



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

MARCH 2023
ISSUE XII

WINTER SPORTS REVIEW

It was an awesome season for the 291 student-athletes that participated in a winter sport at HHS! Highlights include:

- Average team GPA of 3.32.
 - Athlete survey positivity rate of 97% across all sports and all levels.
- This is the sixth consecutive winter with an increase in this metric.
- Average multi-sport athlete rate of 60 %.
 - Average program retention rate of 72%.
 - Combined varsity team winning percentage in all games was 59%.
 - Three sports finished in 2nd place in the Metro East Conference; girls basketball, boys swim/dive, and wrestling.
 - Boys Alpine was Section 4 Runner-Up, missing state by 1/2 point.
 - Wrestling was Section 3AAAA Champion and advanced to the state tournament for the 8th time in 9 years.
 - Wrestling was MSHSL AAA State Champions, the 2nd wrestling state title in school history ('96) and 13th HHS state team championship.
 - 22 athletes qualified for the MSHSL state tournament; five in alpine ski, one in nordic ski, four in girls wrestling, and 12 in boys wrestling.
 - Three athletes were MSHSL individual state champions in wrestling; Trey Beissel (9), Blake Beissel (11), & Skylar Little Soldier (11). Blake and Skylar were both back-to-back repeat champions.
 - 10 individuals were named All-State; Trey Beissel, Blake Beissel, Blake Clemons, Aiden Erickson, Rico Cooper, Josh Route, Skylar Little Solider in wrestling & Abbi Pelava, Aaron Herber, and Jackson Reents in alpine ski.
 - Keagan McVicker (10) was named Metro East Conference Player of the Year in Girls Basketball.
 - MSHSL ExCEL Winners (juniors) are Jaylen Hanson & Noah Quigley.
 - MSHSL Triple A Winners (seniors) are Emma Hagen & Martin Onnen.

RAIDERS EXPRESS 2023



Raiders Express is the HHS-led summer program for athletes that develops strength, speed, agility, balance, coordination, flexibility, confidence & team camaraderie. Now in its 28th year, Raiders Express is an affordable, local program coordinated by an experienced group of HHS coaches. Train with your team, cross-train with your friends.

Raiders Express is offered to all students entering grades 6-12 in fall 2023, regardless of gender or ability. Visit the [athletics webpage](#) for more info!

Follow HHS athletics on
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Visit Hastings High School athletics online at
www.hastingsathletics.org



TWIN CITIES ORTHOPEDICS

TCO EDUCATIONAL SERVICES

As part of our sports medicine partnership, Twin Cities Orthopedics (TCO) continues to provide free webinars and educational resources to athletes and families throughout the school year.

TCO's "Educate to Elevate" series features information on topics including nutrition, injury prevention, injury rehabilitation, sport psychology and sport recruiting.

Access these tools and webinars online anytime at [this TCO link](#).



ONLINE APPAREL STORE

ISD 200 is proud to offer our community an online apparel store.

The store opened last fall, and features a wide variety of seasonal and traditional apparel items, from a variety of brands, in all kinds of styles and sizes. Take advantage of many design options that include the official, trademarked Raiders logos.

The store is online only, and is "always on." Shoppers will order and pay directly through the online vendor, and items are shipped directly to you at your desired address.

To visit the store [CLICK HERE](#)

CHARACTER COMMUNITY COMPETITION



WALL OF HONOR

HHS was thrilled to recognize and add eight contributors to our Hastings High School athletics wall of honor in December, 2022. Their cumulative service and contributions to students, families, and our community is incredible.

The wall of honor acknowledges exemplary service to Raiders sports in a support or leadership role; coach, official, secretary, event staff, administrator, and/or volunteer. A plaque and photo of each honoree is displayed on the east wall of the HHS field house for all to see and enjoy.

This year's honorees include (pictured left to right); Dick Cragg, John Dewart, Terry Hartman, Al Storlie, Jackie Kranz, Bob Majeski, Sandy Storlie, and Greg Sandkamp.

This group has contributed an incredible 335 combined years of service across 585 sport seasons to Raiders athletics and the community of Hastings! As multi-sport coaches, teachers, officials, statisticians, secretaries, ticket takers and table workers they have literally done it all - and many continue to serve in those roles today. Thank you!