

MY DASH - IN THE ATHLETE'S WORDS:

Will Swanda, Boys Soccer

MY DASH - IN THE ATHLETE'S WORDS:

Morgan Richter, Girls X-Country

EDINA HS ATHLETICS

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ISSUE

Fall
2018

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From the Boosters

Welcome to the debut issue of the new *Sting Locker* magazine.

This year, the Edina Athletic Booster Club is excited to launch the ***Sting Locker!*** A seasonal magazine dedicated to Edina Hornets athletics. We hope to provide insight and interesting profiles of teams, players, coaches and alumni, so readers can connect with the community and Edina High School. Welcome to our debut issue.

Who is the Edina Athletic Booster Club?

The Edina Athletic Booster Club (EABC or Boosters) is a non-profit volunteer organization that has been supporting Edina High School athletic teams for decades. The EABC organization is different than most booster clubs in that it supports all of Edina High School's 33 MSHSL sanctioned athletic programs, which includes over 1,600 athletes each year. The Boosters support the school by both volunteering time to assist with initiatives that support the athletic programs, and generating revenue through selling Booster memberships, concessions, spirit merchandise, and advertising in magazines and at sports venues. The Boosters give these funds back to Edina's High School athletic programs in order to meet budget shortfalls and maintain the same level of athletic excellence that has produced a record number of state championships and has allowed thousands of kids to have a high school athletic experience.

Continuing Long Standing Traditions

In addition to its volunteering and revenue generation, the Boosters are proud to carry on Edina's annual Athletic Traditions, including the Hall of Fame and associated banquet, the Scholar Athlete Breakfast and Homecoming festivities.

On behalf of all the Boosters, we hope you enjoy the *Sting Locker*.

Sincerely,



Dan Arom
EABC Vice President

STING LOCKER

MAGAZINE

A magazine covering Edina High School athletics programs and alumni. Published seasonally by Edina Athletic Booster Club.

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Troy Stein
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Hornet Hub

FROM THE

WITH TROY STEIN,
EHS DIRECTOR OF ACTIVITIES
ASSISTANT PRINCIPAL



Who is @EdinaHornets? If you are on Twitter and a fan of Edina sports, you probably follow @EdinaHornets. The main person behind the keyboard is the ever-present Troy Stein, EHS Director of Activities and Assistant Principal. Since his arrival in 2013, Edina has added eighteen state championships and undergone a massive facilities expansion. With oversight over 33 teams, activities such as hiring coaches to managing team budgets is an endless job. We got a chance to catch up with Troy before the school year kicked off...

Q. When did you join EHS as AD?

TS. I began my career in education as an 8th grade math teacher at South View Middle School in the fall of 1998. This is my 20th year in education! I taught 8th grade Geometry and Algebra at South View before coming to EHS for two years. I took an opportunity to teach math at Chaska High School and take on the role of head baseball coach. I eventually transitioned into the role of Assistant Principal and Activities Director at Chaska High School. The opportunity to return to Edina as the Assistant Principal and Activities Director was too good to pass up in the summer of 2013. I am now proud to begin my 6th year at EHS in the role of Assistant Principal and Director of Activities. It is my privilege to serve the students and families of Edina High School.

Q. You reshaped the department based on the theme of 'Good to Great'. What does that mean to you and how has that evolved since you started?

TS. State funding for public schools has not kept up with the expenses in a school system. The past few years athletics has been asked to reduce expenses or increase revenue. This has put our boosters in a position at times to provide the basic needs to run a program. In the best case scenario, boosters are providing for the aspects of a program that can help take us to greatness.

This community is extremely supportive of EHS athletics and activities. To accomplish great things, we must not only act, but also dream; not only plan, but also believe. The support of the Edina Athletic Booster Club allows our athletic department to survive with basic needs but also to dream.

Q. You were part of one of the largest expansions of EHS athletic facilities. What was the most exciting aspect of the planning process, and upon completion what was the most exciting thing when you first saw the completed facilities?

TS. What a thrill the past few years has been at Edina. My first head coaching meeting at Edina in the summer of 2013 I went through a SWOT (Strengths, Weaknesses, Opportunities, and Threats) Assessment with our head coaches. I learned from that assessment that our facilities needed enhancements and upgrades for the health and safety of our students. Working through the design process with all the users, from teachers to head coaches, was a special time in the planning process. But working with students on the design of the mural in the athletic lobby was the most enjoyable. They had amazing insight and thought as to what they wanted that lobby to look like for visitors to see. Then, the greatest thrill was giving tours of the athletics lobby and Activity Center. Watching the look of amazement on the face of a student, coach or parent was extremely rewarding.

Q. Many students and parents within this community are driven to pursue excellence. How do you harness this drive to create an environment that allows everyone to enjoy the high school athletic experience?

TS. This community is extremely supportive of EHS athletics and activities. Our focus at EHS is to provide an opportunity for every student to be engaged in our school. Whether our students are playing on the field, performing on stage, or competing in academic challenges, we recognize the vital importance that participation in extra-curricular and co-curricular activities plays in creating a positive high school experience. Participation in athletics, fine arts, activities, and clubs are all part of what makes Edina High School a world-class academic institution.

Q. What has been the most unexpected and rewarding thing you have experienced as AD at Edina?

TS. The amazing pride, passion, and dedication our students have in our school and their individual pursuits to continually get better.

Q. What are you most excited about for the coming year at EHS?

TS. To start, it will be great to have our students back on campus and have that energy back in the building. I can't wait to see them compete in their respective athletics and activities, but what most excites me is witnessing the support they receive from their classmates and community. It will be another great year to be a Hornet!

Q. We hear you are relocating, tell us a bit about the Hornet Hub and why you are excited for this new endeavor?

TS. The Activities Office will be relocated to the Hornet Hub School Store this year. We will manage the school store so that all students and families will have the opportunity to visit throughout the school day and selected evenings. EHS is looking forward to providing a new school store experience!

EHS is also excited to announce a partnership with Nike this school year. In addition, all Edina student leaders will be able to design and set up apparel through the Hornet Hub (EHS school store) for their Activities & Fine Arts, Clubs, and Athletic teams to purchase at a 40% discount. Come visit us in the Hornet Hub to ask any questions!

Q. When you aren't at EHS or EHS events, how do you spend your free time?

TS. Spending time with my family. I have an amazing wife who is so supportive of my crazy schedule. We have four wonderful children, Noelle (10), Tessa (7), Penelope (5) and Sawyer (2), who keep us extremely busy! ■

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Coaches Corner

Five questions with two Edina coaches.

COACH JAMIE KIRKPATRICK EDINA BOYS X-COUNTRY

Q. What does training during the off season look like?

JK. Like most sports, it depends a lot on the individual. It has a lot to do with the dedication level of the student athlete and what their other demands are, whether they be athletic or other interests. So, we have kids that train (run) daily year round and some that show up every year without having done any organized running since the previous cross country season.

Q. Do you get repetition injuries like some other sports?

JK. Absolutely – injuries are part of sports. We focus on reducing injury risk and making sure we properly address anything that does come up. We have been incredibly fortunate to be able to partner with Steve Tschida (our head trainer at EHS) since I started coaching in 2002. He does an amazing job of helping our kids return to running as fast as can safely be done. He also does a great job of educating our coaches and athletes about how to minimize injury risk without having to sacrifice the training we need to do to be successful.

Q. How many kids are in the program?

JK. There are about 140 seventh through twelfth grade boys in our program. So most years we have about 60 middle schoolers and 80 high schoolers participate.

Q. How does the upcoming season look? Wayzata continuing to dominate?

JK. The team is looking very strong. The kids have had a great summer and came in excited. We are ranked 2nd in the Minnesota pre-season poll. Wayzata is ranked #1, but I don't expect them to be as dominant as last fall. We will see where we stack up against them on the last Saturday in September at the Roy Griak Invitational.

Q. What got you interested in coaching? How come you picked to coach in Edina?

JK. I was always interested in how training was designed as a high school and college runner - it was a natural path to coaching for me. And I didn't exactly "pick" Edina, if I am being honest. I am a Minnetonka grad and coached two years there. I took a year away from coaching and applied for the head job there when it opened in 2002, but they selected another coach. I knew the AD at Minnetonka pretty well and he recommended me for the job at Edina that was also open. With the benefit of hindsight, I could not be happier with how that worked out! ■

COACH JEFF MACE EDINA GIRLS SWIM & DIVE

Q. How do you continue to build strong teams year after year?

JM. My assistant coaches, Traci Bergo, Mellanie Pusateri, Greg Pokorski and diving coach John Dailey are outstanding coaches. Traci and Mellanie are past head coaches of the Edina Girls Swim and Dive program. We all work together with the kids. We all just enjoy coming to the pool each day, and I think the girls really see that.

Q. Who should we be watching this year?

JM. There's a lot of them! Claudia Chang, Brecken Merkel, Katie Murphy, Emma Berdelman, Nora Clarkowski, Natalie Swanson, Megan Phillip, Jozie Meitz, Karsten Swanson, Sophie Curran, and Carolyn Sundal all participated in the State Championship last year.

Megan is the two time state champ in diving so she is definitely somebody to watch this year.

We have some other girls that we are hoping will have a break through seasons, and will really help us out at the end of the year, including Ali Burns, Elena Elie, Lily Gremmels, Addie McCuskey, Chloe Swanson, Lilly Murphy, Carolyn Westholder, and Maya Steen. And Who knows, maybe we will have a surprise out of our 8th or 9th grade classes.

Q. How do you prepare kids for meets mentally?

JM. To be honest the girls train so hard during practice that we actually try to tone down the meets a bit. They are prepared through their practice, they sometimes put too much pressure on themselves....we just tell them to have fun at the meets, cheer for teammates, be enthusiastic about your teammates and efforts and your own personal performance will be there.

Q. How do you keep the girls focused and aware that they need to win this for themselves – past and reputation can't do it for them?

JM. Each year is a new year. We are never "defending" state champions. We do not "defend". We don't use that word. Each year is a new year, a new team, seniors have graduated, new kids are on the team, etc.

Q. How do you continue to build strong teams year after year?

JM. The truth of the matter is that the girls are not here to win championships, they are here to be with their friends. The swimmers love to swim, and the divers love to dive. That is why they are here. Trying to excel at their sport with their friends gives them joy.

The girls swim and dive in the off-season. They know that what they do in the 38 week off-season is probably more important to their success in the 14 week High School season than the High School season itself. We talk about that aspect of our sport each year. Our area swim clubs are very impressive! Those coaches do a tremendous job with all the athletes. ■

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Will Swanda

By: Will Swanda

In my life, soccer has been a continual gift that keeps on giving; a gift that brings new challenges, new successes, and a community with whom I can enjoy the sport I love. As I get older, I continue to grow in how much I enjoy soccer as well as in my knowledge of the game. This can be attributed to the different coaches I've had and teammates I've played with.

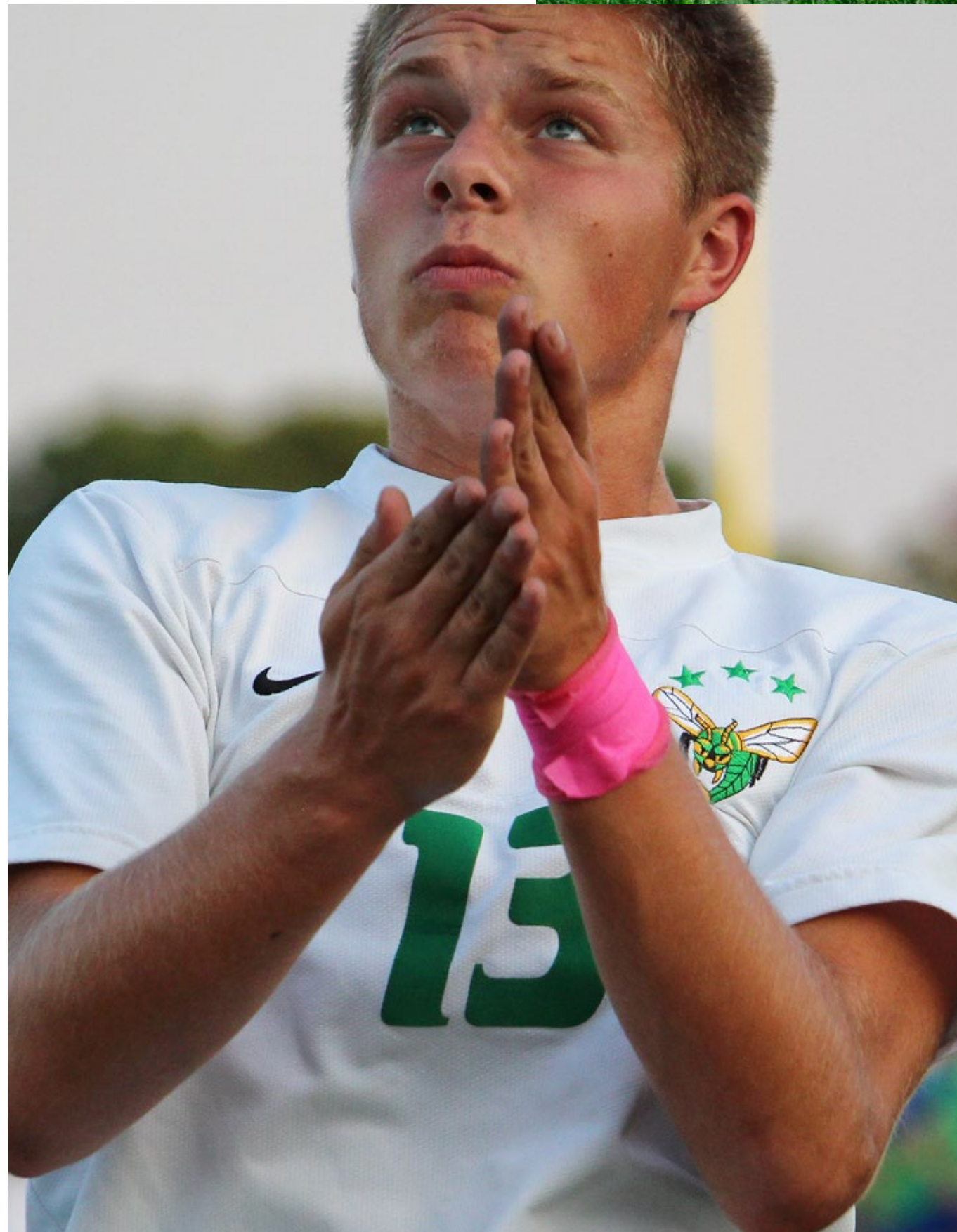
A moment when I knew how much I loved "the beautiful game" was my first varsity start for Edina. It was our third game of the 2017 season, and we were gearing up to play Prior Lake. We were both top five ranked teams, and this was also my first game back from injury (I had 18 stitches above my eye after a head-to-head collision). I was incredibly nervous since

I was only a sophomore, and the position I play is a last-man style defender. To add to my nerves, about an hour before we took the field, I learned that our opponents had an attacker who was a D1 commit to Ohio State. I had never played against boys in the senior class, let alone college recruits. Once the game began, all I needed was a few touches on the ball, and I was at ease. Our defensive line completely took the Ohio State recruit out of the game and set the tone for the rest of our season.

My role on our soccer team is different this year. As a captain, I've found that in order to lead in an encouraging way that benefits others, I need to surround myself with others who lead this way as well. I have benefited from incredible coaches and wonderful teammates who have supported and encouraged me in soccer and in life. I am also inspired to lead like my dad and my grandpa, both of whom have demonstrated leadership through their compassion and empathy for others as well as to be selfless on the field. With my grandpa's recent passing, I aspire to honor him on and off the field and to play my sport the way he taught me, for others.

Overall, I keep playing soccer because of how much fun the game is, and because of the incredible friends I have made along the way. There are some friendships I have that are only because of soccer; I would have never spoken to or even met some of the most important people in my life if not for the game. I owe plenty to this sport, as it has given me so much. ■

I am also inspired to lead like my dad and my grandpa.



I aspire to honor him on and off the field and to play my sport the way he taught me, for others.

By:
Morgan
Richter

*You learn more from
fighting through problems
than never having them
in the first place.*

MORGAN RICHTER

► *"It's all about the process," at least, that is what our cross country coach, Coach Matt as we call him, always says. I use to laugh internally whenever "the process" was talked about, believing that focusing on the process was an excuse to not take responsibility for poor race results. However, when a surprise injury (aren't they all surprises, though) left me unable to race and train at my potential, I was forced to embrace the idea that you learn more from fighting through problems than never having them in the first place.*

I had never been an injury prone person. I was always the person that could run mile after mile without even an ache. However, after some poor choices during my freshman track season left me with three stress fractures and a pair of crutches, I was forced off the track and into a different kind of training cross country season. Doing too much too quickly, my fractures never healed completely, putting me back in a boot for the first three weeks of the cross country season.

While I was in a boot, a teammate, Maria, suffered a stress fracture as well, sidelining two of our varsity runners. At the Roy Griak Invitational, one of the largest cross country meets in the nation, the combination of two injured runners and a DNF on an unusually hot day put our team in eighth place, far behind where we needed to be to compete at state and nationals. With a month until sections, the defeat was frustrating. Everybody on the team began to doubt if our ambitious preseason goals, defending our state championship and qualifying for nationals again, were going to happen. We had gone from being the favorites to win state - to struggling even to qualify.

I was finally able to compete again and my first race back was the Lake Conference meet. And boy did I run poorly. As a matter of fact, I ran the worst race of my life. I knew that despite my best efforts, I was unable to handle the necessary training and was too far from my individual goals for them to become a reality that year, which was frustrating since they had been major motivators for me the entire season. But then I remembered our team goals. The state title we had to defend.

Everybody was nervous, knowing that there was a 50-50 chance of us qualifying...or not qualifying.

The top ten finish at nationals. I knew I would not be performing at my best the rest of the season, but I also knew I owed it to my incredible teammates to work hard and do my best, regardless of the outcome. We were a team – and that’s what mattered most.

The section meet was stressful. Everybody was nervous, knowing that there was a 50-50 chance of us qualifying...or not qualifying. I had a solid race, finishing third on our team. Then we discovered that Maria, who was in her first race back, did not finish because her foot began to hurt. But then another teammate, Maddy, had a big race, finishing fifth on our team. When the scores were tallied, we finished second as a team and qualified for state.

The following week at state I had a bad race. However, Maria had a great race, making all-state despite her performance the previous week. Emily, our top runner, had an exceptional race, finishing fourth overall. Sadie had a spectacular race as well, finishing thirteenth. Macy stepped up, too, also having had a good race, garnering us a runner up team finish. Teamwork displayed at it’s finest that day as it really took us all.

We went to Nike regionals, and truly, everyone stepped up with all five of our non-injured runners setting personal bests, earning us a second place finish and a ticket to nationals. After the race, everyone broke into tears. The whole year we had been dreaming about state and nationals, and we actually did it! Despite all the injuries and setbacks, we had achieved our goals.

Personally, I believe these setbacks helped us come together as a team. We were united by our universal desire to be successful, and our struggle to make it happen. Those bonds we formed made us willing to dig a little deeper and step up when others were having a rough day. Had the setbacks during the season not united us as a team, we might have been watching state and nationals from the sidelines. I feel honored to have contributed what I could, even if it was not my best, to a team that overcame numerous setbacks to have a successful season – not only because of the things we accomplished, but because we did not give up and continued to put out best foot forward every day, no matter how uncertain it was that we would accomplish our goals. ■



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**EDINA GIRLS SOCCER
TAKES ON 2018
SEASON AS...**

"ONES TO WATCH"

by Ashley Swanda

photography Linhoff Photography

It all started with a couple tweets: “Attention coaches’ poll: Edina is for real!” and “Who’d have thought Edina would become a ‘soccer school’” (MN Girls Soccer). Almost overnight the 2017 Edina Girls Soccer Varsity team had made it onto the radar as a viable threat to win the conference. The girls finished the season with a trip to the State Tournament for the first time since 2009, a new goalie shut-out record, four All-State players and seven All-Conference players. “To say it was exciting would be an understatement,” said Varsity head coach Katie Aafedt. Making it to the State Tournament was a long-time goal for Aafedt, and something she’s hoping to accomplish repeatedly in the near future.

Aafedt took over as head coach in 2013 after several years as the assistant coach. That year they graduated 10 seniors, and the rebuilding began. Through consistency, hard work and setting team goals, the program has slowly gained momentum, confidence and notoriety. Every year there are a handful of superstars, but it’s the depth of the team and the “team” mentality and chemistry that helps Edina rise to the top year after year. Aafedt preaches “We win as a team, and lose as a team” throughout the season, ensuring that every player knows their contribution matters. Team records speak for themselves starting with 6-7-3 in 2014 and finishing with an impressive 10-1-5 in 2017. “You could feel the excitement in the air at every game,” said Aafedt. “As it became more and more clear that we had the potential to go to state, the

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SO HOW WILL AAFEDT ACHIEVE HER GOAL OF GOING FURTHER THAN THEY DID LAST YEAR?

stands began filling up, press began taking notice and the team got really pumped.”

As they enter the 2018 season there are high hopes for Aafedt and her team. With more and more people buying in to soccer, the talent and depth that arrives in the program each year is astounding. Strong club programs such as Edina Soccer Club provide year-round training for girls, so their skills are strong and their ability to play together has been honed and perfected. “Every year I’m more and more pleased with what I see,” said Aafedt. “We have amazing training facilities, incredibly supportive administration and parents and kids with big goals and dreams. It’s a perfect combination.”

So how will Aafedt achieve her goal of going further than they did last year? By remembering that it’s not always all about wins and losses, and infusing fun into as much as they can. “Team always comes first,” Aafedt strongly stated. When the girls get

tired or worn down, they’ll leave the ball at the field and do some team bonding. Last year they did an Escape Room, dress up theme practices, fitness training at ALTR and, of course, potlucks. This year they will do the same off the field but are prepared on the field as well. Aafedt and assistant coach, Kelsey Hans, are prepared for the challenge. They know the key to success is to keep soccer fun while maintaining high expectations. They’ll enter the season with several different line-up options with the goal of being versatile and flexible. “If something isn’t working quite right, we’ll change things up,” Aafedt confidently proclaims. “We need to keep it fun, fresh and all about the team.”

The future is exciting for the Edina Girls Soccer program. As soccer gains momentum throughout the United States, it is clearly rising to the top in Edina as well. Tryout numbers were high and talent is strong. This program is going to be one to keep an eye on in 2018 and years to come. ■



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Image courtesy of Bodega Ltd.

SWIMMER

TURN

BOOSTER

IN HER HOMETOWN

By:
Jon Sherman

While growing up in Edina, Lyn (Tierney) Gustafson realized she was fortunate to have exceptional support systems, both at home and in school.

As the result of her success with the Edina High girls swimming team, she earned an athletic scholarship at the University of Southern California (USC). She was so grateful for the opportunity that, now as a parent in the community, she is willing to do everything she can to give Edina youth the same opportunities she had in high school.

“Because of the high standards and values Edina upholds, I was very prepared for college, academically and also in my sport,” Gustafson said recently. “Like many others, I chose to volunteer to give back.”

For three years, Gustafson served as President of the Edina Lacrosse Association. She was also on the Edina Football Association Board for three years. And, of course, she joined the Edina Athletic Boosters, and has become a member of the board. One project she worked on was the Braemar Dome, which serves the needs of Edina athletes in many different sports.

“When I joined the Edina Football Board, I was the only female,” Gustafson said. She brought a different perspective to the organization.

As a member of the Edina Athletic Booster Board, she has developed both an understanding and an appreciation for the needs of all sports teams in her hometown.

“When you’re exposed to all of the sports, you learn what the barriers are and what each program needs,” she said. “The best thing about the Edina Athletic Boosters is the way we add value to high school sports.”

The support in many cases is monetary, but support also comes through attendance at games and contests and moral support for Edina coaches and athletes.

Gustafson enjoys following the progress of all Hornet sports teams. Her son Ben, now a student at the University of Virginia, was one of the leading scorers for the lacrosse team and also wrestled.

“Ben started out as the 106-pound wrestler,” said Gustafson. “Now he weighs 170 pounds.”

As Ben grew in size, he also grew as an all-around athlete.

Following in his footsteps is his brother, Charlie, a sophomore lacrosse player for Edina.

Even before she entered high school, Lyn (Tierney) Gustafson had such a passion for swimming that she gave up other sports.

“When I turned 11, I started swimming year-round,” she said. While she spent all of her athletic time in the pool, the future Edina Booster had academics and other activities to keep her occupied.

“I was on the student council and the yearbook,” she said. “And I was Editor-in-Chief of the school newspaper.”

Her swimming career at Edina was one of the best in school history. She helped the Hornets win three state team titles (1983-

85) and she was a two-time state individual champion in the 100-yard breaststroke.

“In college I swam the 100- and 200-yard breaststrokes and the individual medley,” Gustafson said. “When I took my recruiting visit to USC, it was over. I knew that was the place I wanted to go to college.”

Gustafson said she keeps in touch with other Edina swimmers from her era. Twin sisters Sara and

Tara Bergman remain her best friends. She also counts Edina Athletic Hall of Fame swimmers Lori Heisick and Claudia (Viera) Westholder among her friends.

Gustafson said she would never forget the positive influence former Edina girls swimming coach Ann Anklam had on her career.

“Ann was a mentor,” she noted. “She made us want to work hard for her.”

Through the endless training laps the Hornets did throughout the season, they wanted to please their coach, Gustafson explained. The payoff was climbing onto the victory stand at the end of the season.

In addition to being a mom and an Athletic Booster, Gustafson has worked in the marketing department at Medtronic for the last eight years. Her husband Eric is originally from Duluth, but when the couple weighed the options for raising their sons, the choice where they wanted to live was clear: Edina!

“I love the Edina tradition,” Gustafson said. “When I walk into Edina High School for a pep fest, a coronation or a game, I have the same feeling I had when I was a student here.” ■

As the result of her success with the Edina High girls swimming team, she earned an athletic scholarship at the University of Southern California (USC).

Lyn (Tierney) Gustafson, Edina H.S. and University of Southern California (USC) alumnus.



Game On...

Setting

If you need to find seniors Christine Graf and Ella Haugen, they'll be on the volleyball court. Their passion, drive and love for the sport is undeniable and contagious. But both girls have big dreams for their final season as Hornets – a state championship. They believe this close-knit team can accomplish something no other Edina squad has done. But to get there they'll need to work hard, play hard and bump, set and spike their way through the season. Fortunately, both girls know it will also take a healthy dose of laughter, fun and food to get there as well!

Dreams High

Christine Graf fell in love with volleyball while watching her sister play, which is why she is one of Christine's greatest influences. "My sister taught me what it took to pursue my dreams by being mentally tough while keeping things fun." Graf's sister helped her tremendously during the recruiting process that landed Christine a Division 1 commitment to California Baptist University next fall. "I am beyond excited and so grateful that I get to continue playing volleyball in college," said Graf. But Graf's goals aren't saved only for college, she has big goals for the Hornets this year, and knows that this "close team with indisputable chemistry" can pull off anything. Ella Haugen played lots of

sports growing up, but settled on volleyball because it was the most fun. Her greatest volleyball influence is her cousin, Mara. "My cousin Mara played volleyball for the University of Iowa. I loved watching her play in high school and college from a young age and this really inspired me. I wanted to be just like her. She's a setter like me so she still gives me tips and cheers me on today." Haugen's favorite memory of playing sports in Edina is, "just the amount of support I've had from coaches, teammates, and family throughout the years. Edina is definitely a great place to be an athlete." Haugen also plans to continue her volleyball career in college by committing to Bowdoin College. "It has been my biggest dream to play volleyball in college for as long as I can remember, and I couldn't be happier with my decision."

Both girls are grateful for the opportunities volleyball has given them outside of high school such as traveling all over the United States and

By:
Dan Arom &
Ashley Swanda

Photography:
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Photography

The Hornets have a new coach this year, Coach Nelson, and both Graf and Haugen believe he will have a big impact on their program.

even Amsterdam. Volleyball has introduced them to their best friends and given them opportunities they otherwise wouldn't have had. That's one of the reasons they are so excited to accomplish some big goals this season. The Hornets have a new coach this year, Coach Nelson, and both Graf and Haugen believe he will have a big impact on their program. They are excited to play their last year with a team that has similar goals, and go as far into post-season play as possible. So far, Graf says her favorite Edina sports memory was, "beating SLP in a 5-set match during the section quarter finals." Haugen is ready to tackle the season as well and believes the team has what it takes to go far this year. "We're very close from playing together for so long, and we're an experienced team, with 7 seniors and 3 juniors. I think that all of that will really give us an edge in both conference play and post-season play."

The Hornets look to improve on their season with several strong players at the helm. Haugen knows that this team is

special. "I'd say that our team has a good balance of working hard and focusing when we need to. But also having fun and goofing around. We have many different personalities on our team but we all work well together and strive for success."

A new coach, strong seniors and a close-knit team that knows when to work and when to have fun - sounds like a winning team. ■

A few more questions with Christine Graf and Ella Haugen

Q. Knowing what you know today, what is one piece of advice you would pass along to yourself as a 12-year-old athlete?

CG. Don't compare yourself to others so much, be your own biggest competition.

EH. Follow your heart when making big decisions. Also, savor every moment you have on the court because time goes by faster than you think.

Q: If you had a chance to trade spots for a season with another athlete in Edina in a different sport (boys or girls), who would it be and why?

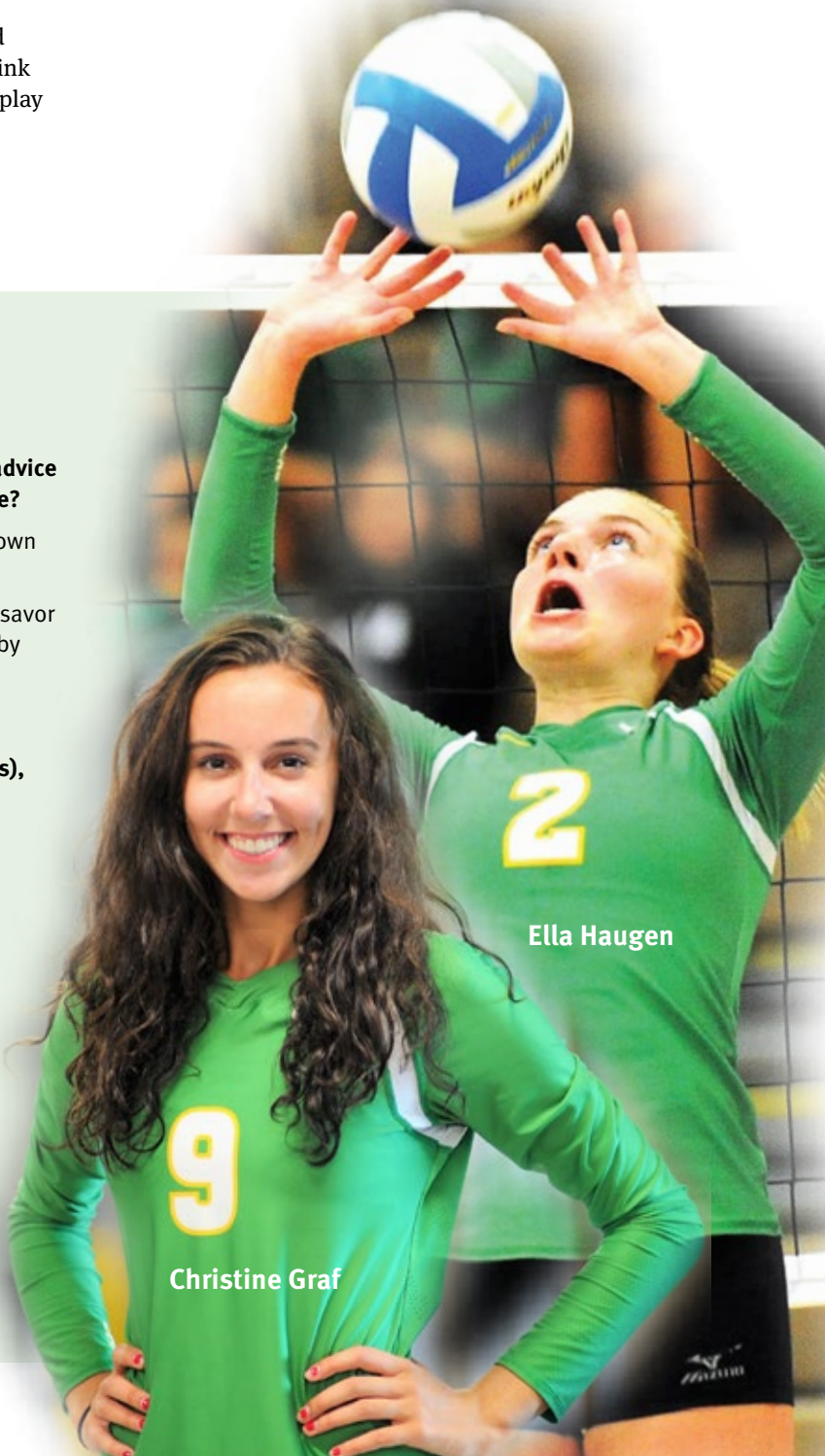
CG. Macy Nilsen, because I love to play basketball.

EH. Definitely a soccer player. I played soccer for 10 years but had to choose between it and volleyball because they are both Fall sports. Soccer will always have a special place in my heart and it would be amazing to be able to get on the field again.

Q: If you could have dinner with one person alive or dead, who would it be?

CG. My great grandmother.

EH. I'm probably supposed to say a celebrity or something, but right now all that comes to mind are my teammates from past seasons that are now playing in college that I haven't seen in years. I'd love to sit down and catch up with any of them.



Ella Haugen

Christine Graf

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Unexpected?

Nicole Copeland's unexpected run to State Singles Champion and 2017 Metro Tennis Player of the Year was a recipe of dedication, training, balance between family, school, and tennis, and of course, having fun.

“You can’t cheat the grind, it knows how much you have invested, it won’t give you anything you haven’t worked for.”

– Anonymous

Nicole Copeland’s unexpected run to State Singles Champion and 2017 Metro Tennis Player of the Year was a recipe of dedication, training, balance between family, school, and tennis, and of course, having fun.

As a member of the winningest tennis program in the state, the traditions and standards are high, and the upperclassmen set the tone and mentor the younger players. Edina’s depth always plays a role when it comes to opportunities. When Nicole made

the team as a seventh grader, Coach Paulson thought it would be best to play her at #1 doubles. This lasted until the 9th grade season when she made the transition to singles. After showing good development in her singles game, but failing to make the 2016 state tournament in singles, Nicole set goals and mapped a plan that eventually would lead to a state championship run for her and her team. In 2017, she became Edina’s 10th Individual State Champion and was a member of the 35th state championship team.

As Nicole looks towards repeating as team state champs and singles champion, we asked her about her road to tennis greatness and what advice she would give to her younger self. “You have to keep it fun. Don’t continue playing if you’re not having a good time.” In her younger years, she played tennis, volleyball, soccer, basketball and hockey, and her favorite activity now outside of tennis is to play golf with her dad and brother. In the spirit of keeping things fun, Nicole’s first tennis coach at Lifetime Fitness, Pat Klett, was and still is an influential part of her success, “he was my first coach ever, and I admired the way he made the game fun, while also creating the foundation I have today.”

We asked her parents, Rob and Jen about Nicole’s development and interest in tennis, “it took a long time for her passion for the game to develop, she didn’t like to compete much growing up so we were always making sure she was having fun and not pushing too hard. Not until a couple of years ago did Nicole take ownership of her tennis and the passion really took off.” Obviously to compete at this high of level there are also intangibles that often separate individuals, according to her parents, “She is a very hard worker and is pretty much doing something every day to get better. She is self-motivated these days, and is organizing her hitting and workout sessions.”

This season, the goals remain the same for Nicole and the team. Their depth is often times unmatched throughout the state, but the reality for the team is that there is a target on them each match. The pressure to maintain the standard of excellence that Edina teams has set in the past is often greater than the match at hand. The Hornets christen their new home courts at Creek Valley this Fall and with the defending state singles champion and great depth, look for them to be there again in the end competing for state title 36. ■

Two final questions for Nicole:

Q. If you could have dinner with one person alive or dead, who would it be and why?

NC. I would choose Ellen Degeneres because it would be interesting to talk to her and she would make me laugh.

Q. How many games in a set would your mom and dad be able to take from you if you played them?

NC. Mom = 0, Dad = 2



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THIS BIG GUY CAN DANCE

The most recruited high school football player in the state over the past two years, receiving 33 Division 1 offers from all the top football schools.

It is a familiar sight, the Carroll family postgame hug has been a staple at EHS football games for the last twelve seasons. This year the last Carroll family football player, Quinn Carroll, graduates. Quinn's story is widely known. He was the most recruited high school football player in the state over the past two years, receiving 33 Division 1 offers from all the top football schools. Since his first offer from Iowa State as a Sophomore, mail piled up at a rate of about 100 letters per day, and his college visits took him to a lot of great schools. We got a chance to interview Quinn and ask him a few questions about family, football, free time, and high school life.

Growing up as the youngest of five boys and son of a former NFL player,

Quinn has been blessed with excellent genes, but that is only part of the equation. According to Quinn, his brothers pushed him to become a better player everyday. Genetics aside, playing at a high level Power Five football program is not for everyone. The dream started to take shape after Quinn attended the University of Minnesota Big Man Camp. At that point he saw he had the potential to play at the next level. The long road culminated with Quinn's decision to attend Notre Dame. When asked what is he looking forward to at Notre Dame he quickly answered, "to be able to work everyday on and off the field, and to one day play for the team I've been dreaming to play for."

The Hornets have a long history of excellence on the football field. With



By: Dan Arom



OUR THREE FINAL QUESTIONS FOR QUINN:

Q. If you could have dinner with one person alive or dead, who would it be and why?

QC. Chris Farley, he has been my favorite comedian for as long as I can remember.

Q. If you had a chance to trade spots for a season with another athlete in Edina in a different sport (boys or girls), who would it be?

QC. Jake Boltmann

Q. Knowing what you know today, what is one piece of advice you would pass along to yourself as a 12-year-old athlete?

QC. Never give up! There might be times where you're confused or you have a bad game, but always believe in yourself and put trust in God's hands that he will lead you where you're meant to be.

six state championships in the record books, the Hornets always have state championship aspirations. Last season, they reached the state tournament for the third time since they implemented the playoff format. To get there, they had to beat a tough Centennial team on the road in a bitterly cold, late October snowstorm. When asked his favorite memory playing for Edina, Quinn described this game as an "unreal feeling with some of my best friends in the downpour of snow."

Off the field, Quinn's love for Johnny Cash and hidden talent converge. As a member of Edina's Concert Choir, he loves to show others he has quite a voice, and that he "may be a big man but I can move a little bit." He appreciates the similarities between football and performing, as both require a lot of practice.

We hope that the 2018 Hornets can match or surpass the success of last year's team. The Hornets play one of the toughest schedules in the state, so each week will be a new challenge. ■

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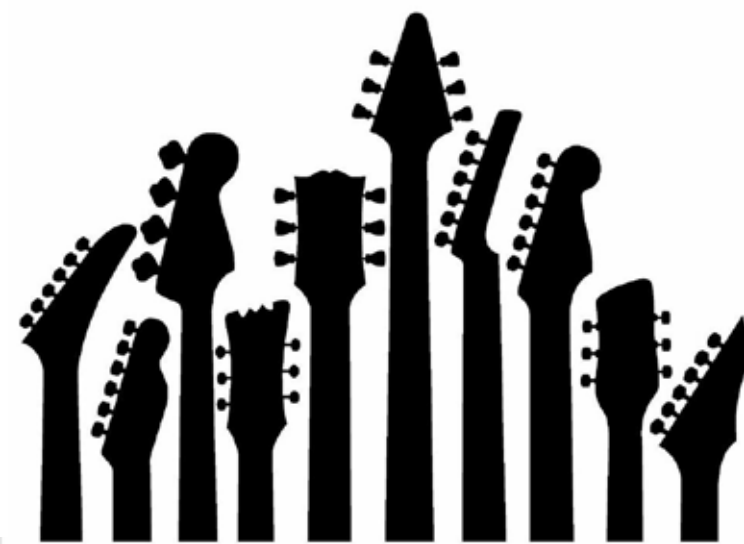


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Brian & Sara Aslesen
Andy & Kim Behm
Mugs & Scott Berdelman
Michael & Roxanne Bernstein
Scott & Lindsay Beuning
Pete & Tiffany Bills
Steve & Jean Bonneville
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Amy & Rob Carson
Cameon & Jeff Carver
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Kelly Cyskiewicz & Brian Warpinski
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DeeDee Drays
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Tonja & Greg Engen
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Ken & Christy Hanson
Mark & Deb Hanson
Tim & Kristi Healy
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Phil Holm & Kathleen Mulrooney
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Britta Hovey
Steve & Shelly Howe
John & Stephanie Hultman

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Betsy & Steve Kloiber
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Kristin Love
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Amy & Tony McAllister
Sandy & Joe McGurran
Lori & Jack Mertes
Rhondi & Mike Miller
Sara & William Mize
Chris & Kristin Moquist
Jim & JoAnn Nasby
Marcus Niles
Dan & Jaime Norling
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Kris Paul & Dan Goldblatt
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Stephanie Porter
The Powers Family
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Christopher & Kristin Quinby
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Pat Ridgely MD

& Sharon Braxtan Harrington
Paul Rondestvedt
Chris Scribner
Peter & Stacy Seng
Kevin & Michelle Swanson
Susan Swigart & Mike Hudson
Carolyn & Jim Tabor
Dean & Dena Tortorelis
Greg & Stefanie Trebil
Todd & Jayne Tuttle
Marc & Lisa Ungerman
Mary Kay & Ted Hoffman
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Linda & Phil Wandrei
Georgia Wang
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The Woolner Family
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4-Year Full Ride

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Josie Al-Najim
David Arndt
Savanna Atol
Weston Balfany
Arian Behshid
Elizabeth Berube
John Berube
Uma Bahti
Jeff Bisson
Jessica Brenner
Holly Brinkman
Eileen Campbell
Clarkowski, Sophie
Mia Coma
Lewis Crosby

Emily Crosby Lehmann
Jake Cross
deVerdier, Karin
Bella Dickson
Chester Dixon
Sydney Doran
Mason Dorgan
Johana Engrstrom
Emily Fan
Farah, Fadumo
Katie Froemming
Rohan Gholkar
Ben Gustafson
Jhamese Harvey
Luke Hauritz
Joe Hellickson
Kate Higgins
Matthew Holderness
Katherine Hulbert
Dominick Ingram
Henry Jackson
Nick James
Olivia Janovy Meyer
Addie Jung
Ali Kaju
Demetrios Koumontzis
Anne Kratz
Emily Kratz
Mac Lamont
Adrian Lampron
Samira Lauer
Madeline Lawler
Michael Lin
Jack Linton
Ngawang Lobsang
Ava Lusty
JJ Martinez
Alison May
Kelly McCarthy
Katie Mendel
Anand Mittal
Jack Nasby
Emma Nicholson
Mattias Oddsson
Preston Olson
Molly Paulison
Joey Puckett
Sidharth Ramesh
Chris Reichling
Anonymous
Sara Sabri
Margaux Seiler
Sexton, Sophia
Evan Shoemaker
Josie Shuster
Connor Silva
Mary-Kate Sipes
Connor Smith
Megan Smith
Jack Strouts
Hayley Trebil
Landon Tselepis
Juan Uribe
Izzy Valdavia
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Fall Sports

Adaptive Soccer (ci)

91*, 00

Cross Country - Girls

15

Football

57*, 65*, 66*, 69*, 71*, 78W

Gymnastics, Boys

82, 84, 90*

Soccer – Boys

99, 00, 01

Soccer-Girls

86

Swimming & Diving-Girls

84, 86, 87, 88, 92, 99, 00, 01,
03, 04, 10, 11, 12, 16, 17

Tennis – Girls

78E, 79E, 80E, 81, 82, 83, 84,
85, 86, 87, 88, 89, 90, 91, 92,
97, 98, 99, 00, 01, 02, 03, 04,
05, 06, 07, 08, 09, 10, 11, 12,
13, 14, 15, 17

Winter Sports

Adaptive Floor Hockey

94, 95

Basketball – Boys

66, 67, 68

Basketball – Girls

88

Competition Cheer

07*, 09*, 10*, 18

Gymnastics – Girls

79W, 80E, 81W, 85

Hockey – Boys

69, 71, 74E, 78E, 79E, 82, 84,
88, 97, 10, 13, 14

Hockey – Girls

17, 18

Alpine Skiing – Boys

67, 79W, 80W, 82, 99, 02, 15,
16

Alpine Skiing – Girls

91, 97, 98, 99, 01, 02, 04, 05,
09

Nordic Skiing – Boys

81W, 88

Swimming & Diving – Boys

65, 67, 68, 84, 86, 87, 04, 08,
09, 10

Spring Sports

Baseball

68, 83

Golf –Boys

54, 70, 73W, 77W, 78W, 87, 14

Golf – Girls

83, 84, 88, 93, 94, 95, 97, 13,
15, 16, 17, 18

Tennis – Boys

59, 66, 67, 68, 71, 72, 73E, 75E,
78E, 79E, 80W, 81E, 87, 88,
89, 92, 95, 98, 00, 02, 03, 06,
08, 09

Track – Boys

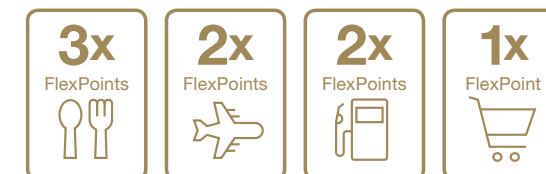
69, 70, 74E

E = East W = West * = Not included in MSHSL count

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