



RAIDERS REPORT

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

JUNE 2022
ISSUE X

SPRING SPORTS REVIEW

It was a rewarding season for the 321 student-athletes that participated in a spring sport at HHS! Highlights include:

- Average team GPA of 3.33.
- Athlete survey positivity rate of 94% across all sports and all levels.
- Average multi-sport athlete rate of 60%.
- Average program retention rate of 83%.
- Combined varsity team winning percentage in the MEC was 58%.
- Six of nine spring sports finished in the top 3 in the MEC, four of them in 2nd place (baseball, boys golf, girls golf, boys track & field).
- Boys Track and Field was Section 3AAA team runner-up.
- Ten (10) athletes qualified for the MSHSL state tournament:
Track & Field: Johnny Bezdicek (11) in the 100M and 200M dash, Ellie Magnus (8) in the 200M dash, Isaac Ebeling (11) in the pole vault, Ellie Magnus (8), Carlee Kordosky (9), Jaylen Hanson (10) and Madi Kennedy (12) in the 4x200M relay.
Golf: Charlie Williams (11), Ashlyn Endres (12), Lauren Hubbart (12)
- Two athletes were named All-State; John Chorlton (12) in lacrosse and Johnny Bezdicek (11) in track and field.
- Johnny Bezdicek set 2 new school records in the 100M and 200M.
- 14 seniors earned "Outstanding Senior Athlete" awards, for lettering at least 6+ times across at least two different HHS sports.
- 18 seniors earned MEC "Academic All Conference awards, for earning a 3.75+ CUM GPA and being named All-Conference at least once in their career.

GREG SANDKAMP



The 2021-22 school year was Greg Sandkamp's final year as a Raiders athletic coach. Greg has been the Head Girls Track and Field Coach at HHS in particular for an incredible **40 YEARS!** (His first season was the spring of 1982.) Greg has been a multi-sport coach here for over three decades, including roles as an assistant coach in cross-country, soccer, wrestling, football, and more. Greg has been an incredible mentor to athletes and coaches here at HHS and across the state. Kudos and thank you to Greg for his exemplary leadership! We will miss you Coach!

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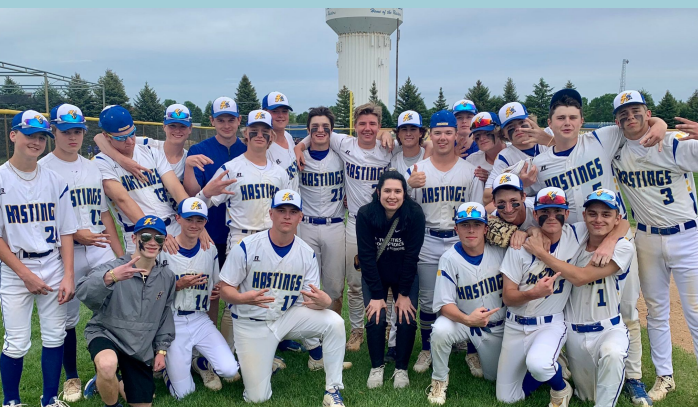
Visit Hastings High School athletics online at
www.hastingsathletics.org



TWIN CITIES ORTHOPEDICS

Hastings High School has entered into a partnership with Twin Cities Orthopedics to provide sports medicine services to Raiders athletics.

Beginning in the fall of 2022, TCO will be the exclusive provider of comprehensive athletic training services for student-athletes, including; daily walk-in hours at the HHS training room after school, event coverage across all three sport seasons, injury prevention, clinical evaluation and diagnosis, immediate and emergency care, treatment, rehabilitation and conditioning, concussion testing & more.



JILL CONTRERAS

HHS and TCO are thrilled to share that Jill Contreras has been named the dedicated HHS athletic trainer effective with the start of the fall 2022 season. Jill successfully provided coverage at select Raiders events throughout the 2021-22 school year (pictured above with the varsity baseball team) and we are thrilled that she is joining us full time next year.

Jill is a nationally certified and regionally registered. She will be present on the field and in the training room, ready to ensure the safety and sport-readiness of our student-athletes. Jill is often the first responder after an injury. She will provide evaluation, early triage, and referrals as necessary. She is also trained in CPR and first-aid and will facilitate IMPACT concussion testing. Welcome to Raider Nation Jill!

CHARACTER COMMUNITY COMPETITION



ATHLETE FEEDBACK 2021-22

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 community.**
(we are part of something bigger than ourselves)

To help measure if we are successful, we survey athletes in all sports and at all levels each season. In 2021-22, over 90% of the almost 800 athletes surveyed said that: they **improved** their skills, developed **friendships**, were **proud** to be a member of their team, their **coach cared about them** as a person, and they **learned lessons** to apply 'outside the game. Kudos on a fantastic 2021-22. GO RAIDERS!