

# MSHSLconnect

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## Four seniors selected Triple 'A' winners



**FOUR SENIORS WERE RECENTLY SELECTED** as the winners of the Minnesota State High School League's Triple 'A' Award for excellence in academics, arts and athletics. Honored were Royalton's Christopher Borash, Underwood's Kindra Peterson, Cambridge-Isanti's AnnaGrace Nelson and Oliver Paleen of St. Paul Highland Park. They were selected from 32 finalists, two each from Minnesota's 16 geographic regions.

Borash and Peterson represent Class A schools while Nelson and Paleen are from Class AA schools. They will receive a four-year \$1,000 scholarship.

Established in 1988, the award recognizes and rewards high school seniors for their achievements in the classroom, the arts and athletics. To qualify for the prestigious award, students must have a 'B' or better grade-point average and participate in League-sponsored athletic and fine arts activities. Member schools are invited to nominate two students, a boy and a girl, for the award. Award recipients are selected through a multi-level process that involve the League's administrative regions and a committee of educational, athletic and fine arts leaders.

Profiles of all 32 Triple 'A' finalists can be viewed here:

[sites.google.com/view/mshslrecognitionprograms/triple-a/triple-a-winners](https://sites.google.com/view/mshslrecognitionprograms/triple-a/triple-a-winners)

### Meet the winners:

**Christopher Borash**  
GPA: 4.0

**Royalton High School**  
Representing: Region 5A



**Activities:** Band, choir, cross country, basketball, wrestling, track and field

**Spotlight:** He is a leader in the National Honor Society and Student Council. Christopher is a longtime member of the 4-H Poultry Knowledge Bowl Team that won a state championship last fall and placed fourth nationally. In band, he is the co-leader of the drumline. In choir, he has received superior ratings in 15 performances and has acted in eight plays with multiple lead roles. He was captain of the cross country team for the past three seasons and was selected "Runner of the Year" for the past two.

**Royalton principal Joel Swenson:** He is "one of the most trustworthy and dependable students (I've) had the privilege to work with."

**Quote:** "I have always tried to share my abilities and knowledge as best I could with others and hope to continue that tradition through life."

**College plans:** To study environmental biology or criminal justice at Saint Mary's University in Winona, and participate in cross country, indoor and outdoor track and field, choir and band.

*Continued on page 4*



## Robotics communities inspire with collaborative efforts amid pandemic

By Amy Doherty

A SWEEPING PANDEMIC of global reach has forced nearly everything to a halt and has resulted in a spring season unlike any that we have experienced. High school students have been sequestered by Distance Learning and suspended from participating in spring activities. There is no doubt they are making a great sacrifice for the health of their communities. Statistics reveal teenagers are among the least likely to suffer from severe consequences if they become infected with COVID-19. While many of them would only have mild symptoms if infected, they have been asked to pause their lives to help prevent the spread of the virus.

While social media is often blamed for spreading negativity, my Twitter feed has been filled with uplifting stories. Teams are bonding together by making inspirational or funny videos and sharing snapshots of their virtual chat gatherings. They are discovering new ways to unite.

Just ask the students in Minnesota's high school robotics communities. Within days of the virus first spreading to Minnesota, these

students with the unique skillset and vast engineering knowledge, were brainstorming ways they could safely help their communities. Among the first I saw on social media was the



Robettes, the team from Visitation School, encouraging one another to make fabric face masks so hospital-grade masks could be used by those most in need. Babbitt's North-east Range Iron Mosquitos adapted their robot to transport groceries from the store to customers' cars to respect social distancing recommendations. Moorhead Spudnik used their team's promotional button maker to

create "Immuno-compromised" buttons for a local clinic to share with patients. Mecha-tronics of Alexandria, NoMythic of Great River and Avalon schools in St. Paul, C.I.S. of Becker and many others gathered their collections of safety equipment, ie: masks, gloves and safety glasses, to distribute them to local health care facilities. The Becker team partnered with a local company, COR Robotics, to deliver LEGOs and drones to younger students who are participating in remote STEM camps. And recently, NoMythic created a Slack workspace to help organize the efforts teams are putting into supporting their communities.



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## voices we asked, you answered

A sweeping pandemic of the COVID-19 Coronavirus forced the closures of school buildings and suspension of spring activities. While students transitioned to Distance Learning and a daily life that included Stay at Home mandates and social distancing recommendations, we asked two seniors this question:

*As a senior, how have you dealt with the impact of school closures and cancelled events during the pandemic?*



**PAIGE MACKENTHUN** | Sartell High School

*"It goes without saying that no one wants their last year of high school to end like this. It is frustrating and sad to not have the milestone events full of joy and celebration that I have looked forward to ever since I watched from the sidelines when my brothers were seniors years ago. However, if high school sports taught me one thing, it is the importance of being a team player. Right now, the world needs us all to be team players. We need to see beyond ourselves, so for me, I believe that any sacrifice is worthwhile."*



**CHARLEY PERRY** | Andover High School

*"As a senior in high school, the impact of COVID-19 has been extremely disheartening. It is hard to stay motivated knowing that all of those irreplaceable experiences my classmates and I have been looking forward to for the last 12 years won't be happening. No senior prom, no hearing the last bell ring on our last day of high school, no walking across the stage at graduation. None of them. Although I understand there is no alternative, it is sad to think that after such a great build up, the ending of my high school career will be so dismal."*

## Former League Executive Director Bies passes away at 93

Former League Executive Director Orv Bies, of Anoka, passed away on April 17. He was 93. Bies served as the League's shortest-tenured leader from 1985-88. He first joined the League in 1970 with primary responsibilities as being the director of information and publications.



He began his teaching and coaching career at Hibbing High School in 1949. From 1962-1970, he taught and coached the St. Louis Park High School boys track and field teams to state championships in 1965 and '66. He also coached six St. Louis Park individual state champions. He left to become the head track and field coach at St. Olaf College in 1968 where he served for three seasons. In joining the League, active communications and overseeing the balance of the League's programs were the hallmark of his tenure as the executive director.

"Orv was a great leader that brought a wealth of experience as a coach," former League executive director Dave Stead said.

In the fall of 1987, Bies took a medical leave of absence after becoming ill with a viral form of hepatitis, which required hospitalization. Stead, an associate director of the League, took over on an interim basis as executive director. Bies returned in Jan. 1988, but announced his retirement later that month. Stead, then, became the permanent executive director and was the longest-serving leader, retiring in 2017 after 31 years.

Bies has been inducted in the halls of fame at the League, as well as Hibbing and St. Louis Park high schools. He is survived by his wife, Dolores; son, Jim, and daughters Martha and Elizabeth, and their families. Because of pandemic-related restrictions, a memorial service will be held at a future date at Zion Lutheran Church in Anoka.

## LEAD Network launches

In April, the Minnesota State High School League launched the LEAD Network, an acronym for leadership, education, administration and development. The digital platform is presented weekly to member schools and is designed to provide an opportunity for activities directors and other administrators to connect and collaborate with League staff and other school administrators across Minnesota. The emphasis is on management and leadership programming with a focus on student connectedness.

The weekly meetings are held on Thursdays at 10:45 a.m., and are co-hosted by League associate directors Bob Madison, Craig Perry and Jody Redman.

The LEAD Network evolved as an alternative for the League to stay connected with member schools in the absence of nine scheduled Spring Area Meetings that were cancelled because of the state-mandated Stay-At-Home order.

"The first three times the LEAD Network met, there were more than 230 participants in each session," Madison said. "The opportunity to focus our conversations with member school administrators has been well received. It gives us an opportunity to collaborate collectively with state-wide representation."

### do you know?

- 1 Where is the Planetarium in Rochester located?
- 2 Iron Range high schools Cotton and Tower are no longer open. What was the nickname of each school?
- 3 Who was the first 1,000-point scorer in basketball at Cotton and the first 2,000-point scorer at Tower-Soudan?
- 4 Who is the town of Canby named after?
- 5 When did public education begin in Winona?

Answers on page 4

## NFHS news



The National Federation of State High School Associations, in partnership with the National Association for Music Education and the National Association of Music Merchants, have released recommended guidelines for handling musical instruments during the COVID-19 school shutdown period. The guidelines are designed for use by music educators and educators may use the guidelines when teaching students, parents and guardians how to clean instruments.

The link below includes information on sterilization vs. disinfection, instrument hygiene, mouthpieces, cleaning string instruments, choosing a disinfectant and more.

[www.nfhs.org/articles/covid-19-instrument-cleaning-guidelines](http://www.nfhs.org/articles/covid-19-instrument-cleaning-guidelines)

The NFHS Learning Center platform has launched a free course on the role of a public address announcers at high school sporting events.

"P.A. Announcing" shares proper practices for public address announcers and expectations of school administration. It also addresses appropriate behavior of the announcer before and during competition and the specific times during an event when an announcer

should be active. The course also covers topics such as the importance of class, professionalism and respect, and features multiple audio examples of suitable and unacceptable announcing techniques.

"This course will be a wonderful resource for p.a. announcers," said Dan Schuster, NFHS Director of Educational Services. "P.A. announcers are the voices of our events, and it is important that they have access to professional development like our coaches, administrators, parents, students and officials."

The course was developed through a partnership with the National Association of Sports Public Address Announcers (NASPAA), an organization dedicated to raising the level of professionalism, competency and consistency of public address announcers and a recognized resource for best practices.

For more information: [nfhslearn.com/courses/p-a-announcing](http://nfhslearn.com/courses/p-a-announcing)

To learn more about the NASPAA, visit: [www.naspaa.net](http://www.naspaa.net).



# Triple 'A' winners *Continued from cover page*

**Kindra Peterson**  
**Underwood High School**  
**Representing:** Region 6A  
**GPA:** 4.059



**Activities:** Band, choir, one act play, speech, debate, soccer, basketball, softball, track and field

**Spotlight:** She earned her associate degree while in high school and is a member of the Minnesota Association of Honor Societies. The valedictorian of her class, she is a regional officer in Business Professionals of America and has traveled to the organization's national competitions. Kindra has earned a superior rating during section music contests for her flute performances and was honored with a Best Female Vocalist distinction at a show choir competition. She has excelled in speech, placing second in the state tournament last year and was asked to speak at the community's Veteran's Day program. Kindra was the captain of the soccer team since her freshman season and was the team's MVP for three seasons. She is a school record holder in three categories.

**Underwood principal John Hamann:** "Wow, what a fine student and person" (she is).

**Quote:** "My involvement in athletic leadership roles has led me to become a firm believer in the importance of leading by example, rather than by opinion."

**College plans:** To pursue studies at University of Minnesota-Twin Cities or Boston University, and participate in club soccer, marching band, symphonic band and acapella choir.

**AnnaGrace Nelson**  
**Cambridge-Isanti High School**  
**Representing:** Region 7AA  
**GPA:** 4.0



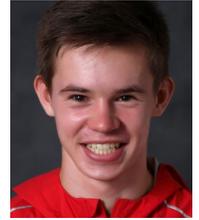
**Activities:** Band, choir, visual arts, soccer, gymnastics, track and field

**Spotlight:** Known to her teachers for her "character, work ethic, respect and humility," AnnaGrace has won multiple academic all-conference and all-state awards and is a member of the National Honor Society. She participates in the Jazz Choir where she has earned superior ratings. She sings for her church and sang the National Anthem at the League's gymnastics state meet. AnnaGrace was the two-time section champion in the balance beam. She is also a track and field captain, and has made several appearances in the track and field state meet in different events.

**Quote:** "The arts provide a way of expressing myself and are an outlet for honesty. Drawing gives me the opportunity to voice my thoughts and feelings, sparking conversation with others."

**College plans:** To pursue a biology degree at Bethel University and participate in choir, track and field.

**Oliver Paleen**  
**St. Paul Highland Park High School**  
**Representing:** Region 4AA  
**GPA:** 4.90



**Activities:** Band, robotics, cross country, Nordic Skiing, track and field.

**Spotlight:** Oliver is the top-ranked student in his graduating class of 300 while pursuing an IB diploma. He was also part of the school's math team that captured a state championship. In band, he plays a variety of clarinets and has received multiple superior ratings during contest events. He led the Scots to the cross country state meet for the first time in 40 years and helped them to a third-place finish in the team event. In 2019, he won the Class AA individual championship. In track and field, he is a three-time state meet qualifier and a school record holder in the 1,600- and 5,000-meter events. His coaches say Oliver is an outstanding teammate that is "always setting the bar with his work ethic and leadership."

**Quote:** "Today, I am of the mindset that it is near impossible to achieve anything if I do not truly believe I can do it. Having the mindset of a champion has pushed me to and set goals that may seem scary to some, but I know are attainable."

**College plans:** To pursue a degree in nuclear engineering at the University of Wisconsin-Madison, and participate in cross country, and track and field.

## quiz answers

*Questions on page 3*

1. The Planetarium is part of Rochester Mayo High School. The dome is 9.1 meters and the planetarium has 54 seats.
2. The Cotton Cardinals and the Tower-Soudan Golden Eagles
3. Larry Frye at Cotton; Mike Vesel at Tower-Soudan
4. General Edward Canby, a general in the United States Army and Civil War veteran
5. In 1853, five years prior to Minnesota's statehood. The first school had 25 students and the building was paid for by the parents of the students.

**IN THE PAST WEEKS**, 11 focus groups have met via Zoom teleconferences to view drafts of the progress of the League's technology systems and structures, in part, to provide input and feedback. These groups have included activities directors, coaches, advisors, region secretaries, media members, board members and other League partners. Attendees at these sessions have provided ideas that will further inform the work on the systems that are being built to assure that they meet the needs of a wide range of users.

Among the things that these groups saw and provided feedback and input:

- **Colors and artwork:** The website features the blue and gold colors that have been traditional MSHSL colors as well as artwork that draws out pieces of the League logo. The outline of Minnesota and the condensed MSHSL font is the featured artwork on the header of each page.
- **School pages:** These pages will provide each member school with space to share publicly a common set of school information. These include items like school facts such as school colors, songs, addresses, and social media links, a photo, schedules and results of activities and school personnel.
- **School activity page:** These pages will provide each League activity from each school a space to share information about their team. This includes photos, rosters, schedules and results.
- **Activity pages:** One activity page will be provided for each of the League's sponsored activities; these are designed to provide a "one-stop shop" for everything about the activity. These pages will feature tournament information, scores from around the state, activity administration information, news stories, and resources.
- **Dashboards:** These login areas are being developed for those that will have login access to complete work that they do with, or for, the league. While this part of the technology build will be unseen by many public users to the website, these dashboards are large in scope and vital to the work that happens within the League. Dashboards will provide tools to manage transfers and appeals, enroll member schools, provide training for coaches, register fine arts judges, and many other tasks.

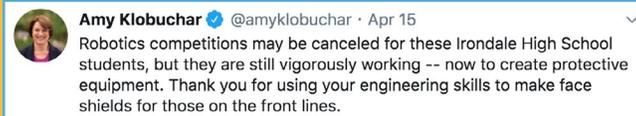
As more refinements are made in the coming weeks, drafts will be shared with a wider audience to gather additional information. It is expected that Phase 1 of the project will be available mid-summer. Phase 1 will include the public-facing website and several management tools for activities administrators. Phase 2 will include additional pages and tools and will be implemented in early winter. It is expected that the building of additional tools and functionality will follow in additional phases.



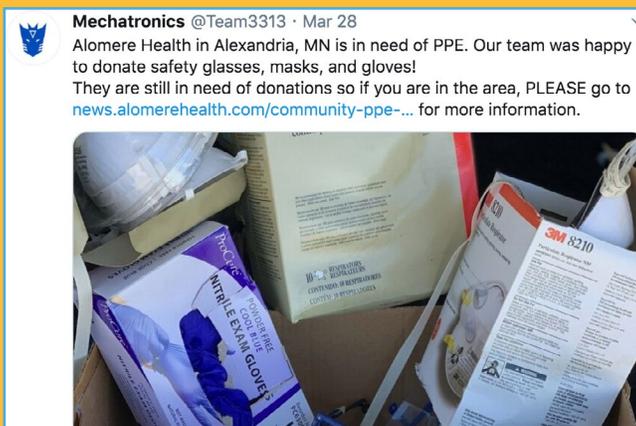
## Robotics communities inspire

*Continued from page 2*

Within days of the virus reaching Minnesota, the greater robotics community downloaded open source models for their nearly universal 3D printers. They crafted plans to make face shields combining 3D-printed visors with clear sheets. The clear plastic report covers that students would have used only a month earlier were now being used as shield plastic.



KnightKrawler Robotics of Irondale High School was one of the first to start face shield production, along with creating a website to collect orders, and helping coordinate efforts among many teams. They have already created thousands of face shields for frontline workers at numerous local hospitals, law enforcement, elderly care and other facilities. KnightKrawler has also shared thousands of clear plastic parts to other teams to assist in their PPE production. The team is on track to receive more than 10,000 face shield orders by early this month. These students, and those from other teams, are not just helping on the periphery like many of us are attempting to do. They are making life-saving equipment for those frontline workers that we are counting on to keep us safe.



With support from coaches, these high school students have used the skills they learned through their robotics experience to go beyond what anyone would have expected from teenagers in a pandemic. We will never forget the sacrifices and vast contributions that Minnesota's high school students have made during this time. They provide inspiration for all.

# Board of Directors Meeting

## Minutes Summary



February 4, 2020

Reflection, Pledge of Allegiance

### Board Actions

1. Approved the Agenda as amended: Add Action Item #9F – Formation of a Task Force to Review Bylaw III – Transfer and Residence; and Add Discussion Item #10D – Review of Bylaw 110 – Semesters Enrolled.
2. Approved the Minutes of the December 5, 2019 Board of Directors Meeting.
3. Four Representatives from Waseca High School presented a Waseca Hockey jersey honoring Officer Arik Matson, who was injured in the line of duty, to the Board of Directors. The representatives thanked the Board for their support and help in finding an alternative jersey that upheld the NFHS hockey uniform rules.

Les Zellmann, Activities Director, St. James High School, spoke in favor of the Girls Tennis Activity Advisory Proposal.

Joe Perkl, Activities Directors, Jordan High School, spoke in favor of the Girls Tennis Activity Advisory Proposal.

Scott Sundstrom, Tennis Coach, Mounds View High School, spoke in favor of the Girls Tennis Activity Advisory Proposal.

4. Board of Directors Reports and Comments were received and included The Governor's Proclamation that the week of January 27 through February 2, 2020, was Thank a Coach/Advisor Week; and looking forward to the first InSideOut Initiative with the Minnesota Vikings Professional Development on February 10, 2020 at the Minneapolis Marriott West in St. Louis Park.
5. Legislative Report was received and included the 2020 Legislative Session begins on Tuesday, February 11, 2020; an update on four bills that may affect the MSHSL; and, Senator Rosen's proposed changes to Bylaw 110 – semesters enrolled.

6. Legal Counsel's Report was received and included an update on two lawsuits.

7. The Executive Director's Report was received and included:

- Referenced the 100th Issue of the NFHS High School Today, which included articles from League Staff and a member school Activities Director;
- Assistant Director Amy Doherty, gave updates on the Debate and One-Act-Play State Tournaments and the venue change for the Girls Gymnastics State Tournament;
- Technology update including the new phone system, the website rebuild, and working with third-party vendors;
- John Hamann, Principal, Underwood High School, and former MSHSL Board President, received a Distinguished Service Award at the Winter MASSP Conference;
- Nancy Manderfeld, 6AA Region Secretary, was awarded a Special Merit Award on National Girls and Women in Sports Day for her long service as a coach, official, administrator and announcer as well as her 30 years of service in her position as MSHSL Region Secretary;
- Executive Director Erich Martens attended the NFHS Winter Meeting in Austin, Texas;
- Representatives from Twin Cities Dunkers Fund met with Minneapolis and St. Paul Activities Directors to discuss the upcoming grant application process;
- At the MSBA Winter Conference, MSHSL staff presented at multiple sessions regarding MSHSL updates; and also hosted an informational session;
- The Principals Advisory Committee met during the MASSP Winter Conference; and
- A New ADs Workshop was held at the League Office on January 29.

8. The Executive Committee Report was received and included:

- Approved additional game requests for five member schools;
- Accepted Associate Director Craig Perry's retirement effective August 8, 2020;
- Discussed how to move forward with Area Meetings;

- Information regarding the NFHS Summer Meeting;
- Approved adding staff member, Laura Mackenthun, and new board member, Matt Heier, to the Marketing and Communications Committee; and
- 6A Football will be a discussion item on the April 4, 2020 Board Meeting agenda.

Approved the Executive Committee Report as presented.

9. Denied the 6A Football Advisory Committee proposal.
10. Approved adding \$40.00 to the membership fee and the activity fee; and a \$1.00 per student enrollment fee using the MSHSL student enrollment data. The fees will be effective with the 2020-2021 school year.
11. Approved the Golf Rules and Policies as presented. The first reading of the Golf Rules and Policies was a Discussion Item at the December 5, 2019 Board of Directors Meeting.
12. Approved the Music Rules and Policies as presented. The first reading of the Music Rules and Policies was a Discussion Item at the December 5, 2019 Board of Directors Meeting.
13. Approved the Basketball Replay Policy as presented. This update will create consistency in the application of the policy.
14. Approved the formation of a Task Force to review Bylaw III – Transfer and Residence. Members of the Task Force will include families, coaches, activities directors and others. The MSHSL Board of Directors President has the authority to select members and set agendas.
15. Approved the February 4, 2020 Eligibility Committee Minutes as presented.
16. Approved the November and December 2019 Financial Statements as presented.
17. Approved suspending the Coaches Education Requirements, with the exception of the Concussion Module which will be available prior to the start date of the fall activities. The sport specific on-line rules meetings will also need to be completed. The complete Coaches Education Requirements will be available July 1, 2021.

### Discussion Items

18.
  - Erich Martens spoke regarding the upcoming MNIAAA Conference to be held March 24-26, 2020 at the Best Western Kelly Inn in St. Cloud. Last year Board Members and League Staff hosted MSHSL Listening Sessions as part of the conference. These sessions were well-received and will be a part of the conference again this year. Topics include: Rule-Making in the MSHSL; Section and State Tournament Experience: Cooperative Sponsorship of Programs: How Can the MSHSL Better Support Activities Administrators; and What is Coming Next for the MSHSL and How Do We Prepare? An email will be sent to Board Members asking which session they prefer to moderate.
  - The Co-op Ad Hoc Committee met for the third time on January 25, 2020. A Purpose Statement was drafted and the committee spoke regarding possible policy adjustments. The committee will meet again on March 10, 2020 in the League Office.
  - The Principals Advisory Committee met on January 29, 2020 at the Minneapolis Marriott City Center in conjunction with the MASSP Conference. A proposal to include the Principals Advisory Committee with the Activity Advisory Process was presented to the Board. This will be an action item at the April Board of Directors meeting.
  - Bylaw 110 – Semesters Enrolled will be reviewed by the MSHSL Board of Directors and League Staff.

*The complete official Minutes may be obtained from the League office by the designated school representative of member schools.*