

# MSHSL Executive Board 2024 Girls' Sports Representative Election Candidates



**Jummy Barlass**

## **Jummy Barlass - Prior Lake**

Jummy Barlass grew up in Cottage Grove, MN. The oldest of five children, she was born to immigrant parents who came to the United States from Nigeria in 1980. Fostering a love of sports from an early age, her father, Rilwan, was her first youth coach. Jummy graduated from Park High School (Cottage Grove) in 2001, where she was a 3-sport athlete competing in soccer, basketball, and track & field. Formerly Jummy Alowonle, she holds school records in the long jump, triple jump, and 200M dash. In 2000, she was the Minnesota State High School Class AA Champion in the long and triple jump, where she also set new state records that year in both events. In 2001, she repeated as state champion in the long jump and was runner-up in the triple jump. She attended Iowa State University, earning a chemical engineering degree while competing for the Cyclone track and field team. She was an All-Big 12 performer and NCAA Regional Qualifier in the long jump. In 2015, Jummy was

honored to be inducted into Park High School's Hall of Fame. She currently serves as the Head Girls Track Coach at Prior Lake High School and is entering her 15th year of coaching overall. She previously spent 13 seasons as the Head Girls' Track Coach at Eden Prairie. In addition to coaching, Jummy worked for five years as the Assistant Activities Director at Eden Prairie, working under Mike Grant and Russ Reetz. She has been the Tournament Manager for Section 2AAAA Girls Volleyball for the past three years. She is ending a four-year term on the Advisory Board of the Minnesota State Track Coaches Association (July 2024). Her greatest and most rewarding role is wife to Jake (17 years) and mother to four boys (ages 14, 12, 10, 8). This busy family of six resides in Prior Lake with their dog, Delilah.

## **MY REMARKS:**

I am excited about the opportunity to serve on the Board of the MSHSL as a representative for coaches and as an advocate for student-athletes. Ever since I was young, I have had a passion for sports and a desire to build strong relationships. Throughout my life, athletics have given me so many gifts, taught me invaluable lessons, and brought the best people into my life. High school athletics are an extension of the classroom, and they prove to be an incredible teacher of life lessons and building inner confidence.

I hope to bring my passion, energy, and heart to serve to the Board. Service is a big part of who I am and how I lead. I try to model servant leadership for my athletes and teach them to put others' needs above theirs. I aim to do what is right and best for student-athletes in hopes that I will positively impact our school communities. My experience working as an Activities Administrator, in addition to coaching, has given me a unique perspective, having served in both roles simultaneously. While I don't claim to know everything in my field, I love to learn and enjoy being sharpened by others from whom I can glean wisdom.

I will end with a favorite quote of mine: "It's not up to me to feed the five thousand; I just have to bring my loaves and fish." -Dallas Jenkins (Director of The Chosen TV series)



**Tavia Bachmann**

## **Tavia Bachmann**

I am Tavia Bachmann and I am running for the MSHSL Girls' Sports Representative. My entire life, I have been surrounded by the extra-

curricular activities that are provided by schools in Minnesota. These extracurricular activities have been instrumental in shaping the person I am today. Because of this, I have an immense passion for extracurriculars and the lifelong values and skills that they provide.

I grew up in the small, northern Minnesota town of Park Rapids, where the football field and gym could be called our second home. I am the daughter of a teacher, coach, and activities director, so my childhood was filled with sporting events, extracurricular activities, and lots of popcorn! I grew up in a life surrounded by all that high school extracurriculars offered. I had amazing role models who gave me high fives and hugs and became the people I wanted to be in high school. I was a three-sport athlete in high school and was blessed to have the opportunity to compete at the state level, and those memories of MSHSL state tournaments/meets are ones that stick clear as day in my mind still to this day. The friendships and relationships that were made during these years have deep roots and lasted many years. Growing up in the gym and pool, seeing my Dad's impact on the athletes he coached and the students he interacted with in the hallways drove my career decision. I wanted to be like him; I wanted, and want, to make a difference. I attended the University of Minnesota Duluth, majoring

in Secondary Education with an emphasis in Chemistry. Throughout my years in Duluth, I played many intramural sports and continued to work with youth in camps and similar programs. I had my first coaching experience during my student teaching and was hooked. I have been teaching for nearly 17 years and have coached every year because I know the difference that coaches made in my life and hope that I am having that same impact on the student-athletes I work with. I made my way back towards home and have bled green and white at Frazee Schools in Frazee, MN, for 16 years. I married a hometown boy, and we have three beautiful children that are being raised on the fields and in the gym. I have coached various levels of volleyball, basketball

and softball throughout my time in Frazee and was head coach of the volleyball program for many years and am the current head coach for the softball program. I am so passionate about all the extracurricular activities that we provide and can be found in the gym, out on the field, at the musical performance, or near the robotics field, as each extracurricular activity we offer provides so many positive opportunities for our students and I love to see this and be a part of it. I love the role models my children have, and I love seeing the relationships they build with our older student-athletes. They are leaving positive impacts on my children. My love for all things extracurriculars and my passion for them is why I am running for the MSHSL Girls' Sports Representative.

I am passionate about the values, life-long skills, and character-building that extracurricular activities provide. I have been a delegate on the MSHSCA for 14 years. I have grown immensely as a coach and an individual due to the relationships and support that this organization provides. I want to continue supporting this organization and the many coaches and student-athletes we represent. If chosen for this role, I will provide a strong, passionate voice for the constituents of our organization and the schools, coaches, and programs we represent. I will advocate for the issues and topics we want to be heard as an organization. I have run the gamut of all things Minnesota extracurriculars, from a young child growing up with my Dad as an AD

and coach to being a coach myself and raising my family on the fields and in the gym. I know all the ups and downs that teaching, coaching, and extracurriculars entail, and I will continue to support the growth and success of the extracurricular programs in Minnesota. These programs make a difference, and we must continue to advocate for what is right and in the best interest of our coaches and student-athletes. The next step in continuing this support and advocacy was to answer the call and run for this position. Thank you for considering me as the MSHSL Girls' Sports Representative and for all you do! Your commitment and dedication to Minnesota extracurriculars make a difference; don't ever forget that!

# COACHES!

DO YOU KNOW WHERE YOUR  
ACADEMIC PLAQUES ARE DISPLAYED?

LET'S MAKE SURE YOUR ATHLETES  
ARE HONORED & VISITORS, TO YOUR  
SCHOOL, KNOW IT!

Your school will receive a plate for each team  
that has qualified.



Your AD should be alert to envelopes with the return address of Trophies Plus Awards they will contain additional plates. An additional plaque is sent when our records show that your school has received 24 plates. MSHSCA will provide up to 3 plaques per school.

Thank you for your help with this program to recognize your athletes.

For any questions regarding Academic Awards,  
please contact Joyce Ringeisen at [jringeisen@mshsca.org](mailto:jringeisen@mshsca.org)