



# connect

The monthly online  
news magazine of the  
Minnesota State High School League

## SNAPSHOTS: Girls Sports in MN



**Northfield's Bailey DuPay** was a standout in three sports before graduating in 2015.

In the fall, you could find her in a swimming pool where she developed into a three-time Minnesota State High School League state champion in diving. In the winter months, she

took those twists, turns and summersaults and became a dominant gymnast en route to three consecutive Class AA all-around championships. And in the spring, you could find her competing in track and field. Her prep career included more than a dozen state championships.



DuPay chose to pursue diving at the collegiate level. She attended Minnesota State (Mankato) and was an All-American and NCAA national meet qualifier. She is a school record holder in three events.

DuPay was the first gymnast to win three consecutive Class AA all-around championships.

Mahtomedi's Mindy Myhre, who will be inducted into the League's Hall of Fame in April, is the only gymnast to win four all-around titles. She was Class A crowns from 1991-94.

### Here are other three-time all-around gymnastics champions:

- Carolyn Boos, Blake, Class A, 1981-83
- Sabrina Hoover, Rogers, Class A, 2009; Class AA, 2010, 2011
- Chaney Neu, Champlin Park, Class AA, 2017-19



**Editor's Note:** On June 23, 2022, Title IX, the landmark federal civil rights law that brought equality and athletic opportunities for girls and women, will celebrate its 50th year. Throughout the 2021-22 school year, the Minnesota State High School League will celebrate the trailblazers and share their stories.

Presented by:



## Nordic Skiing bonds friendship, fuels competition of Diggins, Hart

**Editor's Note, Part II:** Before Stillwater Area High School's Jessie Diggins became a worldwide Olympic sensation in Nordic Skiing, she and St. Paul Academy's Annie Hart were two of the most dynamic competitors in Minnesota State High School League competitions. In 2010, leading up to what was expected to be a dandy duel between the friends, the St. Paul Pioneer Press previewed their final high school race and then captured the most dazzling, heart-stopping finish in Nordic Skiing. Both would become teammates on the U.S. Olympic Nordic Skiing Team **Stories and photos courtesy of the St. Paul Pioneer Press.**



### Feb. 10, 2010

Stillwater's Jessie Diggins and St. Paul Academy's Annie Hart are not expected to give each other a cold stare when they line up for Thursday's state Nordic ski meet.

Diggins and Hart are more likely to hug each other in the starting area. People looking for discord between the state's top two Nordic performers over the past three years will have to search elsewhere.

Diggins admires Hart, the defending state champion, and Hart feels the same about Diggins, who won the state title in 2007 and 2008.

"We're good friends," Diggins said. "When we compete against each other, we both know it comes down to who skis better or faster. It's not like we'll be mad at each other after a race. People think there's this huge rivalry between us. As far as I'm concerned, there is no rivalry."

Thursday's meet at Giants Ridge in Biwabik, Minn., represents the final high school battle between the two seniors. Diggins' state title streak was interrupted last year when she missed the Section 4 meet to compete in the World Junior Championships in France. The event was two weeks earlier this year in Germany, giving Diggins a chance to lead Stillwater to a four-point win over Roseville for the Section 4 title.

Diggins has an opportunity to close out her career with another state championship, but her close friend is in the way. Hart insists the outcome won't affect their friendship.

*Continued on page 3*



# Staff Reflection

## New role provides greater appreciation of League values, mission



Charlie Campbell  
Associate Director

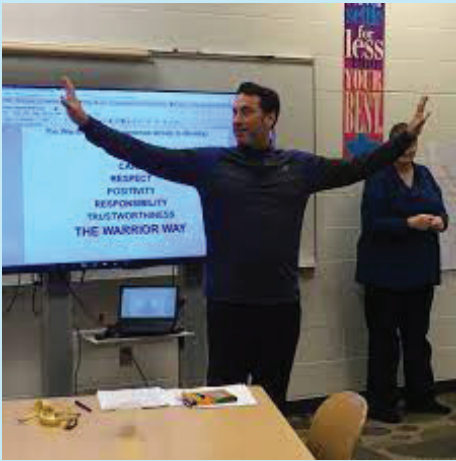
**It has been approximately six months** since I began this new administrative journey with the Minnesota State High School League. And what an incredible journey it has been as we work collaboratively with administrators, coaches and other stakeholders to provide opportunities for participation and leadership growth through activities.

Last month, I had the privilege of presenting to high school track and field coaches at the annual MN State Track Coaches Association Clinic. As I reflect on that opportunity to spend time with coaches, I find myself encouraged by their collective commitment to grow their professional knowledge and positively impact their student athletes. This is the essence of education-based activities and the mission of the League to support the growth and development of young people through interscholastic activities and athletics and fine arts programs. And I am humbled to work alongside the many extraordinary people and groups who advance this mission and elevate the educational experiences for high school students in Minnesota.

Two ways in which the League supports and advances their mission are

- Hosting state tournaments
- Providing education resources to the activity administrators and coaches of our member schools

The League hosts first-class championship events! And they have become an expectation for our member schools, communities, and fans alike. Fall tournaments this school year required League staff and our venue partners to shake off the rust and spend extra time planning and preparing as it had been two years since the last fall tournaments were held because of the pandemic. In addition, new classifications in soccer, cross country and volleyball meant expanded tournaments and new formats that had yet to be rehearsed and perfected. The number of groups and individuals committed to providing extraordinary tournament experiences for our students is staggering! Consider the following:



- The League's venue partners. We are incredibly fortunate to have facility leaders that recognize the importance of our League sponsored tournaments and prioritize our students and programming by partnering with the League to ensure successful and memorable experiences for players, coaches, tournament staff, and spectators.

- Officials. We have officials across the state that assist in the recruitment, training, and selection of the highest-quality officials for state tournament events.

- Tournament Staff. Our tournament staff, many volunteering their time or using vacation days, who are there to assist in the management and the execution of our tournaments.

Most importantly, we rely on the coaches and activity administrators in each school community to advance the mission of the League. Each day these committed professionals have the position and platform to connect with, and change the lives of, students in their schools. As League staff, we continually challenge ourselves to best train and support our coaches and activity administrators in that endeavor. At present, the League provides instruction and head coach certification for 800 coaches each year. Our instructional faculty, made entirely of athletic administrators of member schools, assists coaches in better understanding their own experiences in sports so they can be more purposeful and intentional in how they impact students in their role as coach.

In addition to the head coaches' course, League staff continue to learn how to leverage modern technology tools to educate and communicate with our member schools. For nearly two years this communication, our L.E.A.D. (Leadership, Education, Administration, Development) Network, has been focused on ever-changing pandemic guidance. Now League staff are envisioning new ways to expand the scope and reach of the LEAD Network to provide opportunities for professional development and growth for coaches and administrators alike. I envision a robust library of educational materials that can be accessed by coaches and administrators in the following areas:

- Purpose-based, education-based philosophy
- Health, Wellness, and Safety for students
- Inclusion: breaking down barriers of race, gender, and disability
- Developing student leaders
- Promoting and supporting respectful, sporting behaviors
- Examples of best practices in administration and coaching

Over the past several years, school ADs have been turning over at an alarming rate. Each year, over the past six years, a minimum of 10 percent of Minnesota schools hire a new AD. Stability is crucial for the success of any organization, including school activity and athletic departments! Constant turnover erodes culture. Important questions, benchmarks, and accountability measures fail to be articulated clearly. Consistent leadership will be able to dig into important questions that will define and develop the culture of their organization.

For example, why are we doing this work? What are our deepest held beliefs about the work we do? How are we going to define and measure success?

With the primary aim of retention of new ADs, I am committed to working with the Minnesota Interscholastic Activity Administrators Association to develop a 3-5-year professional development and support plan for new ADs. We have the tremendous opportunity and responsibility to change lives through after-school, co-curricular athletics and activities, and it is important to equip coaches and ADs to do so effectively!

A special thank you to each of you that play a role in League-sponsored activities. You are positively impacting the lives of young people!



# High school opportunities spark Diggins, Hart

## *Continued from Cover*

"Nobody goes into a race or anything hoping to finish second, but if Jessie wins, I'm OK with that," Hart said. "She's beaten me and I've beaten her in other events. It'll be a fun time out there no matter who wins."

Hart and Diggins are members of the U.S. Junior Ski team. They traveled on the same flights to and from Germany last month for the World Junior Championships. The two-week stay helped their friendship grow.

"We had such a blast in Germany," Hart said. "Jessie's a really fun person. It's nice to know someone who's an exceptional athlete and has a great personality to go with it."

Diggins and Hart last faced each other on the same course in Biwabik in the Giants Ridge Invitational on Jan. 9. Diggins defeated Hart by 9.3 seconds in the classic individual event. Both tuned up with impressive displays in their sectional meets to advance to the state competition.

Diggins posted a combined time of 30 minutes, 43 seconds in the classic 5K (16:10) and freestyle 5K (14:33). Hart dominated the Section 3 meet with a combined time of 33:34 (17:36 classic, 15:58 freestyle). Both kept regular practice schedules after their section victories, and they saw each other Friday while training at Battle Creek.

"Both girls are such exceptional skiers," Stillwater coach Kris Hansen said. "To people outside the Nordic community, there's a rivalry. To us, they're just fast skiers and great individuals."

Beyond high school, Diggins and Hart appear to be heading in different directions. Hart has a scholarship to attend Dartmouth, which has an NCAA Division I program in Nordic skiing. Diggins has been accepted at Northern Michigan, but she's unsure if she wants to go to college. She is considering training and competing full time after graduation in June.

"I know I need an education, but I'm thinking about taking the next year off from school," Diggins said. "I'm tired of missing school and playing catch-up all the time with my homework. I need a year off from the added stress."

Diggins is eyeing a possible berth on the U.S. Olympic team in 2014. Hart also has Olympic visions, but she's placing a higher priority on college.

"I love skiing, but I'm ready for the next step in my life," Hart said. "I'm not expecting a huge change in perspective for me because this is my last high school event."



### **Feb. 11, 2010**

BIWABIK, Minn. — They were neck and neck in the final kilometer in what might be remembered as the greatest and closest finish in Minnesota prep Nordic skiing history. Two champions, finishing their prep careers at Giants Ridge on Thursday afternoon in breathtaking fashion.

It was suggested that maybe close friends and competitors Jessie Diggins of Stillwater and St. Paul Academy's Annie Hart had a secret pact that they would cross the finish line together.

"That would have been sweet," Hart said.

"Crossing the line holding hands would have been kind of cool," Diggins added. "But a race is a race. You don't race so that you can skip across the finish line. You race so that you can blow your guts out."

Diggins used a powerful double pole in the final 50 meters to catch Hart and capture her third individual state championship in the past four years. Diggins had a two-race combined time of 31:28.5, just seven-

tenths of a second faster than Hart, last season's champion.

Diggins' electrifying finish also lifted the Ponies to the team championship. Stillwater won the team title for the second time in the past three seasons with 382 points, 23 more than runner-up Wayzata.

"This is such a great way to go out," Diggins said. "To win it this way, and to win a team title, is pretty much indescribable. I am super-excited about winning it as a team."

Diggins had just more than a 15-second head start for the afternoon's 5-kilometer classical race on the strength of her performance in the morning's 5K freestyle. She had a time of 15:36 in the freestyle, and Hart was second at 15:51.2.

But Diggins' lead evaporated in the first three kilometers of a tough course that is accentuated with climbs.

"I tried not to dwell too much on the deficit," Hart said. "Fifteen seconds against a great skier like her is not a piece of cake. I was skiing hard, but I didn't feel like I was making up any time. Apparently, by the screaming of fans on the course, I was catching her."

Diggins figured that out, too.

"I had people on the course cheering for me, and then almost instantly, I was hearing people cheering for Annie," Diggins said. "That told me she was close."

With less than a kilometer remaining, Hart caught Diggins and surged into a lead going down a hill. But Diggins dug deep and found another gear with less than 50 meters remaining.

"In the last 100 yards of a race, I usually have something left," Diggins said. "I just hoped I had enough room to finish this one. The last two times I've raced here, it wasn't even close. This time, it was great to race, sprint and lunge across the line. It was cool."

"If the race had finished back on that hill, it would have been a totally different story. I am primarily a chaser. I like to chase people down. Being the one chased, knowing they are coming at you, can be kind of scary."

Hart, who shared a hug with Diggins seconds after the finish, actually had the faster time in the classical with 15:38 to 15:52.5 for Diggins.

"She was just stronger and better than I was," Hart said. "I don't think by any means this was a disappointing race for either of us."

Diggins and Hart leave March 4 for the Junior Olympics in Maine.

Also scoring for Stillwater in the team championship were Nora Gilbertson, Emily Olson and Leah Ranta.

"Jessie is as tough as they come because of her athletic ability," said Stillwater coach Kris Hansen, a two-time state champion in 1985 and '86. "The girls did phenomenally. They pulled together to win this championship."



## New London-Spicer's Dreier hits grand milestone



**Longtime New London-Spicer** girls basketball coach Mike Dreier made Minnesota history on Friday, Jan. 28 when he became the first coach in the game to reach 1,000 career victories. Dreier, in his 44th season with the Wildcats, notched the milestone following a 60-36 victory over visiting Watertown-Mayer.

The victory meant Dreier, who has a 1,000-185 career record, is the second coach in Minnesota basketball history to reach the 1,000-win summit. The first was Chisholm boys basketball coach Bob McDonald, who compiled 1,012 victory in 59 seasons. McDonald reached the milestone in 2013.

Dreier, Minnesota's all-time victories leader since the 1994-95 season, notched his 500th victory in 2001 and 900th in 2018.

He has guided the Wildcats to the League's girls basketball state tournament a record 19 times since 1985. In that span, New London-Spicer has won two championships and finished as the runner-up six times.

## Webb selected NFHS Citation Award recipient



**Former Edina High School** band director Bill Webb on Jan. 27, 2022 was selected the recipient of the prestigious Citation Award for music by the National Federation of State High School Associations.

Webb was the band director for nearly 30 years before retiring in 2015. An inductee of the League's Hall of Fame in 2019, he was the director for an estimated 4,200 students in Solo and Ensemble contests from 1987-2010. The highly respected Webb was known worldwide for bringing the gift of music to his students and sharing it in other cultures. His bands performed at many local, national and international events, including performances in Singapore, Hong Kong and Beijing.

Webb, who served on the League's Board of Directors, was the founding officer and past president of the Minnesota Band Directors Association.

He will be honored on June 30 during the NFHS Summer Meeting in San Antonio, TX. Webb is also a finalist for induction in the Fine Arts category of the national hall of fame. Those selections will be announced in April.

## in the mail



*This note was sent to the League Office from a parent of a student at Math and Science Academy. It was in praise of basketball officials Mike Karnas and Lucas Berg for their work during a game at Hiawatha Collegiate High School.*

I had to email to let you know how professional your coaches and referees were in your junior varsity basketball game this evening! I am a mom from Math

and Science Academy and thought your players and organization as a whole not only were very talented, but had such grace. Your referee had all the boys tuck in their jerseys. He promoted kindness among players and genuinely showed care for every kid out there! He promoted opposing teammates helping each other up when a player had fallen. The team players had such great sportsmanship! I'm so very impressed!

Please forward the message on to the coaches, team, and the referees!

Keep up the great work! I think all the teams, including ours, have so much to learn from your example. I'm grateful to have gone to a game at your school to have witnessed such a great thing!

Sincerely,

Marcy Nolte

## do you know?

- 1 How is a winner determined in One Act Play?
- 2 Who holds the longest individual state meet record in the Class A gymnastics?
- 3 True or False: There has never been a multi-class system used in Slalom/Alpine Skiing.
- 4 Has there ever been a singular state champion in the Dance Team State Meet?
- 5 Has a girls hockey team ever gone undefeated in winning consecutive championships?

*Answers on page 5*



## Media nominations open



**Nominations for the** Minnesota State High School League's Outstanding Media Service Award are now being accepted.

This annual award recognizes a media member that has displayed excellence and commitment in their coverage of the participants, the member schools and the communities that support them. Two media members will be recognized, one in the Print Division and another in the Electronic Division.

Please send nominations and supporting information to Tim Leighton at the League Office by Friday, Feb. 11. He can be reached at [tleighton@mshsl.org](mailto:tleighton@mshsl.org)

The recipients will be announced in the March edition of Connect and honored during the Boys Basketball State Tournament on March 26.

The League thanks all members of the media for their coverage of League activities.

## Fine Arts Spotlight



### Debate:

- The Debate State Tournament was held virtually on January 14 and 15. There were 133 student participants from 38 schools, judged through multiple rounds by 65 judges. Full results can be found on the MSHSL Debate page: <https://www.mshsl.org/2022-debate-state-tournament-results-0>

### One Act Play:

- Despite many casts and crews that were affected by COVID quarantines, competing schools creatively adapted in order to participate in sub-section competitions throughout the state during the week of January 24. There were more than 30 sub-section competitions held on Saturday, January 29. The O'Shaughnessy at St. Catherine University will be the host of the One Act Play State Festival on Thursday, February 10 and Friday, February 11.

### Speech:

- We are still in need of judges for sub-section and section competition. If you are interested in what Speech judging entails, visit the Fine Arts Officials page on the MSHSL website: <https://www.mshsl.org/officials-judges/fine-arts-judges>. We thank Eagan, Princeton and Maple River high schools for hosting judging clinics in January!

- Blake Debate Coach Shane Stafford is Minnesota's representative for the 2021 NFHS Outstanding Speech, Debate and Theatre Educator Award.



Stafford began coaching high school debate in 1979 and has coached high school, middle school, and college teams at public and private, urban and rural institutions. He has coached at The Blake School for 14 years and has led the team to success and recognition at the state, regional and national levels. He has extensive service to the greater debate community, including serving as a highly regarded judge at local and international tournaments. His educational and coaching philosophy "involves the two questions we ask every novice debater at the Blake School after their first tournaments: 'Did you learn something?' and 'Did you have fun?'"

### Visual Arts:

- The MSAA Competition was held in January and winners will be honored in a virtual ceremony on Feb. 26.

The judging is divided into six panels with three judges and one facilitator for each.

The works are all submitted digitally and divided by category among the six panels with the intent of trying to make the number of submissions as fairly distributed as possible. The award levels range from Honorable Mention, Silver Key to Gold Key with approximately one-fourth of all submissions receiving awards. This year there nearly 3,000 entries. The Gold Key award winning works are all reviewed at the end of the judging and five works are elected to the American Vision Award nominees that are then submitted to National along with all of the Gold Key award winners for further consideration. The Scholastic Art Awards are a national event with Minnesota being its own region. The MSAA is co-sponsored by Art Educators of Minnesota and the University of Minnesota involving the participation of both the Regis Art Center and the Weisman Art Museum.

- Here is the link to AEM's winter edition of our electronic newsletter, the Art Exchange: [http://aem-mn.org/media/1957/winter-22\\_aem-newsletter.pdf](http://aem-mn.org/media/1957/winter-22_aem-newsletter.pdf)

## quiz answers

### Questions on Page 4

1. The Contest Manager totals the rankings of each play and awards first place to the play receiving the lowest total points.
2. A bit of a trick question. Mahtomedi's Mindy Myhre set the mark of 38.75 in the all-around in 1992. That mark was equaled in 2014 by Austin's Sela Fadness. Myhre, by the way, will be inducted into the League's Hall of Fame on April 24.
3. False. In 1939, the first Slalom champions represented two classes. Duluth Central's Herb Feddick won the Class A and Duluth Washington's Robert Munkeby won the Class B crown. It is the only state meet that two champions from different enrollment classes were honored.
4. Yes. In 1975 (Richfield), 1976 (Columbia Heights) and 1977 (Park Center), there was one team champion. The activity expanded to additional classifications thereafter.
5. No. South St. Paul came close. In 2002, the Packers won the first Class AA championship with a 28-2-0 record. The next season, South St. Paul successfully defended the big-school crown with a 31-0-0 mark.



## Meet The 2021-2022 Music Advisory Committee

Name	School	Role	Region	Contact
Tony Boldt	Kasson-Mantorville	Band	Southeast	a.boldt@komets.k12.mn.us
Eric Christenson	Shakopee	Band	Metro	echriste@shakopee.k12.mn.us
Mark Gitch	Wayzata	Orchestra	Metro	Mark.gitch@wayzataschools.org
Dale Gunderson	Grand Rapids	Band	North	dgunderson@isd318.org
Suzanne Hartwick	Proctor	Choral	Northeast	sdhartwick@proctor.k12.mn.us
Aaron Isakson	Christ's Household of Faith	Band/Orchestra	Metro	Aaron.isakson@chof.net
Amanda Kaus	Rochester Century	Band	Southeast	amkaus@rochester.k12.mn.us
Brady Krusemark	Mankato West	Band	Southwest	Bkruse1@isd77.org
Rachel Moldan	Sleepy Eye St. Mary's	Orchestra	Southwest	Mrs.moldan@sesmschool.com
Daryl Timmer	Woodbury	Choral	Metro	Daryl.timmer@gmail.com
Stephanie Trump	Robbinsdale Armstrong	Choral	Metro	Stephanie_trump@rdale.org
Jerry Upton	Duluth East	Choral	Northeast	Jerome_upton@isd709.org
Jen Wieland	Red Lake Falls	Choral	Northwest	jwieland@rlfedu.org

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# TITLE IX

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