

ATHLETICS UPDATE

"It all goes so fast, and character makes the difference when its close." - Jesse Owens



Senior, Noah Nelson anchors the winning 4X400 Relay

Greetings Sports Fans!

What a great week in Guardian Athletics! We hosted the PIL Youth District Track Meet on Saturday. The IBW Youth Track Teams performed great!

6th grade - boys 2nd; girls 1st

7th grade - boys 1st; girls 2nd

8th grade - boys 1st; girls 2nd

In the PIL District High School Track and Field Meet, our women finished 2nd and our men, 4th in both the Varsity and JV Levels. Our Tennis Teams both finished 2nd at the PIL District Tennis Meet. Finally, the Varsity Baseball Team finished 2nd in the PIL. Great time to be a Guardian Athlete!

PIL District Track Meet Results/State Qualifiers

Men

- **4 X 100 - Dylan Dimond, Koen Kuhn, Nolan Malcomson, Colin Perry**
- **800M - Asher Danielson**
- **110M Hurdles - Nolan Malcomson**
- **300M Hurdles - Nolan Malcomson (District Champion)**
- **4 X 400 Kai Mitchell-Reiss, Asher Danielson, Nolan Malcomson, Noah Nelson (District Champions)**
- **Pole Vault - Xander Thomas**

Women

- **4 X 100 - Eve Hart, Daphne Reid, Ava Malcomson, Avery Coker (District Champions)**
- **1500M - Charlotte Richman**
- **3000M - Charlotte Richman, Josie Fale**
- **High Jump - Molly Carre**
- **Pole Vault - Mia Fowler, Allison Otto-Fitzsimmons**

GUARDIANS OF THE WEEK



Kai Grigsby-Women's Lacrosse, Fr.- This week we got to see Kai drive for not one, but two beautiful goals. They showed a deep knowledge for where to be on attack and quick cuts and dodges around their defenders. They were able to get open and make it to the goal, you can tell they really figured out their spot on our offense.



Avery Coker-T & F-Fr.- Avery had an impressive district championship. As just a freshman, she has 3rd in both the 100 hurdles and 300 hurdles. She continues to improve and has now entered the Ida B Wells all-time top 10 list in the 300 hurdles.



Noah Nelson-T & F-Sr.- Noah had a great district meet. Noah was 3rd in a highly competitive 800m race and then came back to anchor his 4x400m team to the district title and a spot at the Oregon State meet and the number 8 Ida B Wells all-time 4x400m relay time.



Elliott Ott-Fitzsimmons-Baseball, Sr.- Elliott Otto-Fitzsimmons stepped up big time this week. In three games vs Benson and Cleveland, the team went 3-0 clinching second place in league and a playoff spot. Elliott was instrumental in filling in to support the team in a few positions. On Monday vs Benson, Elliott played four different positions including pitching an inning. On Tuesday in the 2-1 win vs Cleveland he recorded seven putouts at second base including a double play. He also executed a perfect drag bunt to advance the eventual go-ahead base runner to third base. Wednesday vs Cleveland he pitched five innings in relief and picked up the win.



Lucas Devlin-Men's Golf, So.- Well this week's Athlete of the week goes out to Lucas Devlin. He led the team at Regionals when he fired a low round of 78. This round qualified him to the State Tournament in Corvallis, Oregon at Trysting Tree Golf Course. He'll be joining Spencer Lee representing Ida B. Wells as our two loan entrants. Go Guardians!

THIS WEEK

The Spring season is beginning to wrap up with State competitions this week for Golf, Tennis and Track and Field. Senior Night for Women's LAX is on Wednesday vs. Clackamas and on Thursday, our softball team plays Lincoln in the Council Crest Cup Game. Varsity Baseball is tuning up for the playoffs while games are being scheduled for our lower level teams to make up some rainouts. **For up-to-date transportation and schedules, please visit <https://www.ibwathletics.com/page/show/3803298-this-week>**

OTHER ANNOUNCEMENTS

Senior Signing Day

We will be hosting the following student-athletes, coaches, and families in our gym on Wednesday 5/18 at lunch to honor their accomplishments and playing sports beyond IBW.

- Nolan Malcomson Lane CC Track
- Charlotte Richman West Point Basketball
- Eliza Di Giulio Southern Oregon University Basketball
- Davis Dufort Pacific University Football
- Milo Risenhoover St. Francis University Soccer
- Finley Crabtree University of Wyoming Soccer
- Noah Nelson Lewis & Clark University Track
- Catie Mohr Willamette University Women's Lacrosse
- Saida Seelig Willamette University Women's Golf
- Allison Otto-Fitzsimmons Clackamas CC Track

2022 Flag Football Jamboree

Our Football Staff has organized the first annual Flag Football Jamboree on June 3rd. There will be the following contests:

- IBW 12th Grade vs IBW 9-11th Grade
- Jackson 7/8 Grade vs Gray 7/8 Grade
- IBW 11th Grade Boys vs Football Alumni

You can register and find more information here-

<https://wellsfootball.sportngin.com/register/form/767941177>

This is a great event to help raise funds for Youth Sports in our city. You can register here

<https://docs.google.com/forms/d/e/1FAIpQLScn6viiPJdwXIEscOyWmU1LoE7FXIwI4JhKBB6iE09h15ZiVQ/viewform>

WEEKLY TIDBITS

“Breathe through your thoughts. Hold on to your heart. One breath at a time. You are finding your way.”

"When I decided that trauma wasn't going to be my resting place. When I decided that healing had my name on it, my life really changed. And I made a choice to change. We are possible. That our life is the proof that we've made it. Our life is the proof that we are worthy. That's it. As we are, where we are is enough. So to whoever is struggling today, know that joy comes — it returns. That your dreams are real. They are valid. You are worthy."

— Alex Elle, *Author*

I. Reimagining Our Happiness

- **Happiness** is not a function of what you achieve. **It's a function of how you spend your time.**
- **Success** is a temporary thrill. **Happiness** lies in doing daily activities that bring you joy.
- There's always a new mountain to climb. **You don't have to anchor your emotions to the summit.**

Source: Adam Grant, Think Again

II. It's Okay to Slow Down

As we meet this critical moment in leadership, here are some gentle reminders for the onward journey:

- Our uniqueness is our secret sauce. Our authenticity is our superpower.
- We were all born artists. We were born with the right to show up in this life and our work as the real us, not a perfect illusion of who we think we need to be. It's okay not to be okay.
- Sometimes experiencing doubt, discomfort, and fear are nature's reminders that there is something essential to learn, to experience, to unlearn and to embrace.

III. The Power of Getting Clarity

5 strategies to avoid getting stuck in a rut:

1. Make time every day to sit in stillness, self-reflect, and check-in with yourself.
2. Aim to have people in your life that care enough about you to help you see your blind spots.
3. Prioritize your self-care and make sure your own bucket is full.
4. Focus on work that you find meaningful, in service of others, and that contributes to something bigger than yourself.
5. Prioritize your personal development.

Source: Alan Stein, Sustain Your Game

IV. Question

What does self-forgiveness look and feel like to you?

V. This Week, I Will

1. Rise above fear.
2. Cultivate my humility.
3. Not make assumptions.
4. Walk the uncommon path.
5. See more perspectives than my own.

The Last Words...

"Forgiveness is giving up the hope that the past could be any different. I think for myself, and I know many of you think forgiving means accepting what has happened to you. Well, it is accepting that it has happened to you. Not accepting that it was okay for it to happen. It is accepting that it has happened. And now, what do I do about it? Forgiving is giving up the hope, not holding on, hoping, wishing that it could have been any other way than it actually was. Giving up the hope that the past could be any different. And when I got that, I think it took me to the next level of being a better person because I don't hold grudges for anything or any situation, and neither should you. It is letting go so that the past does not hold you prisoner — does not hold you hostage."

— Oprah Winfrey,

"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,

"You made a choice to get better, and now you must move forward. You must move boldly against any currents. You must be persistent and consistent with your change, no matter what happens. The difference between where you currently are and where you visualize yourself is in your daily choices and actions to do better and get better. Don't look back. Don't give up. Don't judge any moments that might cause you to revert back. The point is to recognize, decide, and go forward always. You have a great purpose, and it is time to live it out."

— Idil Ahmed,

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-

