

RAIDERS REPORT

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

AUGUST 2019
ISSUE I

Welcome To The 2019-20 Season Of Raiders Sports!

Thank you for checking out the first edition of the Raiders Report! This tool is intended to inform, and highlight timely aspects of our athletic department. It is an exciting time for HHS sports. There is always great energy as a new school year approaches. Some highlights about the start of the fall sports seasons include:

- Incredible renovation of McNamara Stadium/Todd Field with synthetic turf & new scoreboard, sound, concessions, & more.
- 2nd year of a sports performance/mental training partnership to train the "mental game" and impact athlete mental health.
- Continued implementation of Why We Play & character curriculum across all sports and all levels.
- Integration of free ImPACT concussion testing and prevention for all athletes in contact and collision sports.
- Digital season passes, and cashless ticket sale technology

Digital season passes are a great value that provide admission to all home events, for all sports, all seasons (except playoffs). Info can be found at <https://www.hastingsathletics.org/seasonpasses>
New in 2019-20, cashless technology will also be available. Game tickets may be purchased with debit cards, credit cards, & ApplePay.

Sport Performance Training

HHS athletics is proud to partner with Dr. Cindra Kamphoff and her team from the Center for Sport & Performance at MSU-Mankato. Dr. Kamphoff is a nationally recognized professor in performance psychology. She is a mental trainer for the MN Vikings, and has worked with organizations like Target, Verizon, and Mayo Clinic Health System.

In our "pilot" year in 2018-19, ten HHS sport programs worked directly with her team. HHS was one of only five MN high schools that had this mental training provided. In 2019-20, we have expanded our partnership. 16 different sport programs will participate, and 500+ students will be impacted. Athletes will receive performance training in goal setting, self-talk, emotional regulation, and visualization. They will learn tools and techniques. They will practice mental skills and revisit them throughout their season to enhance their "mental game."

Follow HHS athletics on
Twitter @HHS_RaiderNews



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



52% Participation Rate
40% Multi-Sport Rate
75% Retention Rate
3.41 Average Team GPA
56% MEC Win Rate

CHARACTER CAMARADERIE COMPETITION

Purpose, Goals, and Definition of Success

Our PURPOSE is to provide diverse sports opportunities that develop character and camaraderie. We uphold a commitment to six core values; integrity, the whole person, sportsmanship, work ethic, multi-sport athletes, and fun. Our intent is to develop life skills that are transferable to all aspects of students' lives now, and in the future. We also intend to compete. We strive to achieve. We plan, practice, and prepare to win. Our GOALS include competitive, statistical, and scoreboard related achievements.

We measure success with a comprehensive program scorecard. The scorecard tracks participation, academics, culture, and competitive performance. Check out the stats (3-year average) posted on this page to get a feel for some of our strengths in these areas, that rate high compared to our peers.

METRO EAST CONFERENCE LEADERSHIP TRAINING

HHS sends a group of student-athletes and coaches to leadership training sponsored by the Metro East Conference every August. Topics covered include sportsmanship, ethics, communication, and collaboration.



Coaches Profile, Development

HHS is proud to employ over 125 coaches that serve as head or assistant coaches across our 28 MSHSL programs (not including Dakota United). 24 head coaches represent our 28 different varsity sports. They are required to meet state statute and MSHSL requirements to serve in the role. 70% have over 10 years of head coaching experience. Over 90% participated in multiple sports as a high school athlete, while over 50% played a varsity sport in college. The majority are professional educators, and over 1/3 have been recognized as a conference or section coach of the year.

All coaches at all levels receive instruction on WHY WE PLAY, focused on transformational coaching, league rules and policies, and a variety of additional health and wellness components. They attend an annual collaborative training event hosted at Hastings High School each August. HHS head coaches in particular also attend bi-monthly professional development sessions throughout the year,

90% of all HHS athletes report that they are proud to be a member of their team and sport program, and would recommend it to a friend or classmate.