

Cardinal Connection

News from the Activities Office

Thursday May 12, 2022

EVENTS TODAY

GIRLS GOLF at St Cloud Country Club at 9:00am

- depart at 6:15am

BOYS GOLF at St Cloud Country Club at 1:45pm

- dismiss at 11:00am
- depart at 11:15am

BASEBALL VARSITY and **JV** at Willmar **POSTPONED**

BASEBALL - B TEAM at AAHS **POSTPONED** - Optional Practice will be held indoor

SOFTBALL - VARSITY, JV, B Team at Sartell @ 4:30pm

- dismiss at 2:00pm
- depart at 2:15pm

TENNIS - at Fergus Falls @ 4:30pm

- dismiss at 2:30pm
- depart at 2:45pm

RESULTS

SOFTBALL - VARSITY (results from Tuesday)

Albany 12 Alexandria 2

Cardinals lost 12-2 to Albany, as we had started off strong we could string the hits throughout the game to keep up with Albany's offense.

The defense played clean and it was a pitching staff performance to keep the opponents offense at bay.

Kinzie Johnson, Madi Heid, Jordan O'Kane, Peyton Goetsch, Chloe Loch and Brianna Burtzel all collected hits on the day.

SOFTBALL - B TEAM (results from Saturday)

Alexandria 20 Little Falls 4 against Little Falls

Eden Valley Watkins 18 Alexandria 5

BOYS TRACK AND FIELD (results from Tuesday)

On Tuesday, the Cardinals were in Brainerd for the Section 8AAA True Team Championship! At this track meet, each team is allowed 3 competitors in each open event and one relay; every competitor and every relay scores points toward the team total. This track meet measures the depth and the strength of the track and field TEAM! The Cardinal boys took the top team spot on the night just out reaching the Moorhead Spuds! The Cards overcame several obstacles throughout the course of the track meet to be in 2nd place by the 4x400 relay (the final event on the track) and still have a chance to win the meet. It was not clear at the time of the relay what we needed to accomplish in the relay to win the meet, but we did know one thing for certain and that was that we HAD to beat Moorhead in that relay to even stand a chance to win the meet. The relay trailed only Moorhead for three legs. Otto Anderson got us out with a great leadoff leg and we were in second place to Moorhead when Otto passed the baton to Christain Doumbia. Christian ran a wonderful 400m leg closing the gap on the Moorhead lead before passing to Myles Sansted. Myles closed the Moorhead lead to a virtual dead heat at the 3rd handoff to Riley Wagner. Riley got the baton for the final leg and immediately moved past the Moorhead anchor and into first place. Moorhead would not relent through the first 200m of the final leg and tried to pass Riley at the 200m mark. Riley held the Moorhead anchor off though the homestretch and held on to give the Cardinal relay the victory and our team still had hope as the final results were tabulated. As final results were tabulated it came to light that the Cardinal discus throwers took places 3-5 to close the spread on Moorhead even closer. As the pole vault and high jump results became final it was clear that the result of the 4x400 relay would play heavy on the final team outcome. As the 4x400 relay results became final it was revealed that Moorhead had made an illegal pass of the baton at the 3rd exchange and had been disqualified for the relay. This means that Alexandria picked up 32 points for winning the relay and Moorhead scored 0 points in the relay, securing the team win and a berth to the True Team State Meet on Friday, May 20 in Stillwater!

Overall Team Scores:

- Alexandria: 799.5
- Moorhead: 775.5
- Brainerd: 710.5
- Monticello: 654
- Buffalo: 628
- Sartell: 456.5
- Sauk Rapids-Rice: 375.5
- Bemidji: 342.5

Individuals earning places in the 8 and PB's:

110 Hurdles: 7th: Logan Peterson (16.43, personal best), 8th: Otto Anderson (16.52, personal best), PB: Sam Williams (16.55).

100m Dash: 3rd: Christain Doumbia (10.97, personal best), 6th: Venald Becker (11.22, personal best), 8th: Trey Negen (11.45, personal best).

1600m Run: 7th: Joel Brault (4:32.86, personal best), PB: Payton Gessford (4:56.86).

400m Dash: 7th Owen Draper (54.19, personal best), 8th: Elliott Kent (54.96, personal best), PB: Evan Kludt (55.63)

300m Hurdles: 3rd: Otto Anderson (42.46, personal best), 5th: Gavin Ashmore (42.72), PB: Logan Peterson (44.28).

800m Run: 7th: Riley Wagner (2:07.64, personal best), PB's: Hunter Mohr (2:14.17), Thomas Klecker (2:15.13).

200m Dash: 4th: Christian Doumbia (22.57, personal best), 8th: Trey Negen (23.36, personal best).

3200m Run: 4th: Joel Brault (10:05.77), 5th: Harrison Greathouse (10:09.74, personal best), PB: Landon Runge (10:46.40).

Long Jump: 4th: Will Heydt (20-2), 5th: Teagan Pfeffer (19-10.5), 8th: Trey Negen (19-3.5, personal best).

Triple Jump: 1st: Will Heydt (43-3.5), PB: Elliott Kent (37-1).

High Jump: 4th: Otto Anderson (5-8, personal best), 5th: Dylan Frusciante (5-8).

Pole Vault: 4th: Bryr Homelvig (11-6), PB: Jasper McDaniels (8-0).

Shot Put: 5th: Joey Lanoux (43-1.5), 8th: Ethan Hoppe (41-1)

Discus: 3rd: Ethan Hoppe (138-0, personal best), 4th: Joey Lanoux (125-5), 5th: Zander Homelvig (119-4)

Relays Earning Points:

4x100m relay: 2nd: Fequiere Becker, Matthew Johnson, Will Heydt, Trey Negen (44.67)

4x200m relay: 4th: Gavin Ashmore, Walker Hennen, Will Heydt, Matthew Johnson (1:36.34)

4x800m relay: 3rd: Samson Hagstrom, Owen Draper, Riley Wagner, Throck Lehmann (8:39.81)

4x400m: 1st: Otto Anderson, Christian Doumbia, Myles Sansted, Riley Wagner (3:32.64)

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

This week we have our JV True Team at Sartell on Friday. Next week we have a home invite on Tuesday (please contact Sheree Saxton if you are interested in volunteering!) and True Team State in Stillwater on Friday!

GIRLS TRACK AND FIELD (results from Tuesday)

The girls track and field team are Section 8AAA True Team Champions and are advancing as a team to True Team State in Stillwater on Friday, May 20th! This was one of our season team goals and the girls fought hard to earn this victory against very talented programs. Midway throughout the first half of the meet, our team was sitting in 4th place; however, the girls responded to the pressure and competed with grit and heart to work our way back to the top. Our team depth was clear, and when we fell short in a particular event, another event group stepped up. This win was truly a measure of each athlete's ability to keep pushing forward, compete for each other, and stay relentless in our pursuit of victory. Every single athlete made it possible to celebrate with a team victory lap following the meet! Overall the team earned 17 personal bests and 11 season best (20/24 track events were either a season or personal best!).

This season marks the 50th anniversary of having a girls state track and field meet, so our season theme is to be trailblazers (of our minds, bodies, and for others) as we reach for personal and team outcomes never obtained before. We had to be trailblazers to win this meet and we will continue to blaze a trail forward throughout the rest of this season!

Overall Team Scores:

1. Alexandria - 788.5
2. Moorhead - 764
3. Brainerd - 722
4. Monticello - 677
5. Sartell - 535.5
6. Buffalo - 473.5
7. Sauk Rapids/Rice - 381.5
8. Bemidji - 377

Athletes and relays placing in the top 8 include:

200m: 7th - Miah Wessel (27.42 - personal best)

400m: 6th - Alison Krasky (63.43 - personal best), 7th - Elena Fuglestad (64.14), 8th - Miah Wessel (64.59 - season best).

800m: 1st - Jaelyn Miller (2:19.35 - personal best), 2nd - Kasey Soderholm (2:24.06 - personal best).

1600m - 1st - Emma Ecker (5:07.47 - personal best), 2nd - Aleah Miller (5:08.37 - season best), 8th - Giselle Jahner (5:33.14 - personal best).

3200m: 1st - Aleah Miller (11:18.32 - personal best), 3rd - Emma Ecker (11:34.18 - personal best), 7th - Brynn Kosters (12:05.01 - personal best).

100m Hurdles: 7th - Sophia Korynta (17.28 - personal best).

300m Hurdles: 6th - Sophia Korynta (50.32).

4x100m: 3rd - Addison Fettig, Elena Fuglestad, Elle Heydt, Hailie Kent (52.05 - season best).
4x200m: 3rd - Miah Wessel, Marisa Rousu, Kaia Emter, Alison Krasky (1:49.63 - season best).
4x400m: 3rd - Jaelyn Miller, Giselle Jahner, Kasey Soderholm, Aleah Miller (4:09.37 - season best).
4x800m: 4th - Layne Leimkuhl, Emma Hochhalter, Greta Oldenkamp, Brynn Cross (10:14.71).
Shot Put: 3rd - Amaria Sowada (35-5.75).

Discus: 6th - Sophia Vinje (101-4).

High Jump: 4th - Jaelyn Miller (4-10 - personal best)

Pole Vault: 3rd - Izzy Kent (9-0 - personal best)

Long Jump: 1st - Hailie Kent (16-2.5), 5th - Alison Krasky (15-7.5), 8th - Elena Fuglestad (15-2.5).

Triple Jump: 1st - Hailie Kent (35-0.75), 2nd - Ella Steussy (34-2), 7th - Marisa Rousu (32-4.5).

Personal bests not yet mentioned include:

100m: Addison Fettig (13.36); **200m:** Kaia Emter (27.89), Addison Fettig (28.14); **100m Hurdles:** Emma Paulson (19.76), Joanna Kietzmann (19.83).

Season bests not yet mentioned include:

100m: Elena Fuglestad (13.20), Hailie Kent (13.23); **800m:** Greta Oldenkamp (2:31.65); **High Jump:** Miah Wessel (4-8); **Pole Vault:** Bria Luepke (8-0), Ailynn Fettig (8-0).

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

This week we have our JV True Team at Sartell on Friday. Next week we have a home invite on Tuesday (please contact Sheree Saxton if you are interested in volunteering!) and True Team State in Stillwater on Friday!

BASEBALL - B TEAM (results from Tuesday)

Alexandria 11 Sauk Rapids 6

The Cardinal baseball B team raised its record to 5-2 with an 11-6 win over the Storm at Sauk Rapids Tuesday. The Cards fell behind after four innings 4-2 but tallied nine runs in the last three innings to quiet the Storm at their yard. Boone Branson, Jacob Wales and Charlie Runge led the Alex attack with two hits each. Jacob Nicholson, Ashton Feeks, Lawton Ketelson, Kyle Blankenship, Cam O'Shea and Jayce Schoenrock also had hits for the Cardinals. Jaxon Bakeberg started on the mound and was followed by Kyle Blankenship, Parker Converse and Sam Anderson.. Combined they gave up five earned runs on seven hits. They allowed 4 walks and struck out 12. The Cardinals are scheduled to host the Willmar Cardinals today.

Class of 2022

SENIOR Graduation Party @ Runestone Community Center

June 3rd

9pm-11pm: Check in at RCC: 802 3rd Ave W

9:30pm-3:00 am: Games and Activities

Hypnotist

Prize Drawings

3:00am: Wrap Up and Goodnight!

Ticket sales: **May 9th-May 13th** Tickets will be on sale during lunch hours. *T-shirt not guaranteed if registered after May 13th.

[Pre-register for the 2022 Senior Grad Party - CLICK HERE!](#)

Cost: **\$20 (\$25 at the door)**

Payments: Cash or check. Make checks payable to AAHS Senior Graduation Party.

Payments can be dropped at the AAHS front desk for Nichole Boyden in an envelope with printed full name and email address, including t-shirt size.

Ticket price includes:

- Admission
- T-shirt (designed by senior students)
- Games: axe-throwing, obstacle course, games, poker and more...
- Entertainment: Hypnotist
- Food and beverages
- Prizes: T V's and electronics, Cash, Gift Cards, Dorm necessities, etc.

You must be present to win! (unless attending a school-sanctioned event)

*This is a non-school sponsored event.

Come out and support local Robotics Teams! 

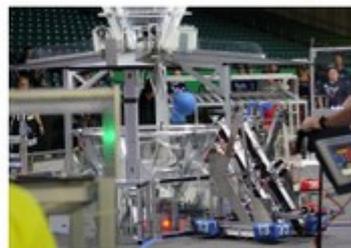
SPAGHETTI FEED & SILENT AUCTION FUNDRAISER

Tuesday, May 17 • 4:30-7:30pm
Elks Lodge in Alexandria

FRC TEAM 3313 MECHATRONICS

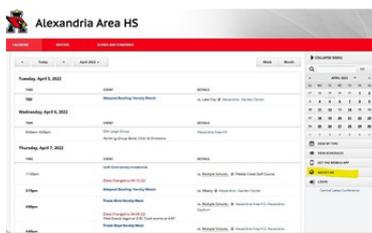


FIRST is a global robotics community preparing young people for the future and the world's leading youth-serving nonprofit advancing STEM education.



**SEE THIS SEASON'S ROBOT IN ACTION AT
THE FUNDRAISER. LEGO ROBOTICS TOO!**

AAHS MECHATRONICS 3313 | www.team3313.com | www.facebook.com/team3313



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

CENTRAL LAKES CONFERENCE PERFORMER OF THE WEEK



Emma Ecker, Alison Krasky, Aleah Miller, and Jaelyn Miller have been named Central Lakes Conference Performer of the Week in Girls Track.

- The girls took first place in the Alex Medley Relay with a time of 12:37.38.

Hannah Boraas has been named Central Lakes Conference Performer of the Week in Girls Golf.

- In 3 meets, Hannah shot 76 (2nd), 79 (4th), 75 (1st).

Congratulations Emma, Alison, Aleah, Jaelyn, and Hannah!

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, 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

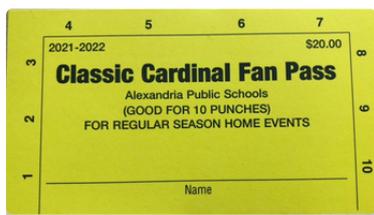
LUNCH to GO for AFTER SCHOOL ACTIVITIES of EVENTS



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 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.

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](tel:(320)762-2142) alexandria.k12.mn.us/aahs

