

RAIDERS REPORT

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

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ISSUE XI

FALL SPORTS REVIEW

It was a rewarding season for the 361 student-athletes that participated in a fall sport at HHS! Highlights include:

- Average team GPA of 3.42.
- Athlete survey positivity rate of 88% across all sports and all levels.
- Average multi-sport athlete rate of 54 %.
- Average program retention rate of 85%.
- Combined varsity team winning percentage in the MEC was 59%.
- Girls swim/dive was repeat, undefeated MEC champions. This is their 5th consecutive undefeated MEC championship.
- Girls tennis was MEC co-champions with a record of 6-1.
- 11 athletes qualified for the MSHSL state tournament:
Claire Keller (11), Brooklyn Keller (9) and Reese Keller (9) in *girls tennis*, Linnea Ronning (9) in *girls cross country*, Ava McNamara (12), Clara Birken (11), Lauren Jenkins (11), Josey Larson (10), Ashtyn Stewart (11), Kira Aarness (10), Lila Salzman (8) - *Girls Swimming*
- Ava McNamara (12) was Section 3AA individual champion in 2 girls swim events - 100 Fly & 100 Breast Stroke. She broke the school record in both was named Section "Swimmer of the Year." She finished 3rd in Fly and 8th in Breast at the MSHSL State meet.
- Linnea Ronning (9) was MEC individual champion in cross country, & named MEC "Runner of the Year," and was Section 3AAA runner-up.
- Ella Dohmen (12) was named Academic All State in tennis.
- Each fall sport had a "partner program" that they supported by attending a home competition for that sport to cheer them on.
- Three sports worked directly with Dr. Cindra Kamphoff and her team from the MSU-Mankato Center for Sport & Performance Psychology on mental training skills and techniques.

REGION RECOGNITION



Three Hastings Raiders were recently recognized at the MSHSL Region 1AA Annual Awards event in October (pictured left to right above);

Nick Tuckner '99 - News Media Award,
Ben Utecht '99 - Distinguished Alumni,
Trent Hanson - 2022 Region Athletic Director of the Year.

The Distinguished Alumni and News Media awards are determined by nomination and vote by the region awards committee. The AD of the Year Award is determined by nomination and votes on by the 16 athletic administrators in the region.
Congratulations Raiders!

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CHARACTER COMMUNITY COMPETITION

EVENT STAFF APPRECIATION

In the fall 2022 athletic season, Hastings hosted an incredible 66 different HOME games on 31 different dates, over nine weeks between August 23 and October 22. These competitions cannot happen without the support and service of incredible event staff.

Thank you to our officials, site managers, ticket takers, clock operators, scorebook keepers, PA announcers, custodians, maintenance crew and schedulers for making it happen!



COMMUNITY SERVICE IN ACTION

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)

As part of our commitment to this purpose, athletes and teams are engaged with a variety of community service activities. **This fall alone, 152 athletes and coaches from 10 different sports contributed over 400 combined service hours to seven different organizations or events** over 12 weeks! Partner groups included the Hastings Rotary, United Way of Hastings, Pleasant Hill Library, City of Hastings, Downtown Business Association, and Gobblegait.

Kudos on a fantastic start to 2022-23. GO RAIDERS!

LEADERSHIP DEVELOPMENT

HHS athletes are engaged in a variety of leadership development activities.

Recent examples include:

(A) Participation in the Metro East Conference "Sportsmanship Summit" (pictured above). 10 Raiders joined 100 other students from across the conference at a training about spectator sportsmanship.

(B) Eight Raiders joined over 150 other students from across the metro area at a MSHSL "Together We Make a Difference" event. This was an interactive session focused on respect, collaboration, and positive action as athletes and spectators.

(C) 50 student-athletes meet in person 1x per month with AD Trent Hanson, engaging in a variety of activities to grow their capacity as captains and leaders.