



“Be humble and curious enough to seek wisdom from others.”

Greetings Sports Fans! What an outstanding week of Guardian Athletics this past week!! Our Wrestling Program had an outstanding showing at the District Tournament finishing 5th and sending five Wrestlers to the State Meet. Our Swim Program had a great showing at the State Meet over the weekend with the Men’s Team finishing tied for 11th. Both of our Cheer Programs had an outstanding showing at the OCCA State Championships with both teams finishing 5th at the event. Both the Men’s and Women’s Basketball Teams had a great week with the Men’s Team going 1-1 with a victory over Madison on Friday Night. The Women’s Team wrapped up a tough week going 3-0 with wins over Grant, Cleveland, and Madison. As we wrap up the regular season for Basketball and get ready for the State Wrestling Meet, the Ida B. Wells Athletic Department would like to remind everyone of how grateful we are for the time, energy, and dedication from our coaching staff and student-athletes.

District Wrestling Re-Cap- We have five Wrestlers who are competing at the State Meet on Saturday and Sunday at Sandy High School.

- **Austin Bader-Williams(195) 3rd Place District**
- **Aweis Mohamed(106) 2nd Place District**
- **Oscar Doces(106) District Champion**
- **Noah Nelson(160) District Champion**
- **George Ramsey(195) District Champion**

A huge congratulations to the entire Wrestling Program and all of their efforts this year and the coaching staff for providing a fun, competitive, and inclusive experience!

The Week Ahead- We have a great week in Guardian Athletics coming up this week. Women’s Basketball will host Roosevelt tomorrow and Lincoln on Wednesday. Wednesday is Senior Night for our Women’s Basketball Program. Please come out and show your support for these outstanding Guardian student-athletes. They deserve your support! Men’s Basketball will host Jefferson on Tuesday Night and Cleveland on Friday. Friday is Senior Night for the Men’s Basketball Program as well and they too deserve your support as well! Come out and show your gratitude for the Basketball Programs, their senior classes, and their parents! Our State qualifying Wrestlers will be heading to Sandy this weekend for the State Meet.

Spring Sports- Spring Sports registration is open on Family ID. You can register for one of the following Spring Sports-

- **Baseball**
- **Softball**
- **Men’s Tennis**
- **Women’s Tennis**

- **Men's Golf**
- **Women's Golf**
- **Men's Lacrosse**
- **Women's Lacrosse**
- **Track and Field**

You can find out more information about each program at www.ibwathletics.com Spring Sports starts February 28th so don't delay getting signed up!

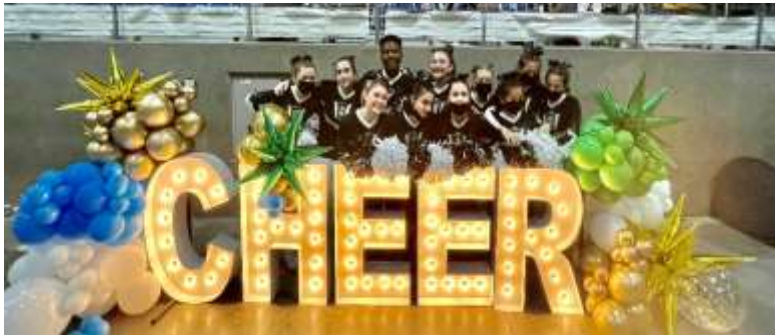
Mask Protocols-Indoor-PPS and PIL Athletics now allows participants when competing to now go mask less. Coaches and players on the bench will still need to be masked up. We appreciate your flexibility regarding changing protocols.

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.

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>

Guardians of the Week-



JV Cheer-Avery Dorgman,Mia Retz,Sanada,May Herring,Sebastian Porter,Ryder Cullen-Musengo,Tupelo Wright-Dykouse,Emma Allen,Jocelyn Luong,MorganWood,Lara Gordon

JV cheer has accomplished something that has not been accomplished in Ida B Wells cheer history or Wilson high school cheer history placing fifth at championships placing second at a regional these 11 kids that went out on the mat gave it their all gave it their hardest gave it

their heart they are strong and talented bunch of athletes and their coaches could not be any prouder of them.



Women's Basketball Senior Class- Mia Fowler, Charlotte Richman, Daphne Reid, Eve Hart, Eliza DiGiulio, Angela Simon- Our seniors are our athletes of the week. All five have been together since the eight grade and have done an amazing job representing themselves, their families and their community. This season has been special as they have clinched a playoff spot and look to make a deep run into the post season. They are a great group of players and even better people!



Daniel James Fr. Wrestling- Daniel has had an impressive freshman year, stepping into the varsity lineup when needed at both 113 and 120 pounds. This last week he won his bracket at the final Frosh/Novice event and placed sixth at the district meet, getting two pins on the way. At practice, Daniel is an incredible worker. He wrestles with anyone and is actively finding ways

to improve and learn new skills. He is extremely supportive of his teammates and we can't wait to see what he does over the next three years.



Lucas Devlin So. Men's Basketball- Lucas Devlin is this week's IBWHS Men's Basketball student athlete of the week. Lucas is a swing player for the Guardian's, playing on both the JV and Varsity teams. Lucas is a great competitor with a strong resolve to be at his best, day in and day out. His mental toughness allows him to compete at a high level on the basketball court and the golf course. Lucas is an outstanding golfer and is looking forward to leading the IBWHS golf team this spring. An accomplished student, Lucas applies the same focus and effort in the classroom as he does on the basketball court and golf course.



Louisa Lungershausen Fr. Swimming- Louisa had a great meet at the 6A State Championships on Saturday. She swam the 500 Freestyle and posted her lifetime best time, dropping 2 and a half seconds off her best high school time. She was able to move one spot up the leaderboard as well. Louisa's hard work and consistency really showed on Saturday. Louisa's freestyle technique is impeccable and is a fierce competitor in the pool.



Henry Cannon So. Swimming- Henry had an incredible performance at the 6A State Championship this Saturday. He missed being State Champion in the Freestyle by less than 2 tenths of a second and was second in the state in the 100 Free as well. He also posted the fastest splits on both 4x50 Freestyle relay and 4x100 Freestyle relay, that finished 10th and 9th respectively. Henry continues to swim his best in the biggest moments. In the 200 Free he dropped 1.31 seconds off his lifetime best and over half a second in the 100 Free.

Sunday Tid-Bits- Today I say yes to life. The energy and greatness is infused into every activity of my living.

“There is but one solution to the intricate riddle of life; to improve ourselves, and contribute to the happiness of others.”

— **Mary Shelley**, *Novelist*

I. The Art of Focus

Every moment of our lives is an opportunity to train our minds to focus.

- When you are working, **lock in.**
- When you're with the kids, **lock in.**
- When you're at a dinner party, **lock in.**
- When you're listening to the feelings of a loved one, **lock in.**
- When you're meditating, **lock in.**

We only experience love, beauty, and things that are true in the present moment. If we don't have the ability to be present and lock in long enough, we miss the important moments in life. **The only moment is now, lock in.**

Source: Dr. Michael Gervais, High-Performance Psychologist

II. Reimagining Our Work

Leading ourselves and coaching others in the 21st century is all about managing these 3 pillars:

- Attitude, Behavior, and Performance

In order to manage and sustain these pillars, one must invest daily time, energy, and emotional equity to earn trust, respect, buy-in, and stay-in of those they lead.

III. Reclaim Your Peace Of Mind

7 timeless reminders as we take care of our minds:

1. Any tenant that rents space in your head can be evicted without a notice period.
2. People-pleasing will hold your happiness and potential hostage. Being selfish is an act of self-care and self-preservation.
3. If taking care of yourself means letting someone down, then let someone down.
4. The version of you that people create in their minds is not your responsibility.
5. You don't lose real friends, real opportunities, or real relationships when you start standing up for yourself and setting clear boundaries. You lose abusers, manipulators, narcissists, and mental-health destroying leeches.
6. No personal achievement, bank balance, or material possession will be worth it if you attain it at the expense of your happiness.
7. Anything that costs your mental health is too expensive. Look elsewhere.

Source: Steven Bartlett, The Diary Of A CEO

Question

How much overlap is there between what you say is important to you and how you spent your attention over the last month?

VII. This Week, I Will

1. Check my ego.
2. Live in the now.
3. Challenge assumptions.
4. Be open to beginning again.
5. Not give up on the hard days.

The Last Words...

“Some periods of our growth are so confusing that we don’t even recognize that growth is happening. We may feel hostile or angry or weepy and hysterical, or we may feel depressed. It would never occur to us, unless we stumbled on a book or a person who explained to us, that we were in fact in the process of change, of actually becoming larger than we were before. Whenever we grow, we tend to feel it, as a young seed must feel the weight and inertia of the earth as it seeks to break out of its shell on its way to becoming a plant. Often the feeling is anything but pleasant. But what is most unpleasant is the not knowing what is happening. Those long periods when something inside ourselves seems to be waiting, holding its breath, unsure about what the next step should be... for it is in those periods that we realize that we are being prepared for the next phase of our life and that, in all probability, a new level of the personality is about to be revealed.”

— **Alice Walker**, *Living by the Word*

“The kinder and the more thoughtful a person is, the more kindness he can find in other people. Kindness enriches our life; with kindness mysterious things become clear, difficult things become easy, and dull things become cheerful.”

— **Leo Tolstoy**, *A Calendar of Wisdom*

“Instead of looking at my day in time increments, I look at each hour as money—every hour is \$1,000 (for easy math lol). Instead of asking myself, “How am I going to spend the next 24 hours?” I ask, “How am I going to spend my \$24,000 today?” This approach really helped gain a better understanding of how much time we truly have in a day, that we can’t “save” time. I mean, at least \$6,000 – 8,000 is spent on sleep. And prior to the pandemic, I could spend anywhere from \$2,000 – 4,000 just commuting. This approach helps me be very intentional about how I “spend” my time and what I choose to spend it on.”

— **Christine Platt**, *The Afrominimalist’s Guide to Living with Less*

“Ultimately, the main lesson you learn about criticism the longer you do this is: The best way to respond is by putting in the work...In the NBA, in any sport—heck, in life, really—you don’t beat criticism by arguing with the critics. You beat it with your craft—by playing and winning. You don’t prove doubters wrong with words, but with work...Putting in the work is hard.

Anything you do to get better at your craft—one extra rep, one extra practice shot, one extra hour of film—is more important and more significant than a thousand pieces of criticism.”

— Chris Bosh, *Letters To a Young Athlete*

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-



