

RAIDERS REPORT

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

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FALL SPORTS REVIEW

It was a fantastic season for the 345 student-athletes that participated in a fall sport at HHS! Highlights include:

- Average team survey positivity rate of 94%! (all sports & levels)
- Average program retention rate of 81% & multi-sport athlete rate of 58%, both of which surpass target benchmarks of 80% & 55%.
- Average team GPA of 3.48.
- Combined head-to-head varsity winning percentage of 58% in MEC and 50% overall including playoffs.
- 10 individual student-athletes qualified for a MSHSL state tournament in three different sports.
- Three junior athletes were named All-State: Siena Sanchez (girls soccer, Chloe Aarness (diving) & Sofia Kovalenko (girls swim).
- Eight athletes were named Academic-All State.
- The Dakota United Hawks won the MSHSL state adapted soccer championship. Hastings sophomore Nolan St. Sauver scored all five goals in the 5-1 title game victory.
- Girls cross country was MEC champions. Four of eight fall sports finished 1st or 2nd in the MEC; girls cross country (1st), boys cross country (2nd), football (2nd) girls swim/dive (2nd).
- Girls soccer won two consecutive playoff games at home and advanced to the section finals - the first time a girls soccer team advanced to the section finals in school history.
- Marissa Welch was named Section 3AAA Girls Tennis Head Coach of the Year. Alex Zuzek was named Section 3AAA Girls Tennis Assistant Coach of the Year.
- The fall athlete "Leadership Lab" met eight times during the season with sessions facilitated by AD Trent Hanson.

SCHOOL RECORDS & MILESTONES



The fall season was filled with new school records and incredible streaks:

- Junior **Chloe Aarness** (above) was the Class A state champion in diving & broke the school record in diving (for the 2nd consecutive season)
- Sophomore Nolan St. Sauver's Dakota United Hawks won the adapted soccer state title - Nolan's 2nd team title in as many seasons.
- Junior **Zach Shatek** (above) broke the school record for rushing yards in a single season (1878 yards) and rushing yards in a single game (376).
- Junior Greta Larson was the first athlete in school history to qualify for the state meet in swimming AND diving.
- Seniors **Brooke Keller** and **Reese Keller** competed in their 4th consecutive state tennis tournament as a doubles team.
- Senior **Linnea Ronning** competed in her fourth consecutive state cross country meet.

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ATHLETE FEEDBACK

HHS surveys student-athletes on all teams and levels in the final few weeks of their sport seasons. We conducted almost 300 surveys during the fall season and are proud of the feedback results. **The average team positivity rate across all sports was an incredible 94%!**

Among the positive trends, over 90% of all athletes surveyed agreed on the following:

- I had **fun** this year. - I **improved** my skills.
- I learned **life skills** to apply outside the game.
- I developed **friendships** with teammates.
- My coach **cares** about me as a person, and defines success by **more than wins & losses**.
- I am **proud** to be a member of this team.



CHAMPIONS WALL UPDATE

The HHS Wall of Champions and recognition zones received the final updates in a four-year refurbishment plan that recognizes over 330 teams and over 250 individuals in ten different categories. Acrylic plaques and vinyl banners recognize 14 HHS state championship teams, 10 Dakota Hawks Adapted championship teams, over 170 section championship teams and over 130 conference championship teams. Acrylic plaques recognize 164 all-state individuals, 35 athletes who won a collective 54 individual state titles, 32 collegiate all-americans, six professionals, six olympians, and 15 coaches or community members on the wall of honor. What a legacy!

CHARACTER COMMUNITY COMPETITION



EVENT STAFF APPRECIATION

HHS hosted 118 different home games and events this fall, at seven different sites, on 38 different dates for eight sports over 12 weeks! Included were five regular season invitationals or tournaments, three section tournament games, and one MSHSL state tournament game.

These events create vibrant opportunities for our athletes to compete and grow, for families and friends to enjoy the Raiders in action, and guests from countless surrounding areas to experience our local community.

Sincere appreciation goes out to district maintenance and grounds crews, event staff that serve as site managers, officials, ticket takers, athletic trainers, score clock operators and statisticians, as well as the countless coaches that lead our events with purpose and professionalism. Thank you & Go Raiders!