

Cardinal Connection

News from the Activities Office

Monday May 2, 2022

EVENTS TODAY

SPRING ORCHESTRA CONCERT at AAHS PAC at 7:00pm

- \$6 adults
- \$4 students
- Tickets available at the door only

BOYS GOLF VARSITY - @ Territory Golf Course at 3:30pm

- dismiss at 12:45pm
- depart at 1:00pm

GIRLS GOLF - VARSITY @ Madden's at 3:30pm

- dismiss at 11:45pm
- depart at 12:00pm

GIRLS BASKETBALL

There will be a Summer informational meeting for Girls Basketball on **Monday May 2 at 6:00 in D144**



RESULTS FROM THE WEEKEND

BOYS TRACK AND FIELD

On Thursday, the Cardinals were in Willmar for the Willmar 5-Team Invite! The track meet ended up being called prior to completion due to lightning! The boys recorded 14 personal bests in the weather-shortened meet in which only 12 of the 18 events were completed!

Individuals placing in the top 6 and relays placing in the top 4:

110m Hurdles: PB: Dominic Bartone (21.24)

100m: PB's: Mac Heydt (12.43), Drew Gundberg (12.93), Owen Jensen (13.15), Treyton Pfeffer (13.31).

4x200m: 4th: Drew Gundberg, Owen Jensen, Treyton Pfeffer, Fiyin Taiwo (1:43.09).

1600m: PB's: Maxwell Chinn (5:34.89), Micah Walswick (5:39.46), Myles Frueh (6:52.49).

4x100m: 4th: Andrew Flaten, Mason Gorghuber, Mac Heydt, Dane Olson (47.97).

400m: PB: Trevon Andreasen (1:05.50)

300m Hurdles: 5th: Dominic Bartone (48.60, personal best).

Pole Vault: 6th: Owen Jensen (7-0).

Long Jump: PB: Fiyin Taiwo (16-4).

Triple Jump: 6th: Nic Borden (35-4)

Shot Put: 2nd: Joey Lanoux (42-3), 3rd: Zander Homelvig (41-2), PB's: Pierre Garcia (33-7), Robert Kohout (31-5.5), Owen Ecker (24-8), Jaxon Werder (23-00.5).

Complete Results can be found [here](#).

This week the Cardinals will host the Cardinal Relays Meet on Tuesday with field events beginning at 3:30pm and the first track event to start at 4:00pm.

GIRLS TRACK AND FIELD

On Thursday, April 28, the Alex Girls Track and Field team sent JV athletes to compete in the Willmar invite against Willmar, Marshall, Central MN Christian Community, and Redwood Valley. Unfortunately, we did not get to finish the meet due to lightning; however, athletes still managed to earn 13 personal bests and 6 season bests with only 12 of 18 events recorded.

Athletes placing in the top 6 and relays placing in the top 4, earning points for the team include:

100m: 1st - Kaija Schneider (13.81), 3rd - Payton Olson (14.07 - season best)

400m: 6th - Alaina Guenther (67.61 - personal best)

100m Hurdles: 6th - Emma Pauson (19.93 - personal best)

300m Hurdles: 6th - Zoie Roemer (57.33 - personal best)

4x200m: 3rd - Emma Ballou, Hadyn Halverson, Chloe Steele, Kiara Sowada (2:00.04).

Discus: 1st - Amaria Sowada (112-2), 4th - Sophia Vinje (98-1), 5th - Elise Maagard (97-3).

High Jump: 5th - Emma Ballou (4-4)

Long Jump: 1st - Alaina Guenther (14-11), 4th - Payton Olson (13-10)

Personal bests not yet mentioned include:

400m: Alaina Guenther (67.61), Bianca Grace (71.73); **1600m:** Anna Revering (6:25.97); **100m**

Hurdles: Zoie Roemer (22.17); **300m Hurdles:** Emma Paulson (57.92), Faith Odland (63.53); **Discus:** Kiera Christensen (81-7), Lydia Oldenkamp (73-7), Janel Moen (70-3), McKenna Moe (59-10), Julia Sprenger (50-5).

Season bests not yet mentioned include:

100m: Payton Olson (14.07); **400m:** Kiara Sowada (69.13), Emma Ballou (69.68); **Discus:** Gabby Staples (91-3), Rylee Bundermann (69-7).

Complete Results can be found [here](#).

Next week we have the Alex Relays! Come watch and support our hard-working athletes compete in exciting races like the shuttle hurdle relay, sprint medley relay, distance medley relay, and the co-ed 4x400m!

SOFTBALL - VARSITY

Alexandria 0 Brainerd 13

The Brainerd Warriors took the lead early in Friday's Family Night Celebration at Alexandria Area High School hitting two home runs and putting up 5 runs in the first. Brainerd added 4 more runs in the second inning and never looked back. Our Cardinal offense was not able to string together enough hits or base runners to close the gap. Kinzie Johnson, Brooklyn Stender, and Maddie Buboltz each had a hit for the Cardinals while Briana Burtzel had a fabulous diving effort on a past ball out at home.

O’Kane, Heid, and Tatum Ketelson all saw time in the circle for the Cardinals. The Cards are back in action this week on Tuesday, Thursday, and Saturday with our home tournament.

SOFTBALL - JV

Alexandria-1 Brainerd- 17

In the second home series of the week the Cardinals took on the hard hitting Brainerd Warriors. The game was within reach until the 5th inning when the Warriors were able to find gaps in the Cardinal defense. Timely hits and costly errors allowed the Warriors to break open the game. The Cards had a quiet night at the plate and were unable to answer. Maggie Anderson and Amelia Williams stood strong in the circle and continued to give the Cards a chance.

SOFTBALL - B TEAM

Cardinals 6 Warriors 13

The Cards have shown improvement each game thus far and showed up ready to play. With some great at bats and solid defense, the game was tied 6-6. Unfortunately, the bats went cold and some big hits by Brainerd gave them the final say. We have a busy week next week as we have games Tuesday, Thursday and Saturday.

BASEBALL - VARSITY

Alexandria 10 Sartell 9

Alex 10 Sartell 2

We were fortunate on Friday evening to work around the weather and get both of our games against Sartell. Alexandria was able to leave the field with the sweep, defeating the Sabres 10-9 in the first game and 10 - 2 in the night cap.

Game # 1. Alex 10 Sartell 9

Late game heroics allowed for a crazy finish to game one on Friday night with Alexandria scoring 5 runs in the bottom of the 7th to take the victory over the Sabres. Great plate approach by our players allowed us to get on base and timely hitting by many players allowed us to get into a position to retake the lead. Trailing by 2 with bases loaded, Lake Hagen sent a line drive off the left center fence clearing the bases, walking off Sartell.

JD Hennen started the game working 3 innings allowing 3 runs (1 earned) on 4 hits. He struck out 4 and walked 3. Jaxon Schoenrock relieved Hennen, picking up the win working the final 4 innings. Schoenrock allowed 6 runs, all unearned, scattering 6 hits, walking 3 and striking out 5. We committed 5 uncharacteristic errors in the game but kept our composure and battled to the end and stayed positive.

Offense was led by Lake Hagen who collected 4 hits (2b) in 5 plate appearances. A total of 12 hits were collected by the Cards with multiple players adding to the column. Caleb Runge had 2 hits with a 2 run home run, Brock Lorfald collected 2, Reed Reidorf collected 2, and JD Hennen and Nate Hammerback rounded off the offense with 1 hit a piece.

Game # 2 Alex 10 Sartell 2

We jumped right out in game two with powerful offense scoring 8 runs in the first inning, scattering the ball all over the park. Lake Hagen drove a ball over the center field fence for a 3 run home run and many Cards continued the hit parade from there. A total of 13 hits were collected with Jaxon Schoenrock, Caleb Runge, Lake Hagen, Nate Hammerback, Brock Lorfald and Will Suchy each collecting 2. Devin Cimbura rounded off the offense with a double in the game as well.

Parker Jendro started and was fantastic as he took a no-hitter into the bottom of the 6th. Sartell’s DH was able to break up the gem with a single to right center with 1 out in the 7th. Jendro allowed just 1 hit, struck out 5 and walked just 2, and allowed 1 earned run. Nick Levasseur finished the game collecting the final two outs striking out 1 and walking 1.

We continue this week with a busy schedule playing 5 games. Next up is St. Cloud Crush at 7:00 p.m. in St. Cloud on Tuesday.

BASEBALL - B TEAM

Alexandria 0 Fergus Falls 2

Alexandria 14 Fergus Falls 4

After only four outdoor practices and four game postponements the Cardinal B baseball team was finally able to compete. They hosted Fergus Falls last Thursday and split a double header with the Otters.

In the opener Fergus scored two runs on three hits and a walk in the first frame. That was all the visitors needed in a 2-0 shut out win. Parker Converse was the Alex starter and left after one frame with an arm issue. Abe Pajari took over on the mound and kept the Cardinals in the game with three shutout innings. He allowed two hits, issued four walks and struck out six. Lawton Ketelsen finished with a shutout inning.

Offensively the Cardinals had just two hits. John Botzet had a sharp single to lead off the first and got the dugout fired up. Botzet stole second but was stranded there as the Fergus starter struck out the next two Alex hitters and got cleanup hitter Boone Branson to ground out to end the inning. Ketelsen collected the other hit with a single in the 4th.

The Cards bounced back in the nightcap with a 14-4, ten run rule victory. Beau Nathe and Chuck Runge had two hits each. Lucas Sprenger, Jacob Wales and Kyle Blankenship also had hits. Starter Jakson Bakeberg gave up four runs in the first frame but shut the Otters out the rest of the game. He dominated on the mound with 10 strikeouts including 8 in a row to end the game and give the Cards their first win of the season.

On Friday the B team traveled to Sartell to face an always tough Sabre squad. In a back-an-forth battle the host team came out on top with an 11-8 win. Boone Branson, Kyle Blankenship and Lawton Ketelsen pitched for Alex giving up a combined seven hits and issuing 10 walks with 5 strike outs. Sartell scored in every inning except the 5th. Alex scored 3 in the first frame, 4 in the 4th and one in the 6th. Base hits came off the bats of Botzet, Branson, Lukas Sprenger, Parker Converse and Jayce Schoenrock.

This week the team is scheduled to host St. Cloud on Tuesday and travel to Brainerd on Thursday. The players are learning to understand that appropriate preparation will help them be a more confident and effective player and the key ingredient of their preparation is consistency.

Mark your Calendars!!



Alexandria Baseball Youth Night Tuesday May 10th

ANY STUDENT WEARING CARDINAL APPAREL RECEIVES :

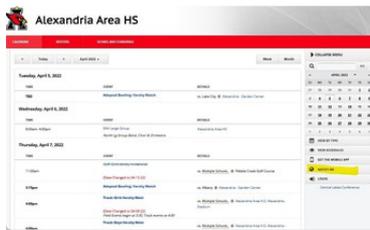
*** FREE MEAL (hot dog, chips & drink)**

*** OPPORTUNITY TO GO ON THE FIELD DURING THE NATIONAL ANTHEM**

JV GAME @ 4:30 - VARSITY GAME @ 7PM

*** AYBA RAFFLE DRAWING EVENT !!!!!**

***FREE ADMISSION FOR EVERYONE !!!!!**



UP TO THE MINUTE SCHEDULE CHANGES

The weather can raise havoc on spring sports event schedules!

[Click this link for up to the minute schedule changes.](#)

Subscribe to the "Notify Me" link to receive alerts on schedule changes as soon as they happen!



2022 Baseball Roster.pdf



Download

79.0 KB



2022 Softball Roster.pdf



Download

224.5 KB

AAHS Flower Sale

May 6th 3-6pm
May 7th 9-Noon
Open to the Public

4" Pots: \$3 | 4pack: \$2each
11" Hanging Baskets: \$15

Petunia | Geranium | Coleus | Impatiens | Begonia
Sweet Alyssum | Portulaciacia | Diathus | Snapdragon
Flowering Kale | Vinca Vine | Pansy | Dusty Miller
Trailing Snapdragon | Lemon Gem Marigold
Sweet Potato Vine | Purple Fountain Grass
Tomatoes | Peppers | Succulents



Alexandria Area High School
4300 Pioneer Rd SE
Alexandria, MN 56308

AAHS Agriculture Education
Center and Greenhouse
Northeast side of High School

CENTRAL LAKES CONFERENCE PERFORMER OF THE WEEK



- **JD Hennen** has been named Central Lakes Conference Performer of the Week in Baseball.
In 5 innings vs Sauk Rapids Rice, JD pitched no hits, 10 strikeouts and 2 walks.
- **Ellie Sticha** has been named Central Lakes Conference Performer of the Week in Girls Golf
At the Edina meet, Ellie shot a 38 in 9 holes for a 2nd place finish.
Congratulations JD and Ellie!

VOLLEYBALL

There will be a Volleyball summer informational meeting
Wednesday, May 4th @ 5:30pm in AAHS Room D 144



CHECK OUT THE APPAREL AND HATS AT THE CARDINAL STORE



CARDINAL CAFE

Cardinal Café is a student run restaurant where students plan, shop and prepare the meals for appropriately 15 – 25 people.

The Culinary Arts III students and instructor appreciate your willingness to spend your lunch hour at the Cardinal Café. This experience provides a great opportunity for the Cardinal Café students to learn more about the hospitality/restaurant industry.

Cost: \$7.00 per person (Cash or Check Only)

Reservations are required – to get a reservation contact rkent@alexschools.org or call 320-762-2142 ext 4275 and leave your name (first and last, date you would like reservations, phone number where you can be reached and the number of people in your group)

Tuesday, April 26

- Head Chef: Ryan Meuwissen
- Entrée: Pasta Aglio with grilled chicken (Pasta with lemon garlic, olive oil sauce)
- Sides: Tossed salad with choice of dressing
- Dessert: Chocolate Mousse

Friday, April 29

- Head Chef: Seth Gist
- Entrée: Cuban Sandwich
- Sides: French Fries and ?
- Dessert: Peanut Butter Chocolate Mousse

Tuesday, May 3

Head Chef: Silas Wolf



- Entrée: Hot Turkey Sandwich with Mashed Potatoes and Gravy
- Sides: Fruit Cup
- Dessert: Apple Crisp

Friday, May 6

- Head Chef: Andrew Johnson
- Entrée: Chicken Alfredo
- Sides: Tossed salad with a choice of dressing, breadstick, steamed broccoli and carrots
- Dessert: Mini Fruit Pizza

Tuesday, May 10

- Head Chef: Gabe Schneider
- Not open to the public – Ambassador Meal
- Meal TBD (still working on it)

Tuesday, May 17

- Head Chef: Samantha Gerdes
- Entrée: Hot Beef Sandwich with Mashed Potatoes and Gravy
- Side: Tossed Salad with a choice of dressing
- Dessert: Chocolate Chip Bar topped with Ice Cream

Friday, May 20

- Head Chef: Makenna Botten
- Entrée: Garlic Potatoes and Ham
- Sides: Garlic Bread and Tossed Salad with choice of dressing
- Dessert: Caramel Apple Cupcakes



OPEN LIFTING HOURS EXTENDED

New hours starting **Monday March 7th**:

- **Mornings** - Monday -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

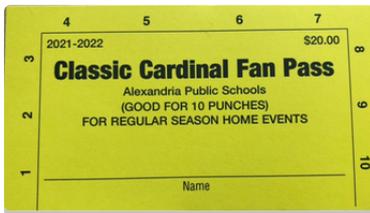
LUNCH to GO for AFTER SCHOOL ACTIVITIES of EVENTS



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 11am



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.

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

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alexandria.k12.mn.us/aahs

