



RAIDERS REPORT

Page photos courtesy of Sarah Wasvick

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

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FALL SPORTS REVIEW

It was an awesome season for the 366 student-athletes that participated in a fall sport at HHS! Highlights include:

- Incredible average team GPA of 3.50!
- Average program retention rate of 82%.
- Average multi-sport athlete rate of 53%.
- Average team survey positivity rate of 85% across all sports & levels.
- Four sports finished in the top 3 in the MEC; boys cross-country, girls cross-country, girls soccer, and girls swim/dive.
- Girls soccer finished 2nd place in the MEC. This is tied for the highest spot a girls soccer team has ever finished at HHS, and has happened only three other times (1982, 1997, 2020) Girls soccer also hosted a home section playoff game for only the 2nd time in 25 years.
- Four sports earned "Gold" academic team status (3.75+ team GPA); boys cross country, girls cross country, girls tennis, volleyball.
- Claire Keller (12) was named MEC Girls Tennis Player of the Year.
- Chloe Aarness (9) was Section 3AA Champion in Diving and named Section Diver of the Year.
- Nine athletes were named Academic All-State; Linnea Ronning (10) in cross country, Brooke Jelley (12), Claire Keller (12), Ruby Rotty (12), Mikayla Schuster (12) in girls tennis, Emma Bakker (12), Eva Greene (12), Jolie Pettit (12), Haylei Regenscheid (12) in volleyball.
- 14 athletes participated in the MSHSL state tournament; Linnea Ronning (10) in cross country, Claire Keller (12), Brooklyn Keller (10) and Reese Keller (10) in girls tennis. Chloe Aarness (9) - *diving*, Lauren Jenkins (12), Ashtyn Stewart (12), Clara Birken (12), Josey Larson (11), Lila Salzman (9) Emma Dehlmow (8) Sophia Kovalenko (9) Kira Aarness (11) - *swimming*

EVENT STAFF RECOGNITION



HHS hosted 117 different home games on 38 different dates over ten weeks between August 21-October 27 this fall! Tremendous credit goes to our event staff and officials for making those events a reality for our student-athletes.

One member of our event support team was recognized this fall. Mr. Kurt Graumann has served as a member of the ISD 200 grounds and maintenance team since 1998. Kurt will be retiring this spring after 25 years of dedicated service. He has spent countless hours maintaining our outdoor athletic facilities; painting lines, fertilizing, repairing and mowing fields, preparing the stadium for games, and more.

Thank you Kurt, and thank you to all of our local event staff. Go Raiders!

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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 250 surveys during the fall and are proud of the feedback results. **The average positivity rate per question was 90%. All 14 of the survey questions scored above the benchmark target of 80%.** Among the positive trends, over 85% of athletes 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.

CHARACTER COMMUNITY COMPETITION



LEADERSHIP COUNCIL

Throughout the school year, varsity sport captains and nominated leaders participate in leadership development sessions. Led by A.D. Trent Hanson, these student-athletes meet 4x in their sport season, at 7:00am before school, about every two weeks. The focus is on the "why" and the "how" of leadership. Fall sessions had great participation, and we look forward to the winter and spring sessions with those in-season athletes.

GO RAIDERS!

ATHLETE COMMUNITY SERVICE

The purpose of HHS athletics is to provide diverse sports opportunities that develop CHARACTER and COMMUNITY.

We are successful when we:

- Develop lifelong skills and Raiders values (integrity, sportsmanship, work ethic, fun)
- Make growth toward performance objectives (improve skills, achieve competition metrics)
- Contribute positively to the Hastings community (we are part of something bigger than ourselves)

As part of our commitment to this purpose, athletes and teams are engaged with a variety of community service activities. ***This fall over 200 athletes and coaches from ten different sports contributed over 410 combined service hours to seven different organizations!*** Partner groups included the Hastings Rotary, Pleasant Hill Library, City of Hastings, Downtown Business Association, Hastings Middle School, and Gobblegait 2023. Keep an eye out for more student-athletes in service out and about in our local community throughout the winter. Reach out to HHS athletics when you, your organization or business are in need of local support.