



Athletics Update

**“What you are as a person is far more important that what you are as a basketball player” –
*John Wooden***

Greetings Sports Fans! It is hard to believe that we are already in contest mode for the Winter Season! Both of our Men’s and Women’s Basketball Programs have games under their belts. Our Wrestling Program has had their first meet and our Swim Program will travel to Dishman this week for their first meet of the year. We have hosted three home basketball contests so far this year and it has been great to see our programs grow and flourish. The Men’s Team faced off against a very good team from Oakland California and competed hard. We came up just short in the end but the program bounced back by winning their next two contests at the Southridge Tournament over the weekend. The Women’s Program had a complete sweep against Sandy on Thursday night and took apart a very good Sherwood team on Saturday. Our Wrestling Program traveled to Reynolds where they filled 13 of 14 varsity weight classes and won two duals. Exciting times to be a Guardian!

Staying Healthy, Mind, Body, and Spirit- The Winter Season is the longest one by far and it is extremely important to keep up on nutrition and being mindful of the body and spirit during the long season. Below are some good reminders from our partners at the Positive Coaching Alliance and Trevor Regan at the Leaner Lab just put out a new audio book that is a great listen when it comes to reminder about keeping up with mental health.

<https://devzone.positivecoach.org/resource/article/nutrition-healthy-fuel-healthy-athletes>

<https://devzone.positivecoach.org/resource/externallink/nutrition-three-rs-post-event-eating-restore-recover-replete>

<https://devzone.positivecoach.org/resource/externallink/nutrition-insights-elite-what-eat>

<https://thelearnerlab.com/>

The Week Ahead- Our Wrestling Program will travel to Cleveland on Monday for a Frosh/Novice meet and then the program will travel to McKay on Saturday for a match. Men’s Basketball will host a Varsity Endowment Game on Wednesday against Barlow while the lower levels travel to Central Catholic. The Varsity Men will make the trek down to S. Medford on Friday. Our Women’s Program will host Gresham on Thursday and then travel to Barlow on Friday. Finally, our swim program will have their first meet of the year at Dishman on Wednesday.

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 make a donation to help support Ida B. Wells Athletics, please visit the following site-

<https://pps.schoolpay.com/pay/for/Athletic-Support/Sdbkbbq>

Winter Season Preview- Below are some insights from our Winter Coaches on the upcoming season. We will include Swimming in next week's update.

Men's Basketball-

The Ida B Wells men's basketball program has gotten off to a good start this season. After losing a tough battle with Oakland HS, CA in our home opener 68-75, the Guardians have won two straight to go 2-1 so far this season. IBW ran past Sherwood, 70-55 and Southridge, 86-65 in the Southridge Tournament @ Southridge HS this past weekend.

The Guardians are a talented group of athletes who spend a tremendous amount of time in the gym working on their games. They are grinding each day in practice, striving for improvement. Our conditioning regiment has paid early season dividends. The Guardians are pushing the pace, averaging nearly 75 points per game.

The roster is balanced and experienced.

Seniors, Leo Sewell and Henri Perrin have both played varsity since their freshman year(s). Sewell has been a 4 year starter for IBW, while Henri played a major role at Lincoln HS before transferring to IBW this summer. Our 3rd senior, Leo Heffron, provides size off the bench and can knock down the 3 ball when called upon.

Juniors, Jonah Jones and Shuaib Dahir, provide size and considerable talent to the squad. The hyper athletic Jones is the leading returning rebounder in the state at the 6A level. Shuaib has

developed into a tremendous offensive rebounder and can score in traffic around the hoop. Yassir Bajali is a junior JV swing player who will provide perimeter shooting off the bench.

Nick DiGiulio and Jacey Canalin are a couple of super sophomores and are among the best young guards in the state. Digiulio is a 3 point shooting machine while Canalin is lightning quick and tremendous at both ends of the floor. Lucas Devlin, along with fellow sophomores Jaden Igarta and Dontae Mathis, will swing between JV and varsity to start the season. Devlin, is a returning letterman and has given the varsity some valuable minutes already this season. Igarta and Mathis are both outstanding athletes and will be able to compete at the varsity level when needed.

Our Coaching staff is excited to have the opportunity to work with such a fine group of student athletes. Varsity Head Coach, Craig Cokley will once again rely heavily on his outstanding staff. Steve Lommen (Varsity Assistant), Jack Rubin (Head JV) and Nathan Livingston-Bullier (Head JV2) are some of the top assistant coaches around and will provide our players with a great resource for developing both their basketball and life skills.

The PIL will be as strong as it's been since 2017-18 when Grant(1st), Jefferson(2nd) and Lincoln(3rd) dominated the 6A level. This season, however, we may see a changing of the guard at the top. Roosevelt, Grant, Cleveland and Benson should give perennial PIL stalwart, Jefferson, a run for their money. The Democrats lost several top players to transfer and will be looking to rebuild under a new head coach. Lincoln will have tremendous size and will cause problems for the league. McDaniel will be athletic and scrappy as usual. Franklin has a talented young nucleus and will compete very well this season.

Coach Cokley's PIL Picks (Minus Ida B Wells)

- 1) Grant
- 2) Roosevelt
- 3) Cleveland
- 4) Benson
- 5) Lincoln
- 6) McDaniel
- 7) Jefferson
- 8) Franklin

The Guardians are playing one of the toughest schedules in the state. We are hoping to finish the season at or above .500. If we can do that, we should have a decent RPI ranking (between 15-20) that will get us into the playoffs. We feel like we can be a dangerous team in February. Our goal is to work hard every day and be at our best down the stretch.

We would like to thank Mike Nolan and Leanne Van Horn for everything they do to support our program. They are responsible for making Ida B Wells Athletics something we are all proud to be a part of.

Look forward to seeing everyone in the gym,

Coach Cokley

Go Guardians!

Wrestling-

Guardian Wrestlers opened their season last Friday at Reynolds HS posting dual meet wins over Corvallis HS and Franklin HS and dropping a close match to Tualatin HS.

Freshmen **Daniel James** and **Oscar Doces** “opened some eyes” with impressive varsity wins and pins in their first ever HS wrestling matches. Newcomers - just sophomores - **Shankara**

Carson and **Rowen Pierce** did not back down from varsity competition. “Shank” recorded his first varsity “victory-by-fall” just 3 weeks after deciding to try wrestling! Sophomores **Andrew**

Brown and **Bowie Altland** stepped right into the lineup and battled with the strongest

opponents from all schools. Veteran wrestlers **Noah Nelson, George Ramsey, Austin Bader,**

Aweis Mohamed, and Abdul Tayba contributed with wins, grind-out decisions, and good

leadership. Juniors **Gus Johnson, Andrew Webb, and Lucas Barrera** competed well, posting

pins for the team. Wells Wrestling coaches Tony Petraglia, Lance Johnson, and Dave Bisers see great things for this team. This season, we are really focused on building numbers. We were in a

great place before COVID hit and are almost in a rebuild phase right now. However, we have

some great returning wrestlers and so far a huge chunk of underclassmen. One of our

biggest pushes in the early season so far has been to build our women's program, which is now

in the double digits. In terms of performance, a top 3 place at the district meet and 8 state

qualifiers is what we are shooting for. Gus Johnson, Noah Nelson, and George Ramsey are our

top returning wrestlers and state qualifiers. In addition, we have a handful of other strong,

successful veterans coming back and looking to make some noise. Aweis Mohamed is an

incoming senior whose older brothers Abdul and Abu were major contributors in the past. We

also have some great incoming freshman including Oscar Doces and Daniel James. We are really

excited about the size of our team, the number of female wrestlers we have out, and our

chances at turning a lot of heads this year. We are talented, athletic, and are going to surprise a

lot of other teams. Wells Wrestling is skyrocketing this 2021-2022 season: Participation is high,

team morale is high, and our own Ida B Wells Girls Wrestling Team has surpassed double digit

numbers for the first time!

Women's Basketball-

The 2021-2022 Ida B Wells Barnett high school girls basketball team has a chance to have a very good year. We have five seniors who have been playing together since the eighth grade.

Point guard Charlotte Richman, a recent West Point commit leads the way with Daphne Reid

and Mia Fowler on the wings. Eve Hart and Eliza DiGiulio are a dynamic duo at the four and five.

Young players coming up in the program will provide depth and give this team an opportunity to play deep into the postseason.

As a group, they shoot the basketball incredibly well and are very unselfish in the way they play at the offensive the end of the floor. Defensively, this is the best team we have had in several years. Athleticism and basketball IQ will allow this team to defend at a very high level.

We are looking forward to a great season!

Sunday Tid-Bits-My actions are rooted in peace, wrapped in love and expressed with excellence.

“Life is so short that you can't waste even a day subscribing to what someone thinks you can do versus what you know you can do.”

— **Virgil Abloh**, *Visionary Designer*

I. The Unforgettable Truths

11 unforgettable truths 2021 taught me:

1. Your healing comes first.
2. Boundaries will nourish you.
3. Being busy is not glamorous.
4. Heavy emotions are temporary.
5. Say yes only when it feels right.
6. Self-awareness helps you react less.
7. Build with emotionally mature people.
8. Embracing change lifts up your peace.
9. Saying no supports your mental health.
10. Healing yourself helps heal your connections.
11. You lose yourself by trying to please everyone.

Source: Yung Pueblo, NYT Bestselling Author

II. Leveling Up Our Relationships

Look forward to what is manifesting into your life at this very moment. Each day is a unique opportunity to evolve and level up our relationships with:

- Ourselves & Truth
- Our Values & Beliefs
- Books & Knowledge
- Self-Care & Others

Let's step into the next level of our destiny by stepping more into embracing our story and journey.

III. The Power of Our Words

Some compliments resonate differently:

- "You inspire me."
- "I appreciate you."
- "I'm proud of you."
- "I enjoy your energy."
- "You make me feel safe."
- "You have a beautiful mind."
- "You're a kind and loving soul."
- "I love how passionate you are."

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." — **Dr. Maya Angelou**

Source: Vex King, Healing Is the New High

Question

What are you willing to let go of in 2022 to promote you to a higher level of self-discovery and healing?

IV. This Week I Will

1. Be kind to myself.
2. Spread positivity.
3. Reflect in stillness.
4. Focus on what I can control.

5. Step away from drama and gossip.

The Last Words...

“You are allowed to not have it all figured out. The journey isn't always easy, and the path ahead isn't always clear. But settling for less is not your destiny. Everything you want is available to you, without exception. Remember who you are. Remember what you're capable of. You are here to live a life that is a shining reflection of your radiance. Nothing less.”

— **Jamila Reddy**, *Transformational Coach*

“We desperately need more leaders who are committed to courageous, wholehearted leadership and who are self-aware enough to lead from their hearts, rather than unevolved leaders who lead from hurt and fear.”

— **Brené Brown**, *Leading From Hurt Versus Leading From Heart*

“A good teacher does not teach facts, he or she teaches enthusiasm, open-mindedness and values.”

— **Gian-Carlo Rota**, *Indiscrete Thoughts*

“The safest and most loving people to be around are the ones who can pull themselves out of their perspective so that they can see things from different angles outside of their own. One way to think of love is the ability to engage with a multiplicity of perspectives. Being able to see more views than just your own is a sign that compassion is present and active in your mind. This elevated form of love is a skill that requires cultivation. It takes a certain amount of inner-security and bravery to let down the shield of your view and take a look at the bigger picture, even if that means you are no longer the center of it. Doing a macro assessment of a situation, that includes an attempt on your part to put yourself in the shoes of the different people who are involved, can help you better assess what is happening and contribute skillful actions that support harmony instead of divisiveness and friction.”

— **Yung Pueblo**, *Down Moments & Seeing More*

Ida B Wells Athletic Schedule
Week of December 6 - December 11
***Schedules subject to change**

Monday, December 6

Wrestling

Frosh/Novice @ Cleveland HS, 6:00pm

Bus Departs 3:45pm

Tuesday, December 7

No Contests

Wednesday, December 8

Basketball - Men

Varsity vs. Barlow, IBW Gym, 7:00pm

JV @ Central Catholic, 4:30pm, **Early Release 3:15pm, Bus Departs 3:30pm**

FR @ Central Catholic, 6:00pm, **Bus Departs 5:00pm**

Swimming

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

Bus Departs 4:30pm

Thursday, December 9

Basketball - Women

vs. Gresham, IBW Gym

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

JV 5:30pm

Varsity 7:00pm

Friday, December 10

Basketball - Men

Varsity @ South Medford, 6:00pm

Early Release 10:45am, Bus Departs 11:00am

Basketball - Women

@Newberg

JV2/JV, 5:45pm, **Bus Departs 4:30pm**

Varsity, 7:15pm, **Bus Departs 5:45pm**

Saturday, December 11

Wrestling

McKay Tournament, 9:00am

Bus Departs 7:00am

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-



