



RAIDERS REPORT

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

MAY 2021
ISSUE VI

WINTER SPORTS IN REVIEW

It was a rewarding season for the 257 student-athletes that participated in a winter sport at HHS! In a year full of COVID mitigation protocols and limited spectators, highlights include:

- Average team GPA of 3.41 and multi-sport athlete rate of 68%.
- Winter average team GPA, multi-sport rate, and athlete survey rate were all at highest rates in four years.
- Combined all-sport varsity W/L record of 66-48 (58% WP)
- Boys Swim/Dive was MEC Conference Co-Champion, the first boys' swim conference team title since 1987
- Boys Swim/Dive defeated St Thomas Academy for first time since 1992, and snapped STA's 20+ year undefeated dual streak against all schools
- Wrestling was MEC Runner-Up and Section 3AAA Champion & State Meet Participant (back to back state tourney participant & five of last six years)
- Boys Alpine Ski was Section 3 runner up and would have been a state meet team qualifier in a non-COVID year
- Six sports finished in the top 3 in the MEC: boys alpine, boys hockey, boys & girls nordic ski, boys swim/dive, wrestling
- Aaron Herber was individual boys section champion in alpine ski
- Phil Jensen was indiv. boys section champ in swim (100-back)
- Linnea Urban was individual girls section runner-up in nordic ski
- Eight athletes were named all-state and 19 individual athletes competed in MSHSL state tournaments
- Wrestling coach Paul Vaith was named MHSWCA Assistant Coach of the Year.

RAIDERS EXPRESS SUMMER TRAINING



Raiders Express is a summer program for athletes that develops strength, speed, agility, balance, coordination, flexibility, confidence, & team camaraderie. Now in its 26th year, Raiders Express is an affordable, local program coordinated by experienced HHS coaches. It is offered to all students entering grades 6-12 in fall 2021, regardless of gender or ability. Visit the [athletics webpage](#) for more info!

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www.hastingsathletics.org



CHARACTER COMMUNITY COMPETITION

LIVESTREAM PARTNERS MAKE MEMORIES FOR TEAMS AND FAMILIES

Special thanks go out to local media partners HCTV-14 and KDWA. These community vendors work together to livestream athletic events in the winter and spring.

The livestreams are free and available on the HCTV Facebook page. While many schools implemented a fee-based option this year or relied on local businesses to sponsor the streams, Raiders fans can continue to enjoy our live games from a local resource at no cost. Over 30 games to date have been broadcast. There were multiple sports with tight spectator restrictions this winter. Gymnastics and boys swim/dive in particular could not allow any spectators at all due to facility constraints. Thanks to HCTV, all but one of their home events was livestreamed for fans. Thank you HCTV and KDWA!



COACHES COMPLETE *INSIDE OUT* COACHING BOOK STUDY WITH AUTHOR

Throughout this school year over 60 coaches representing all sports read *Inside Out Coaching* by Joe Ehrmann and participated in a four-session book study. Three different book studies took place in order to be flexible for attendees, with a different book study in the summer, fall, and winter. The author Joe Ehrmann himself joined the coaches for the final Zoom meeting of each seasonal session to answer questions and provide support.

This book study was an intentional action step towards achieving our purpose of developing CHARACTER and COMMUNITY. Make no mistake, we love to compete. We plan, practice, and play to win. But as education-based activities, our purpose is much larger and goes far beyond the scoreboard. We aim to develop the whole person and create a place of belonging for student-athletes.

We achieve a winning legacy according to this collective definition of success:

- * Develop lifelong relationships & Raiders values
- * Grow towards performance goals & objectives
- * Contribute positively to the Hastings community

90%+ of all HHS athletes report they have fun, know their role, develop relationships, learn life lessons, and their coach defines success by more than just wins and losses

