

Cardinal Connection

News from the Activities Office

Monday, February 14, 2022

SCHEDULE CHANGES

NOTE:

The **BOYS BASKETBALL** game scheduled for Tues, Feb 15th has been moved to **TONIGHT!**

WRESTLING SECTION PRELIMS WILL BE HELD AT AAHS TOMORROW NIGHT.

- 6:00pm Perham vs SC/Melrose at 6:00pm
- 7:30 pm Alex vs the winner of Perham/SC/Melrose

BOYS HOCKEY at Fergus Falls Tomorrow - **VARSIITY** moved to 5PM start time. **NO JV GAME**

EVENTS TODAY

BOYS HOCKEY vs River Lakes at RCC

- JV at 5:30am
- Varsity at 7:15pm

BOYS BASKETBALL vs Rocori at AAHS

- 9th Grade at 5:45pm [Livestream](#)
- B Team at 5:45pm
- JV at 5:45pm [Livestream](#)
- Varsity at 5:45pm [Livestream](#)

RESULTS FROM THE WEEKEND

GIRLS HOCKEY - VARSITY

Section 8AA Quarter Finals

Alex 3 Buffalo 0

The Lady Cards took the ice Saturday evening for the first round of section 8AA playoffs after earning the #2 seed and going up against #7 seed, Buffalo-Maple Lake. What a wild and whacky game it was from the start! A game filled of penalties start to finish, the Lady Cards were able to navigate through killing all 11 Cardinal penalties. Buffalo would also take 8 penalties throughout the game with the

Cardinals being able to capitalize on one in the 1st to take the 1-0 lead with a PP goal by Kennedy Ellingson who was assisted by Lauren Rebrovich and Riley Nyberg. Much of the second period was filled with penalties with Alex taking 5 and Buffalo taking 2. The Lady Cards would get some breathing room early in the 3rd period with a goal from Ella Westlund who hunted down a long pass from Kylie Lattimer and Peyton Boesl. The Cards would grab another goal to seal the deal later in the 3rd with a goal from Julia Doherty with assists from Rebrovich and Sophia Korynta. Hailee Bailey got the playoff W between the pipes stopping all 23 shots she faced, while the Lady Cards put up 47 total shots, 25 of which took place in the first period alone. It was a great team win and we look to take on Brainerd-Little Falls at the RCC Tuesday night for a section 8AA Semi-Final game! Let's go A-Train! Let's pack the RCC!

WRESTLING

Alexandria 25 Willmar 50

The Cardinal wrestling team hosted the Willmar Cardinals on Saturday morning for an event that was originally supposed to happen Thursday including Sauk Rapids. The Tri was rescheduled to Friday then again to Saturday morning due to weather conditions. Sauk Rapids was unavailable to attend Saturday. Willmar has a formidable team and is currently ranked 8th in state for class AAA. Without being able to practice Thursday/Friday and some of our wrestlers still banged up we couldn't field our strongest lineup, but it was a good test for us and a lot of good "take-aways" from the dual. Mason Teaser was honored before the dual as our only senior and he had the match of the dual defeating a very strong and talented wrestler at 170lbs. Mason got the first takedown and dominated much of the match, then hung on in the closing seconds to secure his 6-4 win. Mason McGrane shut out his opponent 8-0 at 120lbs, Blaze Nelson got a pin at 145, Jackson Saffert received a forfeit at 182, and our closer David Rauscher got our fans on their feet by pinning his opponent at 285 to cap off the dual. The Cards will take their 14-10 dual meet record into the section 8AA team portion as the #2 seed on Tuesday. We will host the event with Sauk Centre/Melrose wrestling Perham at 6pm with Alexandria getting to face the winner afterward. The winner from Tuesday will advance to the final four of section 8AA in Detroit Lakes on Friday. Go Cards!

BOYS SWIMMING AND DIVING

CENTRAL LAKES CONFERENCE CHAMPIONSHIP

1. Brainerd 488
2. Sartell 422
3. Alexandria 394
4. Sauk Rapids-Rice 292
5. Apollo 249
6. Tech/Cathedral/Rocori 223
7. Willmar 173
8. Fergus Falls 60

Congratulations to the Alexandria Swimming and Diving Team on their third place finish at the CLC meet on Saturday. Setting new CLC records in the 50 freestyle (former record set in 2004 by Jason Timmer) and 100 butterfly (former record set in 1985 by Cam Olk), Nicolas Welle cruised to wins on his way to breaking his own school record in the 100 butterfly. Anthony Hoyt easily won the 200 and 500 freestyles. Carter Holm won the 100 freestyle and Logan Tung easily won the 100 breaststroke. Avenging earlier losses to Alexandria, Brainerd and Sartell were able to earn points with their depth. While Alexandria won six of 9 individual events, Brainerd won both relays that Alexandria had beaten them in earlier in the season. Needing the second, third and fourth swimmers to move up to score points, Alexandria could not meet the challenge.

All Conference:

- 200 medley relay: Eric Peterson, Logan Tung, Nicolas Welle, Carter Holm - 2nd place
- 200 freestyle: conference champion - Anthony Hoyt
- 200 IM: Logan Tung - third place

- 50 freestyle: Nicolas Welle - conference champion
- Carter Holm - third place
- 100 butterfly - Nicolas Welle - conference champion
- 100 freestyle - Carter Holm - conference champion
- 500 freestyle - Anthony Hoyt - conference champion
- 200 freestyle relay - Nicolas Welle, Erik Reineke, Logan Tung, Carter Holm - 2nd place
- 100 backstroke - Eric Peterson - 2nd place
- 100 breaststroke - Logan Tung - conference champion

All Conference Honorable Mention

- diving - Kyler Kavanagh - 4th
- diving Caden Kavanagh - 5th
- 100 butterfly- Eric Peterson - 6th
- 500 freestyle - Cooper Running - 5th
- 400 freestyle relay: Eric Peterson, Cooper Running, Erik Reineke, Anthony Hoyt - 3rd place

GIRLS BASKETBALL - VARSITY

Alexandria 54 Moorhead 37

The Lady Cards hit the road after 2 days off with weather related activity to take on the Spuds. We hit the court ready to roll with relentless pressure and focus as we led from start to finish to come home with a convincing win. The Cards led at the half 34-15 utilizing their depth and pressure. The second half was more of the same as the stingy defensive pressure refused to let the Spuds back in the game. Scoring was paced by Allie Haabala and MaCee Linow with 14 each, Hadley Thul 11, Kate Hennesey and Elle Heydt 4 each, Lillian Thul 3, Ella Steussy and Chloe Scholl 2 each. Official stats were unavailable at this time. The Lady Cards hit the road on Tuesday to take on Section and CLC opponent Rocori. Wings up!!

Top 20 Thinkers and Teams are loyal and committed to TEAM.
Bottom 80 Thinkers and teams are in it for themselves.

GIRLS BASKETBALL - JV

Alexandria 42 Moorhead 24

Your Alexandria Cardinals JV girls basketball team traveled across the I-94 tundra Saturday afternoon to take on the Spuds of Moorhead. The Cards relied on their defensive energy and outside shooting to help build an early lead. Kaia Emter likes her potatoes mashed because she had the Spuds boiling after she hit 4 of her 5 three point shots in the first half alone. Alison Krasky also knocked down 2 three pointers throughout the game. Alexandria would allow only 11 first half points as they had a 25-11 halftime lead. The second half was more of the same as Alexandria was able to hang on to a 42-24 victory. The win puts the Cards JV at 17-3 on the year.

GIRLS BASKETBALL - B TEAM

Alexandria 50 Moorhead 23

Good morning to all you Cardinal faithful! Mother Nature keeps trying to cool us down with subzero temperatures, but the lady Cards are on fire! Coming from the Moorhead Center Mall court in beautiful Hornbachers Grocery Fieldhouse. The lady cards had their way with the spuds. Whether you like scalloped, au gratin, or baked, the lady cards had their way with the potatoes from up north! Scoring was balanced and unofficial stats are unavailable but great defensive effort turned into offensive stats. The Cards put together their best overall game of the season.
With this win, the lady Cards are 13-6 on the season and 1-0 versus undercooked French fries.

ARCHERY

The Alexandria High School Archers participated in this season's 2nd archery tournament at Sauk Centre on Saturday February 12th.

288 Archers from 10 schools participated in this Bulls-Eye tournament

One scoring Note: When scores are tied, they then count the number of 10's shot, then the number of 9's shot Etc to determine tournament placements

In the High School Boys Division scoring was as follows.

- 1st Place Sawyer Frieler from Melrose shot a 285
- 2nd Place Marc Magaard from Alexandria shot a score of 279 with 15 10's
- 3rd Place Aaron Kerfeld from Sauk Centre shot a 279 with 14 10's
- 4th Place Connor Gulbranson from Osakis shot a 278
- 5th Place Nicolas Witt from Alexandria shot a score of 275

Alexandria Boys scored as follows

Scoring in the top 10 were

- Logan Peterson In 6th Place 274
- Owen Jensen In 7th Place 274
- Blake Erickson In 9th Place 272
- Other Alexandria Archers shoot as follows
- Carson Melby 257
- Grayson Soine 257
- Lucas Hoekstra 256
- Brayden Fiala 252
- Dylan Howard 251
- Logan Schmitt 247
- Noah Larson 245

In the High School Girls Division scoring was as follows.

- 1st Place Addison Wehmeyer from Zimmerman shot a 288
- 2nd Place Kathryn Dolan from Albany shot a 280
- 3rd Place Bailey Van Havermaet from Melrose shot a 278 with 15 10's
- 4rd Place Gretta Kasper from Melrose shot a 278 with 10 10's
- 5th Place Lacey Nauber from from Zimmerman shot a 277

Alexandria Girls scored as follows

Scoring in the top 10 was

- Madison Melby In 10th Place 272
- Other Alexandria Archers shoot as follows
- Rayna Holm 259
- Makiah Haug 257
- Alexa Rohloff 254
- Tiffany Larson 248
- Monroe Glade 229
- Megan Fuchs 226
- Brooklyn Scribner 222
- Abigail Koopman 206

Our next Tournament will be **the Alexandria Tournament** on March 5th , at the AAHS Admission is free, so come out and watch

GYMNASTICS

Section Meet

Alexandria: 7th Place 134.375

Ailynn Fettig is advancing to the **state tournament!!** The top 3 all arounders will advance to the state tournament, and Ailynn took 3rd! She will compete in all events this weekend at the Roy Wilkins Auditorium! Way to go!

Our team also took 1st place in academics with a team GPA average of **3.917!**

Some **seniors** from our team were also recognized for their academics with having a GPA of 3.5 and higher. Those seniors are: Ailynn Fettig, Ellie Rauk, Hailie Kent, and Sarah Kelley!!

Vault:

foster a culture of academic excellence on high school football teams throughout the nation. "Academic and athletic success go hand-in-hand," said NFF Chairman **Archie Manning**. "We are proud to announce these 62 outstanding high school football teams as the top academic performers in their states. These schools, coaches, players and their families should all be incredibly proud of their accomplishments, and we look forward to announcing the overall winner of the NFF National High School Academic Excellence Award on February 9. We hope by inspiring teams to compete in the classroom with the same competitive spirit that it takes to win on the field, we will better prepare high school football players for success later in life."

The 62 finalists from each division of play were selected by the individual states' high school coaches associations from a pool of semifinalists submitted by each school's head coach. A selection committee, created by the NFF, will be responsible for choosing one school as the recipient of the National High School Academic Excellence Award.

Eligibility requirements for the NFF National High School Academic Excellence Award include:

- A minimum cumulative team GPA of 3.0 on a 4.0 scale.
- Superior academic application and performance.
- Successful football season.

"The Minnesota Football Coaches Association is privileged and proud to participate in this visionary initiative to recognize and honor academic excellence by our student-athletes, and look forward to years of growth in and for this forward thinking program. We thank the leaders of high school football in our nation for implementing this important effort. The NFF National High School Academic Award is yet another way to salute the intrinsic lessons and values of our fraternal huddle." Ron Stolski, MFCA Executive Director

6A - Eastview High School in Apple Valley, Minnesota

5A - Alexandria Area High School in Alexandria, Minnesota

4A - Benilde-St. Margaret's in St. Louis Park, Minnesota

3A - Perham High School in Perham, Minnesota

2A - Maple River Senior High School in Mapleton, Minnesota

1A - Upsala/Swanville Area - Upsala High School in Upsala, Minnesota and Swanville High School in Swanville, Minnesota

9 Man - Clinton-Graceville-Beardsley High School in Graceville, Minnesota

BEN BORDEN NAMED AAHS TRIPLE 'A' NOMINEE

Benjamin Borden, senior at Alexandria Area High School, has been nominated to represent AAHS in the AAA (Academics, Arts and Athletics) program in Section 8AA competition. AAA winners are senior students who participate in Minnesota State High School League athletic programs, fine arts activities, and carry a 3.0 or higher grade point average. "The Triple "A" Award is one of the most coveted awards presented to students in Minnesota.



Ben is the son of Nathan and Amy Borden. In the athletic arena, Ben participates in three sports. He has been a member of the Cardinal boys' soccer team for four years, boys' basketball for four years; where he has served as team manager for the past two seasons, and three years on the track and field team. Ben was named a Central Lakes Conference All Conference athlete in track in 9th grade. Ben is a Spotlight on Scholarship Athlete, a Central Lakes Conference Scholar Athlete, and is an "A" honor roll student at AAHS. Ben carries a 3.8 GPA while carrying a rigorous schedule where he has taken 7 college courses and 4 advanced placement class at AAHS. Ben's involvement in the Fine Arts includes four years of choir and three years of participation in the One Act Play where he was a state One Act Play participant all three years. Ben is a very active student at AAHS as he is also a member of

National Honor Society, an AAHS Ambassador, an A Club president, and serves as the secretary of the AAHS Student Council.

Ben now advances to the section competition and section winners will advance to the state competition.

State Triple "A" Award recipients are selected by a multi-level process involving the League's member schools and administrative regions. League officials will announce the four award recipients (a girl and a boy from both a Class "A" and Class "AA" school) at an on-court recognition ceremony held during the Boys Basketball State Tournament in March. Each award recipient will receive a four-year \$1,000 scholarship.

Congratulations to Ben. Good luck in the section competition!



Alexandria Area High School
**EVERY KID
HEALTHY WEEK**

EVENTS *Check out the upcoming events happening this week during lunch!*

	Monday 7	Mindful Monday On your lunch tray you will find a Give Yourself Permission Form. Take the completed form to the EKH Booth to receive a stainless steel water bottle that you can decorate with stickers of your choice.
	Tuesday 8	Tasty Tuesday Try the new food item offered in the lunch room today.
	Wednesday 9	Wellness Wednesday Work with your friends at your lunch table to complete the brain teasers. Turn in your completed form to the EKH Booth for a snack.
	Thursday 10	Thoughtful Thursday Grab a postcard and write a note of thanks, gratitude, or kind words to a teacher, school staff member, friend, or family member. Postcards will be delivered to school staff. If you write an address for a friend or family member they will be mailed.
	Friday 11	Fitness Friday Officer Cook will be hosting Minute to Win It Games. Are you up for the challenge?

Alexandria Lakes Area

TALENT SHOW

AUDITIONS

**Got talent?
Dance, sing, act, create ... all talents welcomed!**

For more information and to register:
www.alexschools.org/pac
 \$10 entry fee; Video submission deadline: March 7

First place: \$300 Second place: \$200 Third place: \$100

Questions? 320-762-3310





OPEN LIFTING HOURS EXTENDED

Beginning **January 10th** the AAHS weight room will be available for AAHS students open lifting.

New hours are:

- **Mornings** - Monday, Wednesday, Fridays 7:00-8:00 AM
- **After School Monday and Friday** 4:05 - 4:50 PM
- **After School Wednesday** 3:55pm - 4:20 PM
- **After School Tuesdays and Thursdays** 3:30-5:00 PM

SOFTBALL PRESEASON MEETINGS

PLAYER MEETING

There will be a Mandatory Athlete Meeting for anyone interested in Softball on **Tuesday February 15th @ 3:30-4:30 in B182/183**- Contact Coach Bruzek if unable to attend

PARENT MEETING:

Parent meeting is scheduled in AAHS Room B182/183 at **7pm on March 15th**



BASEBALL PLAYER PRESEASON MEETING

There will be a preseason player meeting for anyone in grades 9-12 interested in playing baseball this spring at **3:30 pm in AAHS room B182/183 on Thursday, Feb. 24th**
If you are unable to make the meeting please contact Coach Munsch.



PARENT MEETING:

Parent meeting is scheduled in AAHS Room B182/183 at **7pm on March 22nd**

Cool School Plunge Rescheduled

Now March 11 @ 2:00

You can still sign up and
fundraise at
[plungemn.org!](http://plungemn.org)

Plungers will be able to
enjoy the Pep Fest in the
gym at DMS

The poster features a light blue background with white snowflakes and dots. At the bottom, there are two cartoon characters: a penguin on the left wearing a red Santa hat, and a green dinosaur on the right wearing a red Santa hat and holding a red gift box.

WE NEED YOUR
PICTURES

The poster has a bright pink background. At the bottom, there is a black camera icon with a pink lens. Below the camera is a small logo for the yearbook.

YEARBOOK NEEDS YOUR PHOTOS

WE WANT YOUR PICTURES!

WINTER SPORTS PICS

Yearbook wants your winter sports pictures!

Text them to 3202981102

or alexianyearbook@gmail.com

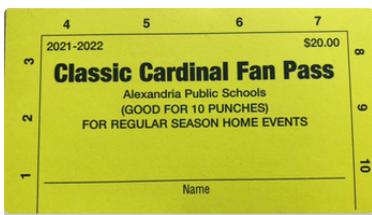
LUNCH to GO for AFTER SCHOOL ACTIVITIES of EVENTS



Lunches for students in activities or after school events are available for order at Perks Plus,

- \$6.00 each, due at time of ordering, either cash or you can use your lunch account.
- Options are Ham or Turkey sub or a PBJ.
- All meals include fruit, veg, chips, cookie and a water.

*cut off time to order for that day is 11 am



Attention Senior Citizens.....

Become a Classic Cardinal Fan!!

Alexandria Public Schools values the senior citizens of Alexandria and appreciates the support they give to the students and coaches/advisors of the athletic teams and fine arts groups. To show our appreciation to these citizens, we have a "Classic Cardinal Fan" pass available to anyone 65 years old or older. This pass sells for \$20 and will permit the holder to attend 10 regular season contests of their choice. This is a \$40 savings. These passes will be for sale at the ticket booths at any contest, or they may be purchased at the Activities Office at Alexandria Area High School.

Great Gifts for Grandparents!!

DISCOUNT TICKET PRICES

Cardinal Fans!

Discount passes are available

- **Adult** - 10 punch pass \$50
- **Student** - 10 punch pass \$30

These passes will permit the holder to attend 10 regular season contests of their choice. Punch passes will be for sale at the ticket booths at any contest, or they may be purchased at the Activities Office at Alexandria Area High School.



ACTIVITIES REGISTRATION

AAHS ACTIVITIES

You may access the online registration [at this link](#)

- If you have not used the districts online payment module in the past for activities, Chromebooks, food service, parking permits, etc. You will need to CREATE AN ACCOUNT prior to registering.
- Registration needs to be complete prior to student's being able to participate.

Reminder that students **must have a physical every three years in order to participate**. The online registration module will not allow you to proceed if a physical exam is needed. If you have questions

please contact Sheree in the AAHS activities office 320-762-2142 ext 4530 or contact your healthcare provider.

[2021-22 MSHSL Sports Physical form](#)

ACTIVITY FEE DISCOUNTS AVAILABLE

Discounted fees are available for families who qualify for Free/Reduced Educational Benefits. If you feel you qualify, please go to family.wordwareinc.com to complete the on-line application. Paper copies are available at each school office."

Although meals are again free this year, activities fees are based on Free/Reduced Educational Benefits and may provide you a discount on activity fees.

Cardinal Apparel and hats available at the Cardinal Store



Upcoming Events



[Alexandria Area HS](#)

centrallakesconference.org



Home of the Cardinals

[Facebook](#) [@aahsactivities](#)

Alexandria Area High School offers more than 50 co-curricular programs including the full complement of Minnesota State High School League (MSHSL) offerings - featuring varsity sports, fine and performing arts, and numerous school clubs and organizations. These student activities have continually excelled in regional and state competitions.

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