



Athletics Update

"Try to be a rainbow in someone's cloud."-Maya Angelou

Greetings Sports Fans! With roughly three weeks left in the winter season, it is shaping up to be an exciting finish to the regular season. Our Women's Basketball Team is looking to make a return the playoffs this year. They have been consistently ranked in the top ten in the coach's poll and rightfully so. They are one of the top teams in the state defensively and are looking to make some noise in the playoffs. The Varsity Men's Team is looking to finish strong and make a push in the playoffs as well. While their record doesn't show it, they have consistently competed in arguably the toughest league in the state. Our Wrestling Program has one more week to tune up for districts. The Swim Program has a big week this week as they prepare for the district meet. Our Cheer Team just participated in their last tournament over the weekend as they prepare for a run at the state meet. Great time to be a Guardian!

The Week Ahead- As I stated above, our Swim Team will be traveling to Dishman for the JV and Varsity District Meet. A huge shout out to our new coaching staff this year for creating a balanced, competitive, and inclusive program. On Thursday, our Wrestling Program will be traveling to Jefferson for one of their last meets of the year. Both of the Women's and Men's Basketball Programs will be facing off with Cleveland and Franklin this week as well. And our Cheer Program will be getting to compete at the State Tournament.

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.

PCA and Sportsmanship- I wanted to take a moment and compliment our programs for all of their efforts promoting great sportsmanship during contests. It is extremely valuable and important to embody sportsmanship at all times. Below are some quick reminders about sportsmanship.

<https://devzone.positivecoach.org/resource/book/roots-honoring-game-and-sportsmanship>

<https://devzone.positivecoach.org/resource/article/tips-sportsmanship-and-honoring-game>

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-



Caiden Levrets Fr. Women's Basketball- Caiden Levrets is the Girls Basketball player of the week. Versus Benson she made eight three pointers while leading her team to a big win on the road. She continues to work hard on her game and he's developing into a very good leader for her young group.



Shuaib Dahir Jr. Men's Basketball- Shuaib Dahir has become a real factor for the Ida B Wells Men's Basketball team. Shuaib is so active and aggressive rebounding the ball, he's earned the nickname "Moses" (Hall of Famer Moses Malone for you youngsters). Shuaib is an excellent student and has been awarded Student Athlete of the Week honors for Men's Basketball.



Ella Poor Jr. Swim- Ella works as hard as any swimmer I've ever coached! In fact, the only thing she struggles with is swimming easy. She swims all out all the time! She is also an excellent all-around athlete and very quick learner. This allows her to make improvement on a daily basis. This week she has made several important changes that are going to set her up for very successful district championships on Friday.



Simon Walsh Jr. Swim- Simon is an outstanding athlete who understands what it means to train. He consistently works hard and excels when taking on new challenges. He also asks thoughtful questions that show he's always looking to learn and improve. This week he has had

possibly his best week of practice, despite some challenges both in and out of the pool. In fact, he swam a PR in 500 FR at the END of a tough workout. Pretty incredible. His hard work and dedication are surely going to pay dividends next Friday!



Shankara Carson So. Wrestling- Shankara has been a tremendous addition to the team this year. Despite having no wrestling experience before this year, he has shown tremendous development. Shank is one of our most dedicated athletes, never missing practices and showing up to compete. Last week he placed 4th at Rex Putnam and wrestled a tough match against Lincoln's district champion from last year. We're looking forward to Shank's continued improvement and performance at the district meet!



Emily Radtke So. Wrestling- Emily capped off a great week of practice as our only competing female at the Girl's Regional Qualifier this weekend. Emily wrestled 4 full length matches, going 2-2 in a very competitive field of athletes. Emily continues to impress us with her desire to learn and improve, as well as teach others what she knows. Emily never backs down from a challenge and has a very bright future given her work ethic and skill.

Sunday Tid-Bits- *Today I joyfully exercise my right to shine. To be alive is to be able to start over!*

“You only get free when you address what it means to love and to be honest with yourself.”

— **Shaka Senghor**, *Letters to the Sons of Society*

I. Humanize the Stranger

As positive difference-makers realize there is a universal human hunger to be needed.

No matter if it is masked, people deeply yearn to be:

- Loved & Valued
- Respected & Heard
- Seen & Acknowledged
- Understood & Appreciated

“Unexpected kindness is the most powerful, least costly, and most underrated agent of human change.” — Bob Kerrey

II. Overcoming Procrastination

Procrastination is defined as the action of postponing or delaying something. Ancient Greek philosophers called it *Akrasia* — acting against your better judgment. Here are 5 core steps to overcome procrastination:

1. **Awareness:** As with most mental hurdles, the first step is becoming aware of the problem.
2. **Deconstruction:** We procrastinate when it's easier to delegate a task to our future self. Procrastination tasks can be categorized into Type I: Big & Scary and Type II: Small & Boring. Type I is the most damning. These tend to be the important long-term projects and the growth creators.
3. **Plan Creation:** We tend to overestimate what we can do in a day. Lean towards less ambitious time bounds to give yourself easy wins early. The plan should be: Specific — exactly what you'll do and Time Bound — when you'll do it.
4. **Stake Creation:** This is perhaps the most important and most overlooked step of the framework. You can create and raise stakes as a means to drive better outcomes.
5. **Action:** Action is the hardest part — specifically the first action, the first motion. But remember: a body in motion tends to stay in motion.

Source: Sahil Bloom, The Curiosity Chronicle

III. The Power Is Within You

Gentle self-empowerment reminders for the onward journey of self-discovery.

- Some losses set us free.
- To have faith is to believe unconditionally.
- It takes courage to challenge our own beliefs.
- If you are going through a hard time today, this too shall pass. This feeling won't last forever.

Question

How do I want to spend my limited heartbeats on the planet?

VI. This Week, I Will

1. Start over.
2. Take that first step.
3. Remember how far I have come.
4. Give myself permission to not know.
5. Refuse to let negativity disrupt my mood.

The Last Words...

“Whatever may be the tensions and the stresses of a particular day, there is always lurking close at hand the trailing beauty of forgotten joy or unremembered peace.”

— **Howard Thurman**, *Meditations of the Heart*

“Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.”

— **Carl Jung**, *Founder of Analytical Psychology*

“In life, there's the beginning and the end. The beginning don't matter. The end don't matter. All that matters is what you do in between – whether you're prepared to do what it takes to make change. There has to be physical and material sacrifice. When all the dust settles and we're getting ready to play down for the ninth inning, the greatest reward is to know that you did your job when you were here on the planet.”

— **Dr. John Carlos**, *USA Track & Field HOF Athlete and Olympian*

“Everybody you meet is afraid of something, loves something, and has lost something. Know this. You never know what someone has been through, or what they’re going through today. Don’t be lazy and make empty judgments about them. Be kind. Ask about their stories. Listen. Be humble. Be teachable. Be a good neighbor.”

— Marc and Angel Chernoff, *Hack Life*

Ida B Wells Athletic Schedule
Week of February 7 - February 12
***Schedules subject to change**

Monday, February 7

No Contests

Tuesday, February 8

No Contests

Wednesday, February 9 (Flex)

Basketball - Men vs. Franklin

FR, 4:00pm, JV, 5:30pm; Varsity, 7:00pm

Basketball - Women @ Franklin

JV2 and JV, 5:30pm

Bus Departs 4:30pm

Varsity, 7:00pm

Swimming

JV Districts, Dishman Pool, 6pm

Bus Departs 5:00pm

Thursday, February 10 (Flex)

Wrestling - 3 Team PIL Dual @ Jefferson

Bus Departs 3:00pm

Friday, February 11

Basketball - Men @ Cleveland

FR, 4:00pm, JV, 5:30pm

Early Release 2:45pm, Bus Departs 3:00pm

Varsity, 7:00pm,

Basketball - Women vs. Cleveland

JV2, 4:00pm, JV, 5:30pm, Varsity, 7:00pm

Swimming - Varsity Districts, TBD

Saturday, February 12

Swimming - Varsity Districts, TBD

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-

