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

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ISSUE XV

## WINTER SPORTS REVIEW

It was an awesome season for the 302 student-athletes that participated in a fall sport at HHS! Highlights include:

- Average team survey positivity rate of 96% across all sports & levels!
- Average team GPA of 3.28
- Average sport program retention rate of 74%.
- Average team multi-sport athlete rate of 72%.
  
- Three sports finished in 2nd/runner-up in the MEC; girls' basketball, boys' swim/dive, and wrestling. Gymnastics finished 3rd.
- Six of the seven winter sports that compete head-to-head had winning records overall, at a combined win rate of 59% overall (99-68).
- Wrestling was the Section 3AAA Champion & State Meet Participant - their 5th consecutive section title and 8th in the last nine years.
- Girls wrestling grew from 18 to 26 participants overall. Six individuals placed in the top 3 at sections, and four qualified for state.
  
- MSHSL ExCEL Award (juniors) – Sienna McCoy and Lukas Foss.
- MSHSL Triple A Award (seniors) – Mikayla Schuster & Noah Quigley.
- HHS Athena/Apollo Awards (senior female/male athlete of the year) - Skylar Little Soldier and Blake Beissel.
- Sylar Little Soldier (12) won her third consecutive individual state championship in girls wrestling.
- Tim Haneberg was Section 3AAA Head Coach of the Year in Wrestling.
- Luke Vaith was Section 3AAA Assistant Coach of the Year in Wrestling.
- Matt Klein was Metro East Conference Boys Hockey Coach of the Year.
  
- Twenty student-athletes were individual qualifiers for the MSHSL state tournament; four alpine ski, one nordic ski, two swim/dive, 13 wrestling.
- Five student-athletes were named all-state (all in wrestling).

## HOCKEY DAY MN 2026



Hastings and the United Heroes League will be the host site of Hockey Day Minnesota in 2026, celebrating the 20th anniversary of this premier event. Our boys and girls hockey programs, from youth through high school, look forward to participating in this one-of-a-kind experience.

The festivities will be part of a day-long television event broadcast on Bally Sports North, designed as a celebration of the game from peewees to pros.

Additional details, including the dates, matchups and the official schedule for Hockey Day Minnesota 2026 at United Heroes League's outdoor rink in Hastings will be announced at a later date.

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## ATHLETE FEEDBACK

HHS surveys student-athletes on all teams and all levels in the final few weeks of their sport seasons. We conducted over 200 surveys during the winter and are proud of the feedback results. **The average team positivity rate across all winter sports was an incredible 96%!**

Among the positive trends, over 85% of all athletes surveyed agreed on the following:

- I had **fun** this year.
- I **improved** my skills.
- I developed **friendships** with teammates.
- My coach **cares** about me as a person, and defines success by more than wins & losses.
- I am **proud** to be a member of this team.



## MSHSL RECOGNITION

Four students were recognized with premier HHS/MSHSL individual awards this winter. Mikayla Schuster and Noah Quigley were named Triple A winners, given to seniors with outstanding accomplishment in academics, arts, and athletics. Sienna McCoy and Lukas Foss were named ExCEL winners, given to juniors in acknowledgement of leadership and service.

Noah and Lukas both received additional MSHSL commendation as one of only 32 total state-wide honorees for each award. Congratulations to each student and GO RAIDERS!

# CHARACTER COMMUNITY COMPETITION



## RAIDERS EXPRESS SUMMER PROGRAM

Raiders Express is our dynamic, local, affordable summer training program for student-athletes focused on the development of functional strength, speed, agility, balance, coordination, flexibility, self-esteem & confidence. Raiders Express is offered to all students that will be entering grades 6-12 at the end of summer (current grades 5-11 when registration takes place), regardless of gender or ability.

Training sessions are tailored to age and experience, and led by ISD 200 staff and coaches. A comprehensive, structured program is designed with multiple sport athletes in mind. The goal of Raiders Express is simple: to help each athlete develop the skills to reach their maximum potential!

Training sessions are held at the high school (weight room, gym and athletic fields) and run for six weeks during June and July, with 24 total sessions for high school students and 12 total sessions for middle school students. Students are grouped by age, grade, and often gender, in order to prepare developmentally appropriate sessions. Registration is now open, and more information can be found [HERE](#).