



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

NOVEMBER 2024
ISSUE XVI

FALL SPORTS REVIEW

It was an awesome season for the 331 student-athletes that participated in a fall sport at HHS! Highlights include:

- Average team survey positivity rate of 98% across all sports & levels!
- Average team GPA a whopping 3.52.
- Average program retention rate of 76% & multi-sport athlete rate of 59%.
- Six sports finished top 3 in the MEC; boys XC (2nd), girls XC (2nd), football (3rd), girls soccer (2nd), girls swim/dive (2nd), volleyball (3rd).
- Combined head-to-head varsity winning percentage of 60% in MEC and 53% overall including playoffs.
- Boys and girls soccer hosted a section playoff double-header and both teams won, marking the first time this has ever happened at the same time in HHS soccer history.
- Volleyball finished with 12 wins, the most since 2014 and highest MEC finish (3rd overall) since 2016.
- Brooklyn Keller (11) = MEC Girls Tennis Player of the Year.
- Brooklyn & Reese Keller (11) = 4th Place at State in Doubles.
- Linnea Ronning (11) MEC Girls XC Runner of the Year.
- Chloe Aarness (10) = School Record in Diving & 6th Place at State.
- Ethan Schaak (12) & Keagan McVicker (12) earned All State in Soccer.
- Paul Armstrong = Section 3AAA Girls Soccer Head Coach of the Year.
- Scott Meier = Section 3AAA Boys Soccer Assistant Coach of the Year.
- Nine student-athletes qualified for the MSHSL state tournament.
- Six student-athletes were named academic all-state.
- HHS hosted 117 different home games/events, at seven different sites, on 34 different dates in the ten weeks between August 22-October 25. We also hosted four MSHSL home section playoff games in three sports.

WELCOME MRS. COOK



Kristina Cook began her new role as Administrative Assistant for Athletics and Activities on October 28. Kristina will replaced Jackie Kranz, who retired this fall after 28 years of distinguished service to HHS and ISD 200.

Kristina is a relationship builder, who is passionate about the Raiders community. She believes strongly in the power of co-curricular activities to positively impact students. Kristina has worked at Hastings Middle School since 2017, most recently as the main office administrative assistant. Her communication and organizational skills, can-do mentality and approachable nature will be invaluable in her new role.

Kristina and her spouse Chris are proud Raiders alumni who have four children that attend Hastings public schools; Ellie (grade 9), Gage and Grant (7) & Eden (5).

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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 240 surveys during the fall and are proud of the feedback results. **The average team positivity rate across all winter sports was an incredible 98%!**

Among the positive trends, over 95% 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.



SUPERFAN SPORTSMANSHIP

HHS had dynamite fan support from our student body throughout the fall! Our "super fan" section was packed at all kinds of events, and we routinely had the largest of the student crowds at any game. Even better, the positivity and sportsmanship from our student fans was awesome. We received a number of formal compliments from officials, as well as visiting teams and spectators.

One event that helped to further develop our strong culture was participation in the MEC "Super Fan Summit" in early September. Ten Raiders joined over 80 peers from across the Metro East Conference to agree on sportsmanship and behavior standards. Kudos Raiders super fans!!

CHARACTER COMMUNITY COMPETITION



COMMUNITY SERVICE COMMITMENT

Raiders athletics maintains a year-round commitment to community service. This fall, we are proud to share that 200+ athletes and coaches from ten different sports contributed over 400 combined service hours to multiple organizations and events. Partners included the Hastings Rotary, Pleasant Hill Library, City of Hastings, Downtown Business Association, Hastings Middle School & Gobblegait 2024.

Keep us in mind the next time you need support for your business, family, or local event. GO RAIDERS!