

# Cardinal Connection

News from the Activities Office

Monday May 23, 2022

## EVENTS TODAY

### **BOYS GOLF - VARSITY CLC CHAMPIONSHIP** at Sartell

- dismiss at 1:15pm
- depart at 1:30pm

## RESULTS FROM THE WEEKEND

### **BOYS TRACK AND FIELD**

On Friday, the Cardinals were in Stillwater for the State AAA 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 goal for this meet is to place as many individuals in the top one third of the field of 36 and relays in the top one third of the field of 12. The Cardinal boys team finished in 12th place out of the field of 12 teams.

#### **Overall Team Scores:**

- Rosemount 1206
- Wayzata 1096
- Owatonna 987.5
- Stillwater Area 982.5
- Andover 885.5
- Forest Lake 843
- Blane 837
- Lakeville South 835.5
- Edina 784
- Rochester Mayo 777.5
- Mounds View 753
- Alexandria 569.5

#### **Individuals in the top 12 and PB's:**

**100m Dash:** 9th: Christain Doumbia (11.24).

**1600m Run:** Personal bests: Harrison Greathouse (4:48.08), Throck Lehmann (4:57.44).

**400m Dash:** Personal bests: Daniel Jackson (54.61), Elliott Kent (54.89).

**800m Run:** Personal bests: Myles Sansted (2:04.54), Payton Gessford (2:15.32), Evan Moore (2:16.11).

**200m Dash:** 6th: Christian Doumbia (22.54, personal best).

**3200m Run:** Personal best: Thomas Wilmesmeier (11:08.13).

**Long Jump:** 3rd: Will Heydt (21-0.5, personal best), PB: Trey Negen (19-6).

**Triple Jump:** 1st: Will Heydt (44-6.5).

**Shot Put:** 10th: Joey Lanoux (48-2, personal best).

**Discus:** 4th: Ethan Hoppe (147-1 personal best), 9th: Joey Lanoux (141-6, personal best).

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

This week we have the Central Lakes Conference Championship on Tuesday at Tech beginning at 4pm and JV CLC at Brainerd on Wednesday

## **GIRLS TRACK AND FIELD**

On Friday, the Girl's Track and Field team had the opportunity to compete at True Team State at Pony Stadium in Stillwater, MN! True Team meets are a measure of a team's depth and strength as every athlete competing scores points for the team. First place athletes can earn 36 points, first place relays can earn 48 points, all the way down to last place individuals earning 1 point and last place relays earning 4 points. To compete against the largest schools in the state, in the biggest class, was an experience that we will never forget and it was one that helped challenge us in ways that will help prepare us as we move into our championship season.

### **Overall Team Scores:**

1. Minnetonka - 1159.5
2. Wayzata - 1125
3. Rosemount - 1122
4. St. Michael-Albertville - 913.5
5. Moundsview - 899
6. Eagan - 888
7. Farmington - 846
8. Edina - 815
9. Lakeville South - 805
10. Roseville - 767.5
11. Alexandria - 766.5
12. Forest Lake - 460

### **Athletes placing in the top 12 and relays placing in the top 8 include:**

**800m:** 10th - Emma Ecker (2:22.01 - personal best).

**1600m** - 5th - Emma Ecker (5:07.74)

**3200m:** 3rd - Aleah Miller (11:14.28 - personal best), 10th - Jaelyn Miller (11:45.36 - personal best).

**300m Hurdles:** 9th - Sophia Korynta (48.83).

**4x800m:** 3rd - Jaelyn Miller, Brynn Cross, Giselle Jahner, Aleah Miller (9:42.95 - season best).

**Shot Put:** 8th - Amaria Sowada (35-5.75).

**Discus:** 7th - Elise Maagard (112-11).

**Long Jump:** 9th - Hailie Kent (16-5), 10th - Alison Krasky (16-5).

**Triple Jump:** 5th - Hailie Kent (35-9), 7th - Ella Steussy (35-4).

### **Personal bests not yet mentioned include:**

**800m:** Greta Oldenkamp (2:29.96); **300m Hurdles:** Lydia Oldenkamp (53.42); **Shot Put:** Sonja Schabel (33-1.75);

### **Season bests not yet mentioned include:**

**100m:** Hailie Kent (13.11); **400m:** Miah Wessel (64.43); **3200m:** Giselle Jahner (12:03.72). **4x200m:** Miah Wessel, Alison Krasky, Marisa Rousu, Kaia Emter (1:49.31). **Triple Jump:** Marisa Rousu (33-8).

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

Next week we have our Central Lakes Conference Championship meet on Tuesday at St. Cloud Tech, and our JV Athletes will have their culminating season meet at their JV CLC meet on Wednesday in Brainerd.

## **GIRLS GOLF**

The Girls Golf Team traveled to Coon Rapids to play in the Tri-State Preview Invitational Golf Tournament. The event was a 2-day tournament played at Bunker Hills Golf Club and featured 16 teams. The Cardinals led by 7 strokes after the first day of the tournament on Friday. The team was able to increase that margin of victory by another 10 shots, with their play on Saturday. This event featured 11 of the top 20 ranked teams in the state.

### **Team Scores:**

**Alexandria 320 - 318 = 638**

Eastview 327 - 328 = 655

Detroit Lakes 327 - 340 = 667

Chanhassen 341 - 331 = 672

Minnetonka 345 - 327 = 672

Edina 343 - 337 = 680

Chaska 353 - 339 = 692

Stillwater Area 359 - 344 = 703

East Ridge 361 - 347 = 708

Benilde- St. Margarets's 361 - 358 = 719

Lac qui Parle Valley 370 - 361 = 731

Orono 397 - 369 = 766

Northfield 371 - 397 = 768

Totino-Grace 392 - 388 = 780

Jordan 375 - 406 = 781

Lakeville North 416 - 409 = 825

### **Top 5 individuals:**

1. Madi Hicks Chanhassen 69 - 69 = 138 (6 under par!)

**2. Hannah Boraas Alexandria 75 - 76 = 151**

3. Kiely Hanson Minnetonka 76 - 77 = 153

4. Nicole Reineke Chaska 79 - 77 = 156

4. Caroline Monty Stillwater 76 - 80 = 156

**4. Cora Larson Alexandria 77 - 79 = 156**

### **Other Alexandria Individuals:**

Lauren Rebrovich 84 - 77 = 161 (Tied 9th)

Rachel Bowen 85 - 86 = 171 (Tied 21st)

Aisling O'Connor 84 - 88 = 172 (Tied 23rd)

Ellie Sticha 99 - 94 = 193 (63rd)

The team now will enjoy some quality practice time, before playing the Section 8AAA golf tournament Tuesday May 31st and Wednesday June 1st.

## **BASEBALL - VARSITY**

### **Alexandria 4 Little Falls 0**

A strong pitching performance by JD Hennen and timely hitting led the Cards to a 4-0 victory in Little Falls on Friday. JD Hennen only allowed 1 hit in his 5 innings of work walking 3 Flyer batters and striking out 8. Parker Jendro relieved Hennen pitching the final two frames not surrendering a hit, walked just 1, and struck out 3.

Offensively we collected just 4 hits, but they were timely as Nate Hammerback got us on the board early with a single to drive in the first run of the game, and Jaxon Schoenrock with a double late to drive in 2 more. Other Cardinal hitters were Will Suchy and JD Hennen.

We enter our final week of the regular season with 3 games remaining. Tomorrow night we take on Moorhead for a 7:00 p.m. start at Knute with JV playing prior to Varsity. Also tomorrow night root beer floats will be provided by Geneva Capital! See you at the park!

## **BASEBALL - JV**

### **Alexandria 6 Little Falls 4**

The Cardinals came away Friday night @ Knute Nelson Park w/a victory over a solid Flyers of Little Falls team to up their season record to 11-3. And will play 5 games during the last week of the season. Little Falls jumped off to a 4-0 lead after 2 innings off starter Cameron Marcado and then enter Carter Simonson for the next 5 innings of domination! During his 5 innings of work he gave up one hit, walked one hitter and struck out 14 Flyers and absolute clinic on pounding the zone and over matching hitter after hitter. The offense final had listened to coaches sermon on: "put the ball in play & good things will happen"! They just kept pressuring the defense as Gavin Klimek lead the team with a pair of doubles and Caleb Gimbel had a clutch 2 out bases loaded hit. Gage Castle had an AB to remember as he fouled off several pitches before a deep ground ball too short to keep the pressure on the Flyers defense. And Brayden Larson was called on to bunt in a 1st & 2nd no one out bunt and fouled both off before working a base on balls! Nicely done team – this team is never out of a game. Come out and watch them perform w/your support of Cardinal baseball Family!!

## **BASEBALL - B TEAM**

### **Alexandria 0 Little Falls 10**

Last Friday the Cardinal B team hosted Little Falls on a chilly day for baseball. The Flyers sent their ace to the mound and the lanky, hard throwing southpaw had the Cardinal hitters shaking their heads coming back to the dugout talking about the velocity and movement on his pitches. The Cardinals managed to get just three hits in a 10-0 loss, snapping a five - game winning streak. Hitting safely for Alex were Jaxon Bakeberg, Cam O'Shea and Boone Branson. The Cardinals struck out 12 times in a "run rule" five inning game.

The team takes a 9-4 record into Tuesday's home contest with Moorhead with the first pitch slated to be at 4:30. The team wants to say "thank you" to Alex senior Maxton Meyer for umping all our home games this season. Good job!

## **SOFTBALL - VARSITY**

On Wednesday the Cardinals traveled to Sartell for a double header.

### **Game 1 - Cardinals 11- Sartell 12**

#### **Game 2 No score reported**

**In game 1** the Cardinals nearly erased a 8 run deficit but came up short in the top of the 7th, losing 12-11. Aubrie Porter started the offense with a 3 run Homerun, in the following inning Kinzie Johnson had a 2 run Homerun. Multiple Cardinals contributed to the offense.

**In game 2**, the Sabres bats broke open and didn't look back. The Cardinals continued to have good at bats but couldn't string the offense together. The game was finished in 5 innings.

The #3 seeded Cardinals will host #6 seed Detroit Lakes at 4:30pm at AAHS on Tuesday May 24th

# ANNOUNCING AUDITIONS

FOR AAHS THEATRE DEPARTMENT'S  
**FALL MUSICAL 2022**

# CHICAGO

**TUESDAY, MAY 31**  
**6:00-9:00PM**  
**AAHS PAC**

Seeking student actors, crew, orchestra  
All students in grades 8-11 are eligible  
Audition packet and information available in the  
Fall Musical 2022 Schoology group  
Contact Mrs. Chipman for more information or to join group

## CARDINAL DANCE TEAM TRYOUTS

Please join us for the **Alexandria Cardinal Dance Team** try outs!  
We have **Varsity and Junior Varsity** teams and are looking to have as many girls as we can.  
Try outs are scheduled for

- **DATES:** May 31st, June 1st, and June 2nd
- **WHERE:** in gyms 4 and 5
- **TIME:** from 6PM to 8PM.

**YOU MUST ATTEND ALL 3 DATES**



We will announce who made the team on June 2nd after all groups have tried out. See you soon!



## GIRLS SOCCER SUMMER INFO MEETING

All girls planning to play soccer next fall should plan to meet on Thursday May 19 at 7:45 in Mrs. Lagergren's room (B325). We will update you with summer programs, camps, and other opportunities. Your attendance is very important! See you there!

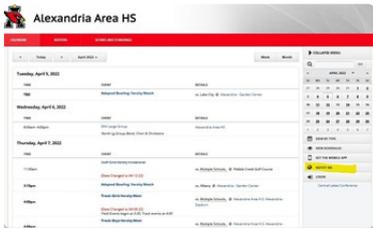
## MOCK TRIAL INFO MEETING

Any students interested in participating in Mock Trial next school year, please attend a mock trial meeting in **Room A121 on Wednesday, May 25th @ 8:00am.**



## GIRLS TENNIS SUMMER INFO MEETING

All girls tennis players that plan to play next year, please attend an informational meeting in **Room A121 on Friday, May 27th @ 8:00am.**



## 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





## 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](mailto: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 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

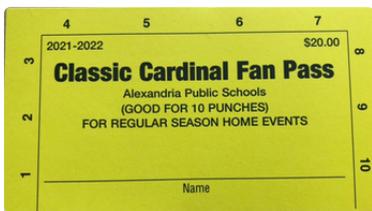
## LUNCH to GO for AFTER SCHOOL ACTIVITIES of EVENTS



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](http://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](http://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

