

RAIDERS REPORT

The local newsletter featuring Hastings High School athletics.
Connecting, informing, & celebrating HHS student-athletes & programs.

NOVEMBER 2020
ISSUE V

FALL SPORTS IN REVIEW

It was an incredible season for the 385 student-athletes that participated in a fall sport at HHS! In a year full of COVID mitigation protocols and limited spectators, highlights include:

- Average team GPA of 3.45, program retention rate of 80%, and multi-sport athlete rate of 59%.
- Average fall team GPA, multi-sport rate, and athlete survey rate each increased for the fourth consecutive year.
- Combined varsity W/L record of 22-21-3 (52% WP)
- Four programs were honored with Gold or Silver MSHSCA team academic awards
- Girls' swim/dive was repeat, undefeated MEC champions
- Girls soccer finished 2nd in the MEC end-of-season tournament
- Girls' tennis and girls' soccer both claimed at least one section victory in the playoffs.
- Boys soccer hosted a home playoff game at Todd Field for the first time in over a decade
- Senior Linnea Urban was the repeat MEC individual champion in cross-country and was named MEC girls "Runner of the Year" for the 2nd consecutive year.
- Junior Kendal Jenkins was Section 1AA individual section champion in 100 Backstroke
- Senior Annika Tverberg set a school record in the 6-dive list
- Bella Meier and Kaitlin Petrich were named All-State in soccer
- Mya Green, Erika Henrichs, Audrey Langworthy, Gracyn Rose, Skylar Tjomsland were named Academic All-State in tennis
- Girls' Swim coach Gerry Rupp was named Section 1AA Assistant Coach of the Year.

WINTER ATHLETICS SET TO LAUNCH



In the midst of a shift to academic distance learning for all students in ISD 200, HHS winter athletics remain on as scheduled. MEC athletic directors will continue to collaborate with local leadership teams and state health and sports agencies to monitor and adjust plans for athletics as necessary. Stay tuned to the athletics website and Twitter account for updates.

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WHY WE PLAY, CHARACTER LESSONS, SEASON CEREMONY FOR ATHLETES

Athletes at all levels participate in three intentional experiences during their sport seasons.

WHY WE PLAY

In the first ten days of the season, coaches facilitate reflection and discussion for athletes to define "why they play." Athletes develop and display their own purpose statements.

CHARACTER LESSONS

Coaches provide direct character-based instruction throughout the season. They lead discussion and activities that impact student-athletes on the field and off, as athletes and as people, that apply now and in the future.

END OF SEASON CEREMONY

Each team participates in a team-centered culminating activity with coaches and athletes to honor participants & celebrate the season.

90%+ of all HHS athletes report they are proud to be a member of their team and sport program, and would recommend it to a friend or classmate

CHARACTER COMMUNITY COMPETITION

RAIDER NATION



I teach, coach and serve student-athletes to have a positive impact on their lives, to help them develop into citizens of integrity and to become selfless community leaders. I achieve this purpose by inspiring lifelong learners, forging lasting relationships and encouraging growth of the whole person.

Christian Waage, Soccer

COVID PROTOCOLS CONTINUE FOR ATHLETICS

HHS remains committed to implementing all COVID-19 mitigation protocols for education-based athletics. We are proud of how coaches and athletes have followed required protocols with integrity and fidelity. Protocols include but are not limited to:

- Coaches and event staff wear masks at all times.
- Athletes wear masks anytime that they are not in direct practice or competition.
- Athletes have individually assigned pre- and post-practice locations to change shoes and use hand sanitizer.
- Training pods are in place that define and limit the volume of participants in any one session.
- Equipment is disinfected in between use by different pods and/or practice sessions.
- Athletes have assigned seats on busses according to social distancing measures defined by the bus company.
- Spectator restrictions are in place depending on the sport and venue.
- Strict quarantine measures are applied in situations where potential close contact or exposure may have taken place.

Kudos to our coaches and athletes for following protocols and maintaining a high standard of integrity.