 IM and 100 Breaststroke. Julia is only a freshman!

Catherine Coffield: A backstroke and freestyle specialist who is mere seconds away from qualifying for the state meet in the 100 Back. Catherine will be a finalist in 100 back at the PIL Championship. She is also only a freshman!

Boys:

Henry Cannon: An exceptional middle-distance freestyle swimmer who can do it all. He has already qualified for the state meet in all the freestyle events and is the favorite to win the 200 Free at the PIL championships. Henry also has an outside chance to get All American consideration in several freestyle events as a sophomore!

Jake Wilson-Goodwin: An outstanding all-around swimmer who is the boy's team's strongest backstroke. As a senior he has a chance to qualify for the state meet in several events. Jake is also one of the team captains.

Michael Spicer: Another senior Michael is a shoo-in to qualify for the state meet in the 100 Butterfly and the 200 IM. He is also one of the favorites to win both those events at the PIL championships.

A comment on your expectations for the season or any goals you have set for your team.

The goal for the Wells Boys team is to go undefeated and win the PIL championship! We will also have at least 4 individual swimmers and 2 relays representing Wells at the state meet. The goal for the Wells girls' team is to win the PIL championship! We will also have at least 3 individual swimmers and 1 relay representing Wells at the state meet.

Sunday Tidbits-

“Yesterday is but a dream. Tomorrow is only a vision. But today, well-lived makes every yesterday a dream of happiness and every tomorrow a vision of hope. Look well, therefore to this day.”

— Sanskrit Proverb

I. Every Day We Are Learning

Every day we are learning.

How we live with essence, not ease.

How to move with haste, never hate.

How to leave this pain that is beyond us — behind us.

Just like a skill or any art, we cannot **possess hope** without **practicing it**.

It is the **most fundamental craft** we demand of ourselves.

Source: Amanda Gorman, Call Us What We Carry

II. Keep Going Friend

Be proud of yourself for. . .

- Saying no.
- Choosing forgiveness.
- Allowing yourself to rest.
- Respecting your boundaries.

Nurturing your unique spirit and prioritizing your self-care will always require honesty, empathy, listening, and patience.

“Don’t give up . . . don’t ever give up.”

III. The Power of Intention

Intention ushers our steps and helps us form decisions that align with our values.

Here are six intentions to bring into 2022:

1. I am commemorating all of my victories.
2. I am spending more time doing nothing.
3. I am cultivating community through healthy relationships.
4. I am making peace with the fact that my to-do list will never be done.
5. I am acknowledging confining feelings such as jealousy, envy and anger.
6. I am using my feelings as data about myself without judging them as good or bad.

Source: Nedra Glover Tawwab, Set Boundaries, Find Peace

IV. Question

What did 2021 teach me about myself?

V. This Week I Will

1. Tidy up.

2. Exercise self-awareness.
3. Sanitize my mind, body, and spirit.
4. Nurture my precious relationships.
5. Make the most of the present moment.

The Last Words...

“When people say to me how do you get through life or each day, it’s the same thing. To me, there are three things we all should do every day. We should do this every day of our lives. Number one is laugh. You should laugh every day. Number two is think. You should spend some time in thought. Number three is you should have your emotions moved to tears, could be happiness or joy. But think about it. If you laugh, you think and you cry, that’s a full day. That’s a heck of a day. You do that seven days a week, you’re going to have something special.”

— **Coach Jim Valvano**, *The V Foundation for Cancer Research*

“If the game — or the breaks — go against you, don't let up...put on more steam.”

— **Inky Johnson**, *Inspirational Speaker*

“Progress, not perfection, is what we should be asking of ourselves.”

— **Julia Cameron**, *The Artist's Way*

“Listen, I know I’ve been labeled as a player’s coach, and I’m proud to wear that badge. But I’ll be honest, I think there’s a misconception about a player’s coach, that *Oh, the players like him — he’s their buddy*. And my players know this: just because I don’t walk around like I have to put fear in their hearts, that doesn’t mean the demands aren’t going to be extremely high. I’ve always been a believer that being a coach doesn’t mean there has to be some constant level of discomfort for kids to reach their goals. You can be very demanding, and still make people feel good and still make people feel important — as long as they believe that you have their best interest at heart.”

— **Marcus Freeman**, *Dick Corbett Head Football Coach for Notre Dame*

Ida B Wells Athletic Schedule
Week of December 13 - December 18
***Schedules subject to change**

Monday, December 13

No Contests

Tuesday, December 14

No Contests

Wednesday, December 15

Basketball - Men

@ Roosevelt

JV2, 4:00pm. JV, 5:30pm **Early Release 2:15pm, Bus Leaves 2:30pm**

Varsity, 7:00pm, **Bus Leaves 5:45pm**

Swimming

vs Franklin, Lincoln and Roosevelt @ Dishman Community Center, 6:30pm

Bus Departs 4:30pm

Thursday, December 16

Basketball - Men

vs. Tigard, IBW Gym

JV2, 4:00pm, **Early Release 3:15pm**

JV 5:30pm

Varsity 7:00pm

Wrestling

Frosh/Novice, Jefferson High School 5:00pm

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

Friday, December 17

Basketball - Women

vs. Benson, IBW Gym (Silent Night, Holiday Theme)

JV2 4:00pm **Early Release 3:15pm**

JV, 5:30pm

Varsity, 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-

