



Athletics Update

"I choose to reveal the highest and best within me no matter the circumstances."

Greetings Sports Fans!- Our Winter Season is officially over with a tough loss by our Women's Basketball Program at Barlow over the weekend in the 2nd round of the OSAA State Playoffs. It was a great game against two really good teams. The program should feel really good about their successes this year and they have a really dynamic group of returners coming back for the 2022-23 season. The Men's Basketball Program should feel very proud of their season as well and they too return a core group. From the Athletic Department, we would like to say thank you to all of our winter student-athletes, coaches, and families for a great year in Guardian Athletics. You all are appreciated!

Spring Sports- Spring Sports is officially underway and it is shaping up to be an exciting year ahead. Softball is building a foundation under second year head coach Ashley Reeves. They have a young group with a nucleus of solid returners. Our Baseball Program is bringing out the kids with fielding four levels of Baseball. The future is really bright under our head coach Jeremy Shetler. Track and Field continues to grow and grow with over 220 kids now participating in the sport. The coaching staff continues to build a culture of family and excellence. Women's and Men's Tennis is poised to make a strong statement in the PIL with Coach Daigle and Coach Sussman at the reigns. We have two brand new coaches and Wilson Alumni steering the ship in our Lacrosse Programs. Jessica Ellefson is back to lead the Guardians on the women's side and Kyle Hincks, longtime assistant to the program, is at the helm for the men's program. And finally, we have two new Golf Coaches this year. James Titus takes over the women's program and Chris Hudson is now leading the men's golf program. In total, we have approximately, 470 student-athletes participating in a Spring Sport!

Fill the Foyer- Our very own Leanne Van Horn is leading the charge to Fill the Foyer with canned food for the SW Portland Neighborhood House. We are trying to raise over 5,000 pounds of canned food. Please bring any canned food to Ida. B. Wells and help us Fill the Foyer!

PIL Basketball All-League- A huge congratulations to the following student-athletes who made the PIL All-League Teams-

Men's Basketball-

- **Leo Sewell** **2nd Team**
- **Nick Digiulio** **Honorable Mention**

Women's Basketball

- **Charlotte Richman** **1st Team**
- **Eliza Digiulio** **2nd Team**
- **Eve Hart** **2nd Team**

Coach of the Year- **Anthony Levrets**

We are also pleased to announce that Charlotte Richman was invited to play in the WAVOR(formerly known as the Northwest Shootout) game! That game will be played on April 3rd at Liberty High School.

PCA Partnership Helpful Tips- As we move into the Spring Season, below are some helpful tips to help navigate the season ahead.

<https://devzone.positivecoach.org/resource/video/joe-maddon-value-composure>

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

<https://devzone.positivecoach.org/resource/externallink/rise-team-pledge>

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>

Monday Tid-Bits-

“Perhaps the biggest tragedy of our lives is that freedom is possible, yet we can pass our years trapped in the same old patterns...We may want to love other people without holding back, to feel authentic, to breathe in the beauty around us, to dance and sing. Yet each day we listen to inner voices that keep our life small.”

— **Tara Brach**, *Radical Compassion*

I. Rethinking Goal Setting

Set a “worthy goal” that is deserving of your time, attention and energy.

No matter our longevity, life is short and precious. So let's define our worthy goal(s) and ensure it rates high with these three qualities:

1. **Thrilling** – When you consider this idea or project, you get excited, because it resonates with you. You think “I want” and not “I should.”
2. **Important** – Your idea contributes to others around you, either on a small scale, such as improving a relationship with someone, or on a large one, such as starting an organization.
3. **Daunting** – While this idea excites you, it also stretches your talents and capabilities, pushing you to work outside your comfort zone.

Source: Michael Bungay Stanier, How to Begin

II. Notes To Self

- Healing comes in waves. Progress comes in waves. Grief comes in waves. Creativity comes in waves. Growth comes in waves. Happiness comes in waves. **Trust the journey.**
- Respect your capacities. Respect your intuition. Respect your priorities. Respect your boundaries. Respect your heart. Respect your journey. **Respect your worth.**
- Don't water yourself down, shrink yourself, or revert to old ways just to keep a version of yourself that you have outgrown alive or to make others feel comfortable. **Step forward into your growth.**

Source: We The Urban

Question

Is this worry real or is my mind just looking for something to grab onto?

III. This Week, I Will

1. Seek to understand.
2. Check-in on someone.
3. Cultivate and foster joy.
4. Remain open to evolving.
5. Choose loving purpose over ego.

The Last Words...

“We think that the point is to pass the test or overcome the problem, but the truth is that things don't really get solved. They come together and they fall apart. Then they come together again and fall apart again. It's just like that. The healing comes from letting there be room for all of this to happen: room for grief, for relief, for misery, for joy.”

— **Pema Chödrön**, *When Things Fall Apart*

“Life is complex, there's nothing simple about it, but it's how we approach it that simplifies it. That's my focus in how I approach life... it's to find a way to simplify it.”

— **Katrina Adams**, *Tennis Champion & Trailblazer*

“Much of the drive and the perfectionism that I've had most of my life actually came from a set of beliefs that are sad and are beliefs that I don't want my children to have, which is, “That I'm not enough, and that I need to do these things to be valued either by others or by society or by myself.”

— **Dr. Peter Attia**, *Physician*

“I think I'm masterful when it comes to knowing certain things on the floor, but that doesn't make me a great coach. What makes me a great coach is I know how to meet people where they are to take them where they need to go.”

— **Dawn Staley**, *University of South Carolina Women's Basketball Head Coach*