

Cardinal Connection

News from the Activities Office

Monday, February 7, 2022

NO EVENTS TODAY

RESULTS FROM THE WEEKEND

DANCE TEAM

The Alexandria Cardinal Dance Team put their all on the floor at the Section 4AA Dance Competition on Saturday at Sauk Rapids Rice. The jazz team had a strong performance with their best turns and timing to date. They finished 9th of 15. The kick team was able to perform a clean routine with high energy and fantastic kicks. This was their best performance of the season. They placed 7th of 15 teams. Catch the ACDT one more time this weekend at their Winter Finale show on Saturday, February 12th 5PM and 7PM @ AAHS.

SPEECH

The Alexandria Speech Team took home second place at the Minnewaska High School speech meet on Saturday, January 5th. Many speakers saw improvements in their ranks from week one, and several ranked in the top of their category. We had two first place finishers: Alexis Klimek (Great Speeches, second week running) and Cassidy Huwe (Prose). One second place finisher: Marissa Hopper (Prose). Three third place finishers: Kiara Sowada (Poetry), Zachary Frederiksen (Discussion), and Aisling O'Connor (Original Oratory). Two fourth place finishers: Matthew Jiang (Discussion) and Marissa Mellgren (Creative Expression). And finally, one fifth place finisher: Teddy Tonking (Poetry).

BOYS BASKETBALL - VARSITY

Alexandria 73 Marshall 47

Alexandria Boys Basketball team defeated the Marshall Tigers 73-47 in the annual Breakdown Winter Lakes Classic hosted by Alexandria on Saturday. The Cards utilized good defensive pressure and efficient ball movement on offense to gain early momentum. Alex would make a few key runs in the half to build a 17-point halftime advantage. The 2nd half was much of the same as the Cards would build on their lead with good team basketball on both ends. Alex travels to Bemidji on Tuesday night for a non-conference clash with the Lumberjacks.

BOYS BASKETBALL - B SQUAD

Alexandria 57 Willmar 52

The Alexandria 'B' squad took on Willmar Friday night. It was a game where we struggled to get much going. The 'other' Cardinals threw 5 different defenses at us and we never got into a rhythm. We took a 4 point lead into the half and found a way in the second half, in a hard fought win 57-52

Alexandria 61 Marshall 58

The Alexandria 'B' squad played their best game of the season on Saturday as they took on the Marshall Tigers. The Cardinals stumbled out of the gate, falling behind by 6 points, but then our defense began to carry us to some easy scores and were able to build a lead of as many as 14 at points. The Tigers came back late but were were able to hold on for the very satisfying victory.

GIRLS BASKETBALL - VARSITY

Alexandria 43 Marshall 55

The Cardinals took on the 8th ranked Tigers in the Winter Classic and we came out locked in and focused as we broke the patented Marshall pressure to score and put plenty of heat on defensively of our own rushing and frustrating the Tigers into quick shots and errors. We had the lead until the 8 min mark where Marshall made their move and we didn't respond offensively challenge. Marshall extended their lead down the stretch forcing the Cards to foul. Despite the loss we take so many positives to build on as we continue to play a very difficult schedule which will pay off. Scoring was paced by Allie Haabala 12, MaCee Linow and Chloe Scholl 10, Hadley Thil6, Lillian Thul 3, and Ella Steussy 2. Rebounding was led by Hadley Thul 8 and MaCee Linow 7. We have a busy week with 3 road games starting Tuesday at Sartell. Wings up!

Top 20 Thinkers and Teams understand that when working hard consistently the rollercoaster will go back up.

Bottom 80 Thinkers and Teams give up because the challenge is difficult thus not able to reach goals.

GIRLS BASKETBALL - JV

Alexandria 54 Marshall 32

Your Alexandria Cardinals JV Girls Basketball team hosted the Marshall Tigers Saturday afternoon at the Breakdown Sports Winter Lakes Classic. Those in attendance saw a very entertaining game from the jump. Alexandria and Marshall battled back and forth the entire first half. Alexandria would have a slight 25-23 lead at halftime. Marshall would eventually tie the game up at 28 before Alexandria broke the game loose. All day the Cardinals were giving it their full effort and it eventually broke the Tigers into falling behind by 9. Out of the Marshall timeout Alexandria woud switch their defense which led to confusion for Marshall. The 9 point Alexandria lead soon ballooned into 20 plus. Alexandria's entire JV team applied defensive pressure and gave maximum effort throughout the entire game, which was enough in the end for Alexandria to knock off a talented Marshall JV 54-32.

GIRLS BASKETBALL - B TEAM

Alexandria - 32 Marshall - 40

Good morning to all you cardinal faithful! The lady cards put together their best effort of the season but fell short against the Marshall Tigers on Saturday. The lady cards were able to put pressure and force turnovers against a skilled Marshall team, but succumbed to pressure and had their own turnover problem. In the end, free throws and layups were our downfall.

With this loss, the Lady Cards 12-5 on the season, and 0-2 versus Joe Exotic's former pet teams.

WRESTLING

Alexandria 63 OTC 18

Alexandria 60 Fergus Falls 15

Alexandria- 36 Sartell 46

The Cardinal wrestling team traveled up to Fergus Falls on Friday for a quad against Ottertail Country Central (OTC), Fergus Falls, and Sartell. These duals presented a great opportunity for the Cardinal

wrestlers since Fergus Falls is both a conference and section opponent and Sartell is a conference opponent. The guys did not disappoint and came out firing on all cylinders scoring 60+ points in each of the first two duals. A couple exciting moments in the dual with OTC: Blaze Nelson and Kelly Johnson each collected their 100th career victory! This a huge accomplishment in a wrestlers career and shows the tremendous effort and commitment these 2 young men have to the sport of wrestling and the Alexandria Cardinal program. Congratulations to both these guys! When the last dual began with Sartell we knew it was going to be a close and exciting dual and it did not disappoint. Going into the last weight the dual was up for grabs and whoever won that match would likely win the dual. Unfortunately for the Cards, we came up just a little short in that last match but the effort and energy tonight was tremendous from all the wrestlers. They gave themselves a chance and put themselves in a position to win each and every match tonight; it was great to see that effort and energy as we begin the stretch run before section tournaments. On the night, Nolan Fettig, Mason McGrane, Blaze Nelson, Kelly Johnson, and Mason Teaser all went 3-0. The Cards return to action on Tuesday next week when they travel to Sauk Centre-Melrose for a quad with Sauk Centre-Melrose, Paynesville, and Ortonville. Go Cards!

GYMNASTICS

Central Lakes Conference Meet

Alexandria Finishes in 5th Place

Regular Season Wins: Alexandria finished in 1st Place!! (5-1) 2nd Place - St. Cloud (4-1)

Score- 133.425

Vault-

5th- Sara Eddy (9.05)

6th- Ailynn Fettig (8.975)

Beam-

7th- Ailynn Fettig (8.7)

Floor-

3rd- Ailynn Fettig (9.375)

All Around-

6th- Ailynn Fettig (35.4)

All Conference-

Regular Season Wins: Alexandria 1st Place!! (5-1) 2nd Place-St. Cloud (4-1)

Vault All Conference-

5th- Sara Eddy (9.175)

7th- Ailynn Fettig (9.16)

Bars All Conference-

5th- Ailynn Fettig (8.725)

10th- Izzy Kent (8.375)

12th- Addison Twa (8.18) Honorable Mention

Beam All Conference-

7th- Amaya Hughes (8.74)

9th- Ailynn Fettig (8.71)

Floor All Conference-

2nd- Ailynn Fettig (9.4)

7th- Amaya Hughes (9.15)

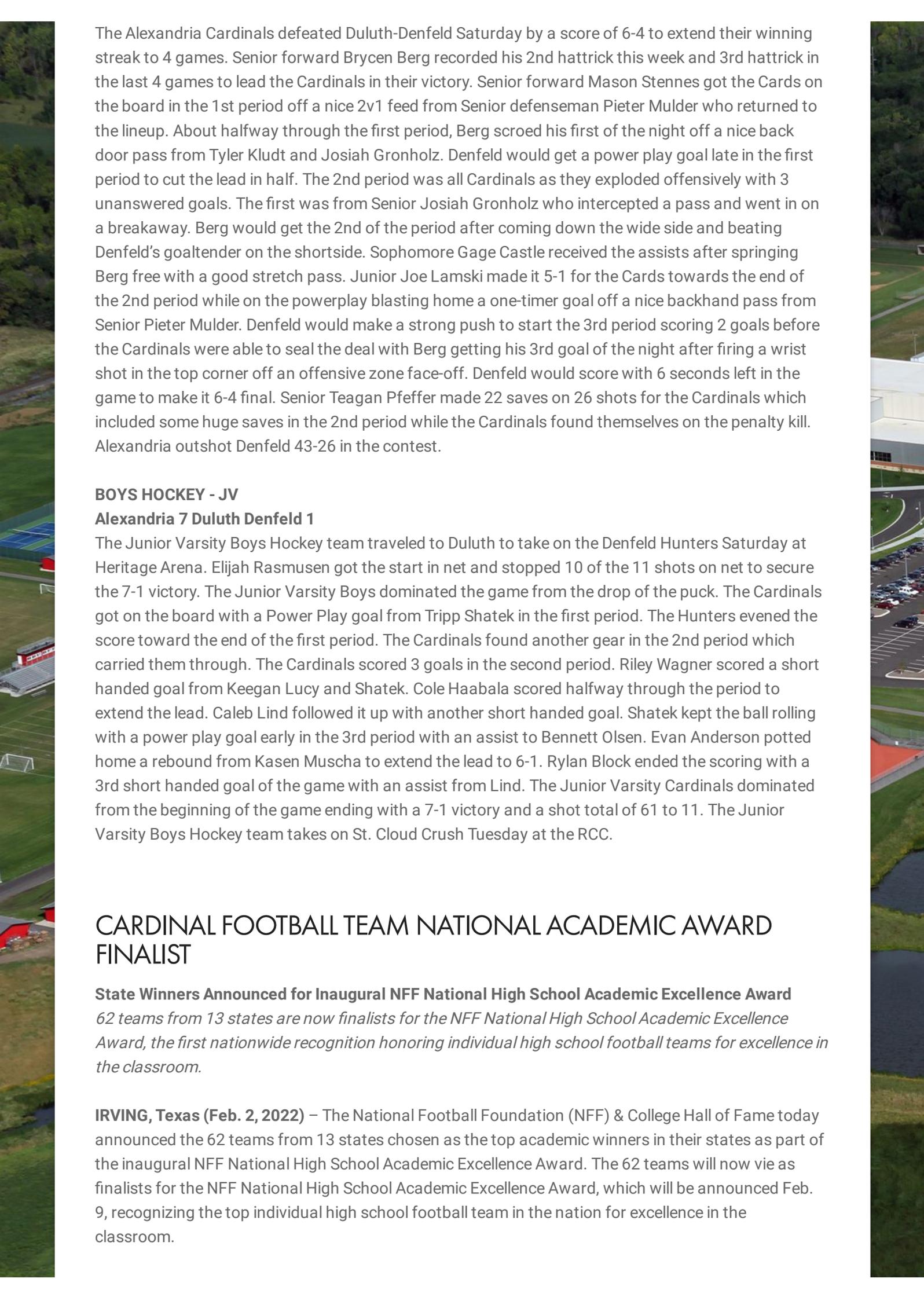
All Around All Conference-

3rd- Ailynn Fettig (35.7)

7th- Amaya Hughes (34.7)

BOYS HOCKEY - VARSITY

Alexandria 6 Duluth Denfeld 4



The Alexandria Cardinals defeated Duluth-Denfeld Saturday by a score of 6-4 to extend their winning streak to 4 games. Senior forward Brycen Berg recorded his 2nd hattrick this week and 3rd hattrick in the last 4 games to lead the Cardinals in their victory. Senior forward Mason Stennes got the Cards on the board in the 1st period off a nice 2v1 feed from Senior defenseman Pieter Mulder who returned to the lineup. About halfway through the first period, Berg scored his first of the night off a nice back door pass from Tyler Kludt and Josiah Gronholz. Denfeld would get a power play goal late in the first period to cut the lead in half. The 2nd period was all Cardinals as they exploded offensively with 3 unanswered goals. The first was from Senior Josiah Gronholz who intercepted a pass and went in on a breakaway. Berg would get the 2nd of the period after coming down the wide side and beating Denfeld's goaltender on the shortside. Sophomore Gage Castle received the assists after springing Berg free with a good stretch pass. Junior Joe Lamski made it 5-1 for the Cards towards the end of the 2nd period while on the powerplay blasting home a one-timer goal off a nice backhand pass from Senior Pieter Mulder. Denfeld would make a strong push to start the 3rd period scoring 2 goals before the Cardinals were able to seal the deal with Berg getting his 3rd goal of the night after firing a wrist shot in the top corner off an offensive zone face-off. Denfeld would score with 6 seconds left in the game to make it 6-4 final. Senior Teagan Pfeffer made 22 saves on 26 shots for the Cardinals which included some huge saves in the 2nd period while the Cardinals found themselves on the penalty kill. Alexandria outshot Denfeld 43-26 in the contest.

BOYS HOCKEY - JV

Alexandria 7 Duluth Denfeld 1

The Junior Varsity Boys Hockey team traveled to Duluth to take on the Denfeld Hunters Saturday at Heritage Arena. Elijah Rasmusen got the start in net and stopped 10 of the 11 shots on net to secure the 7-1 victory. The Junior Varsity Boys dominated the game from the drop of the puck. The Cardinals got on the board with a Power Play goal from Tripp Shatek in the first period. The Hunters evened the score toward the end of the first period. The Cardinals found another gear in the 2nd period which carried them through. The Cardinals scored 3 goals in the second period. Riley Wagner scored a short handed goal from Keegan Lucy and Shatek. Cole Haabala scored halfway through the period to extend the lead. Caleb Lind followed it up with another short handed goal. Shatek kept the ball rolling with a power play goal early in the 3rd period with an assist to Bennett Olsen. Evan Anderson potted home a rebound from Kasen Muscha to extend the lead to 6-1. Rylan Block ended the scoring with a 3rd short handed goal of the game with an assist from Lind. The Junior Varsity Cardinals dominated from the beginning of the game ending with a 7-1 victory and a shot total of 61 to 11. The Junior Varsity Boys Hockey team takes on St. Cloud Crush Tuesday at the RCC.

CARDINAL FOOTBALL TEAM NATIONAL ACADEMIC AWARD FINALIST

State Winners Announced for Inaugural NFF National High School Academic Excellence Award

62 teams from 13 states are now finalists for the NFF National High School Academic Excellence Award, the first nationwide recognition honoring individual high school football teams for excellence in the classroom.

IRVING, Texas (Feb. 2, 2022) – The National Football Foundation (NFF) & College Hall of Fame today announced the 62 teams from 13 states chosen as the top academic winners in their states as part of the inaugural NFF National High School Academic Excellence Award. The 62 teams will now vie as finalists for the NFF National High School Academic Excellence Award, which will be announced Feb. 9, recognizing the top individual high school football team in the nation for excellence in the classroom.

The NFF announced the creation of the award in February 2021, with the Nebraska and Texas state high school coaches associations leading the initial effort. The initiative is designed to inspire and 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

JACK ALBERT FUNDRAISER

Please join us at the RCC **Tuesday, February 8th** and support the Jack Albert family (See flyer below) There will be a chuck a puck for both games, the raffle drawing, recognition of Jack's family between games, and flag bearers from Jack's Squirt hockey team before the boys game.

- Girls Varsity vs Bemidji at 5:15pm (Main rink)
- Boys JV vs St. Cloud at 5:30pm (West rink)
- Girls JV vs Bemidji at 7:15pm (West rink)
- Boys Varsity vs St. Cloud at 7:15pm (Main rink)

Chuck a Puck \$1

GIRLS AND BOYS CARDINAL HOCKEY DOUBLE HEADER

JACK ALBERT FUNDRAISER



Jack is a 10 year old Squirt in our association. On Jan. 24, 2022, he was diagnosed with Stage IV Burkitt's lymphoma. He is currently receiving inpatient care at Children's Hospital. Our hockey community sends our prayers, love and support.
#AlbertStrong

RAFFLE DRAWING TICKETS - \$10 EACH
ALL PROCEEDS FROM THE EVENING WILL GO TO THE ALBERT FAMILY

Drawing after the girls' game:
Pamper Your Hockey Mom Basket
I Love Alexandria Basket

Drawing before the boys' third period:
YETI Tailgate Basket
Milwaukee Tailgate Basket
Pike and Pint Dinner for Four

FEB 08 5:15 GIRLS
7:15 BOYS

must be present to win

BOYS BASKETBALL TICKET AND LIVESTREAM INFO FOR TUESDAY

All basketball tickets will be available online and cash sales at the door for Tuesday's boys basketball game.

Ticket Link: <https://www.vancoevents.com/ZCL>

Streaming Link: https://www.youtube.com/channel/UC_g4OfBlqHKii-tuPDp_DRw

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!

	<p>Monday</p> <p style="font-size: 2em; color: green; text-align: center;">7</p> <p>Mindful Monday</p> <p>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.</p>
	<p>Tuesday</p> <p style="font-size: 2em; color: blue; text-align: center;">8</p> <p>Tasty Tuesday</p> <p>Try the new food item offered in the lunch room today.</p>
	<p>Wednesday</p> <p style="font-size: 2em; color: orange; text-align: center;">9</p> <p>Wellness Wednesday</p> <p>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.</p>
	<p>Thursday</p> <p style="font-size: 2em; color: brown; text-align: center;">10</p> <p>Thoughtful Thursday</p> <p>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.</p>
	<p>Friday</p> <p style="font-size: 2em; color: purple; text-align: center;">11</p> <p>Fitness Friday</p> <p>Officer Cook will be hosting Minute to Win It Games. Are you up for the challenge?</p>

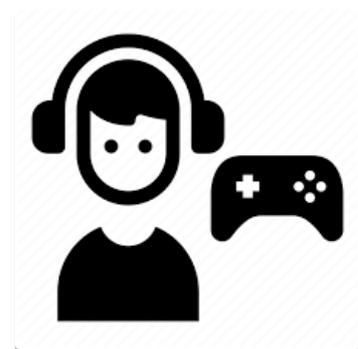


ESPORTS - SPRING LEAGUE

Esports Spring League Registration is now open. **The team meets after school Tuesday, Wednesday, and Thursday in the media center starting February 1.**

Spring League Games include: Rocket League, League of Legends, Mario Kart, Madden 21, Smash, and Splatoon.

Register online ASAP at <https://activities.wordwareinc.com/>



Esports Spring League Starting Soon!

Are you into Rocket League, League of Legends, Mario Kart, Splatoon, Madden, or Super Smash Bros? There will be an Esports Informational Meeting Tuesday, January 25th at 3:30 in the the media center. (This meeting will last no more than 30 minues.)

Come and find out more about Esports!



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

GIRLS GOLF PRESEASON MEETING

Girls Golf Pre-Season Player Meeting:

- **Thursday February 3rd** after school
- **3:15 Learning Stairs in the "B" wing**

Information will be given regarding the upcoming season. Order forms will be made available for ordering Team Apparel.

Anyone that cannot make the meeting should contact Coach Zupfer by text 320-763-5254. Players may also contact Captains Cora Larson and Lauren Rebrovich for information.



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**



CENTRAL LAKES CONFERENCE PERFORMER OF THE WEEK

- **Jaelyn Miller** has been named **Central Lakes Conference Performers of the Week** in Girls Nordic Ski. Jaelyn has 7 top 10 finishes this season.
- **Dylan Witt** has been named **Central Lakes Conference Performers of the Week** in Gymnastics. Dylan had a 4th place Personal Best on the Vault (8.65) & Bars (7.6) and she finished 2nd on floor (8.45)

Congratulations Jaelyn and Dylan!




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



WE NEED YOUR PICTURES



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

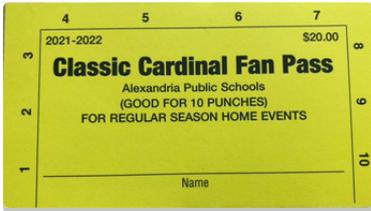
LUNCH to GO for AFTER SCHOOL ACTIVITIES of EVENTS



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!!

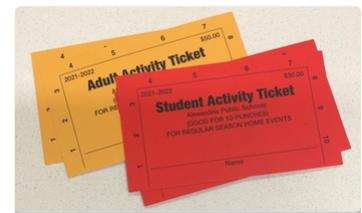
DISCOUNT TICKET PRICES

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.

4300 Pioneer Rd SE, Alexandria,...

shsaxton@alexandria.k12.mn.us

(320) 762-2142

alexandria.k12.mn.us/aahs

