SoWashCo Schools Activities Review 2025-2026

JUNE 25, 2026

East Ridge High School

RAPTORS

Sara Palodichuk

Assistant Principal - Activities

Purpose

DEPARTMENT

The mission of East Ridge High School Activities department is to provide multiple opportunities to our students that help develop character, community and a sense of belonging.

INDIVIDUAL

I choose to lead students to be people of empathy who serve others while developing skills as a student, teammate and person of character.

Participation Numbers

	2024-25	2025-26
Male	653	793
Female	523	620
Total	1,176	1,413

72% Male
56% Female

Three Sport Athletes
33 Total

- 21 Male
- 12 Female

New Clubs

- DECA
- Girls Flag Football
- Fishing Team
- Just Serve

ERHS currently has more than 100 Club offerings to our students!

CLUB LINK

Fall Highlights

Girls Swim/Dive - Our Girls Swim Team had an outstanding performance at the state meet taking home some hardware!

Defending her State Title and **placing 1st again** this year in the 200 Individual Medley and 100 Breaststroke

State Champion

- Logan Havermann (11)

200 Medley Relay - 4th place

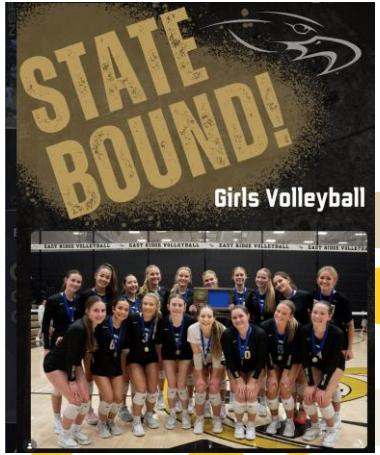
- Olivia McClintock (9)
- Logan Havermann (11)
- Alyssa Wang (11)
- Megyn Gillard (11)

400 Free Relay - 4th place

- Olivia McClintock (9)
- Sabine Keister (10)
- Megyn Gillard (11)
- Logan Havermann (11)

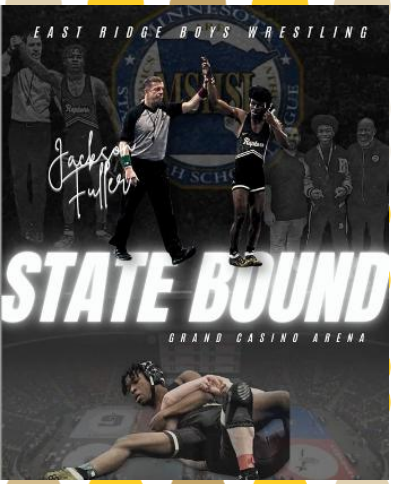
Cross Country State Participants

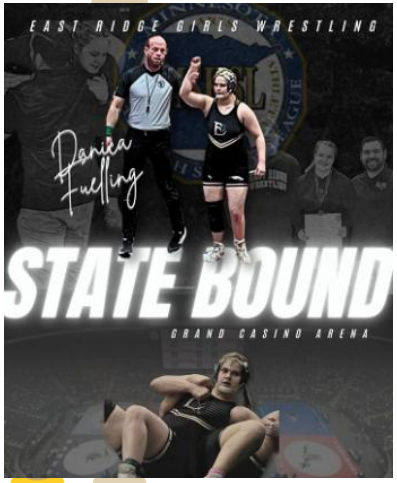
- Erin Royer and Brandon Paine

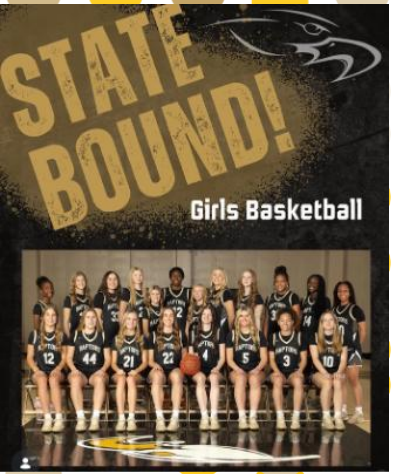


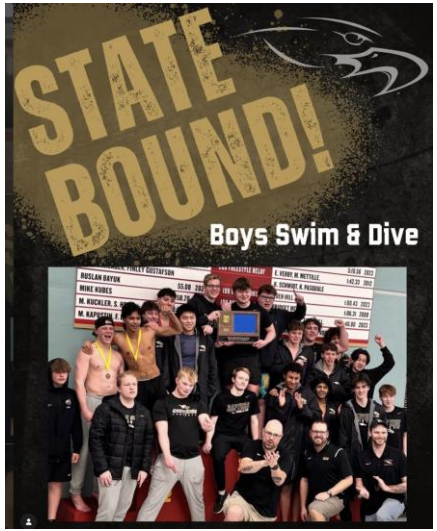
- **Girls Volleyball** - Section 3AAAA Champs & State Participants
- **15 students** signed a National Letter of Intent to play Division I or II sports
- **Academic Gold** - Girls Swim and Dive, Girls Tennis, Boys and Girls Cross Country, Girls volleyball

Winter Highlights







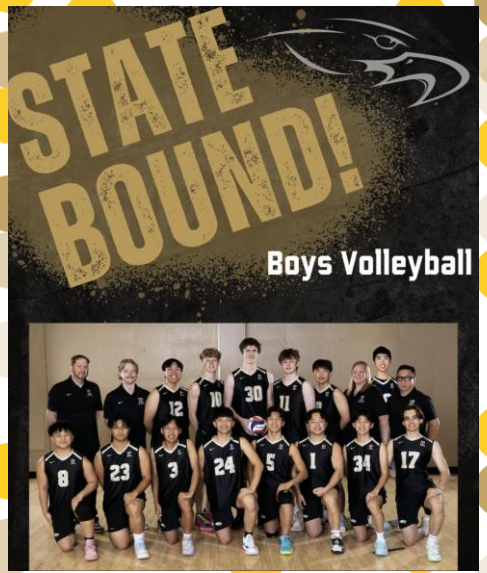


Wrestling - State participants Jackson Fuller and Danica Fuelling
Academic Gold - Boys Swim and Dive, Gymnastics

Girls Basketball - SEC Champ, Section 4AAAA Champs and State participants 1st time in school history
Vienna Murray - 2,000 pts and Ms. Basketball Finalist
Boys Basketball - Cedric Tomes 2,000 pts and Mr. Basketball Finalist
Boys Swim/Dive - Section 3AA Champs and State Participants
Gymnastics - Conference Champs Section 3AA Champs and 4th at State Tournament
Laney Schwellenbach - Selected as Ms. Gymnast Minnesota

- Vaults 2nd - 9.8375
- Bars 2rd - 9.6125
- Floor 3rd - 9.65
- All Around 2nd - 38.35

Spring Highlights



Girls Golf – Conference & Section 3AAA Champions, 4th place at State best finish in school history

- Aliyah Kleven Section Champion

Boys Volleyball – Section 3 champs and State Participants

Boys Tennis – Section 3AA Doubles Champions Adrien George and Adhy Gupta

Boys Lacrosse – Section 3 Champs and 3rd place at State

- Bradley Johnson Selected as Mr. Lacrosse Minnesota
- All State Tournament Team - Ryan Shanley and Paxon Baron

College Signing Celebration - 14 spring student athletes

Academic Gold - Girls Golf, Boys Tennis

South Washington County Thunderbolts

- State Adapted Soccer - 2nd Place
- State Adapted Floor Hockey - Consolation Champions
- State Adapted Softball - Participants

- Continued success each season, making special memories for all students involved.

Speech & Debate

Debate

Section Champion and State Participation
Congressional Debate Saahithi Maddakuri

State Champions Public Forum

Yashas Singh & Jiseung Jung

Speech State Participants

Tisha Manjure (Sophomore) - Creative Expression
Eamonn Brett (Senior) - Extemporaneous Reading
Laon Namgung (Sophomore) - Discussion
Jacob Tamrat (Senior) - Original Orator
Sophia Soo (Senior) - Storytelling
Jane Stansel (Junior) - Humorous Interpretation

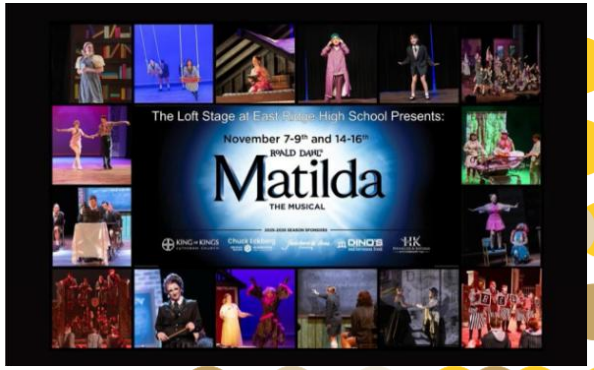
Performing/Fine Arts

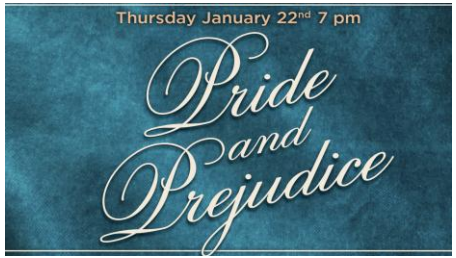
Fall Musical - Matilda
One Act Play - Pride and Prejudice
Spring Play - Clue

Choir, Band, Orchestra

Fine Arts Festival

- Sophia Soo scored perfect marks on her AP Art Portfolio





Award Winners

ExCEL Award - Leadership

Lillian Pohl

Nate Hegemann

Triple A Award - Arts, Athletic, Academics

Isabelle Hanson

Albert Hao

Athena: Outstanding Female Athlete

Aliyah Kleven - St. Olaf College participating in Women's Golf and majoring in Chemistry Biology on a Pre-Med track

Favorite Moments

- Hockey Day Minnesota
- School Dances - 1242, 622, 825
- Student Leadership
- Ms. Gymnast & Mr. Lacrosse
- Outstanding Coaches… Butch Nash Award, which is the highest honor a high school assistant football coach can receive

Park High School

Phil Kuemmel

Assistant Principal - Activities

Lander Hicks

Administrative Intern

Purpose

DEPARTMENT

The mission of the Park High School Activities Department is to create learning opportunities for students to develop character, become well-rounded citizens, and achieve excellence in their school, activities and community.

INDIVIDUAL

I lead with integrity, commitment, and compassion to provide growth opportunities to caring adults so that students can have a positive experience and learn life-long skills in educationally based activities.

Participation Numbers

MSHSL Activities (Unduplicated)	2024-25	2025-26
Male	633	634
Female	623	487
Total	1256	1121

61% of males and 55% of females participate in at least one MSHSL activity

More than 60 clubs and organizations

New Clubs:

- Baking
- Empowerment
- HOSA
- Reading
- Tri-M Music Honor Society

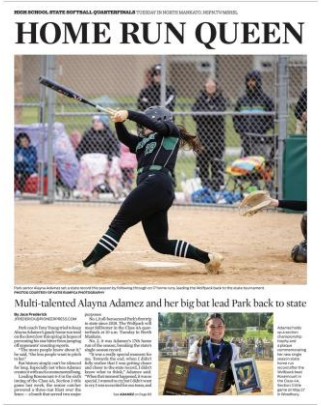
Fall Highlights

- **SWC Thunderbolts CI Soccer** - 2nd Place at State
- **Academic Team Award** - Boys and Girls Cross Country, Girls Soccer, Girls Tennis (Gold), Boys Soccer (Silver)
- **Academic All-State** - 14 student-athletes
- **Cross Country** State Meet Participant - Henry Joa
- **Girls Diving** State Meet Participant - Ruby Igl
- **All-State -** Terry Espinoza Garibay (Boys Soccer 2nd Team), Gabby Faletti (Girls Soccer 2nd Team)
- **Maroon District Special Teams Player of the Year** - Matthew Kamande (Football)
- **College Commitment Ceremony** - 13 student-athletes

Winter Highlights

- **SWC Thunderbolts CI Floor Hockey -** State Consolation Champions
- **Academic Team Award** - Boys and Girls Nordic Skiing, Girls Basketball, Girls Hockey, Gymnastics, Wrestling (Gold)
- **Academic All-State -** five student-athletes
- **Boys Diving** State Meet Participant - Ethyn Schilling (25th place)
- **Gymnastics** State Meet Participant – Ashley Davis (All-Around), Makayla Bollman (floor, vault)
- **Wrestling** State Meet Participant – Nolan Bloch, Landen Brooks, Zack Carr, Jesse Wright
- **All-State -** Zack Carr (3rd place at state) Ashley Davis (7th place at state beam)
- **Finalist for 2025 NFL Latino Youth Honors** - Alayna Adamez (girls flag football)
- **College Commitment Ceremony -** eight student-athletes
- **Section Assistant Coach of the Year** - Jared Flaata (Gymnastics), Dale Thompson (Volunterer - Nordic Ski)

Spring Highlights



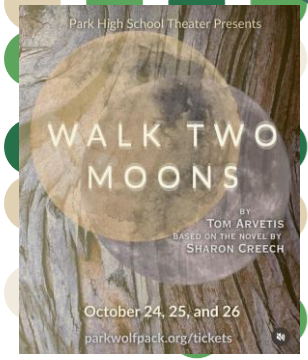
HIGH SCHOOL STATE SOFTBALL QUARTERFINALS TUESDAY IN NORTH MANKATO, MINNESOTA

HOME RUN QUEEN

Multi-talented Alayna Adamez and her big bat lead Park back to state

- **SWC Thunderbolts CI Softball -** 6th place at State
- **Softball** - Section Champions, 4th Place at State
- **Girls Lacrosse -** Section Runner-ups
- **Girls Flag Football** - state tournament semifinals
- **Academic Team Award -** Boys Tennis, Boys Volleyball, Girls Lacrosse (Gold)
- **Academic All-State -** seven student-athletes
- **Track and Field** State Meet Participant - Henry Joa (1600m and school record), Pajyeeb Kong (discuss), O'Neal Attisso (high jump)
- **All-State -** Alayna Adamez, Ava Youngquist (Softball)
- **Senior All-Star Game -** Alayna Adamez, Ava Youngquist (Softball)
- **State Record Home Runs in a Season** - Alayna Adamez (17 for softball)
- **Section Coach of the Year** - Tony Young (Softball)
- **28th Annual Athletic Awards Ceremony -** Guest Speaker RJ Alowonle (Class of 2012)

Fine Arts



- **Fall Play** – "Walk Two Moons"
- **Chamber Theater** – "Pete the Cat" and "The Big Bad Trial"
- **One-Act Play** – "A Monster Calls" section finals
- **SEC Music Festival** – hosted by Park next year
- **Musical –** "Joseph . . " numerous Hennepin Theatre Spotlight awards →

HENNEPIN ARTS SPOTLIGHT EDUCATION

2025-2026 HONORS ANNOUNCEMENT

PARK HIGH SCHOOL

JOSEPH AND THE AMAZING TECHNICOLOR DREAMCOAT

Achievement in Musical Theatre
Honorable Mention

Overall Technical Production
Honorable Mention

Overall Performance
Outstanding

Ensemble Acting Performance
Outstanding

Ensemble Vocal Performance
Honorable Mention

Ensemble Performance
Honorable Mention

Ensemble Dance Performance
Honorable Mention

Overall Technical Team
Honorable Mention

Run Crew
Outstanding

Individual Honors

Outstanding in Technical Leadership
Danika Rowan as Stage Manager
Brody Sedlacek as Hair/Makeup/Wig Designer

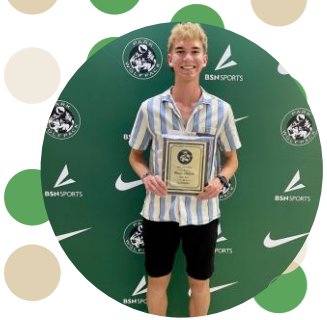
Outstanding Performance in a Leading Role
Sasha McCauley as Narrator
Anna Blasy as Narrator

Honorable Mention in a Leading Role
Lex Hidlebaugh as Joseph

Honorable Mention in a Featured Role
Andre LaRose as Judah

Evaluator Shout-Out
Griffin Tima
Aidan Boche
Charlie Blumberg
Emily Cole
Student Orchestra

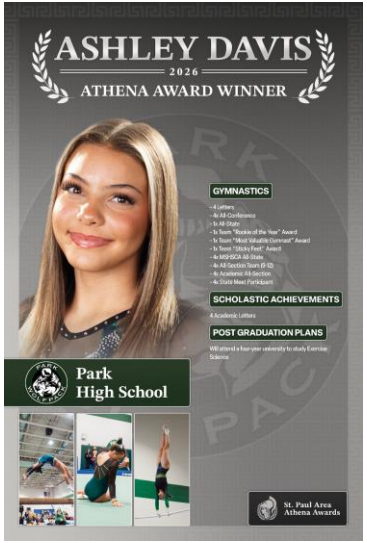
**Shout-Outs give recognition to those students who caught the attention of the evaluators. It is not an honor that results in a performance at *Spotlight Showcase* but we want to recognize all performers that are doing standout work. This is one more way we can spread the well-deserved encouragement but still keep the honors consistent and of value.



Award Winners

- **ExCEL:** Allison Devine, Ben Paulsen
- **Triple A:** Kailena Krech, Lex Hidlebaugh
- **Honor Athletes:** Keira Brennan, Eli Firchau
- **Athena:** Ashley Davis
- **Apollo:** Zack Carr
- **Three Sport Letterwinners:**

  26 total (12 seniors)



Favorite Moments

- Hockey Day Minnesota
- SuperFans
- #WolfpackGivesBack
- SEC Leadership and MSHSL Together We Make a Difference
- Wolfpack Buddies Unified Winter Dance
- Softball State Tournament
- Girls Flag Football State Semis

Woodbury High School

Jodi Loeblein-Lecker

Assistant Principal - Activities

Purpose

DEPARTMENT

The mission of the Woodbury High School Activities Department is to create learning opportunities for students to develop character, become well-rounded citizens, and achieve excellence in their activities, school, and community

INDIVIDUAL

I lead to develop competitive and inclusive leaders who learn successful teamwork and life skills through activities.

Participation Numbers

	20-21	21-22	22-23	23-24	24-25	25-26
Male	501	525	601	586	576	576
Female	424	445	491	499	424	468
Total	925	970	1092	1085	1000	1044

50 % of males and 41% of females participate in one or more sports this year. This does not include fine arts or clubs.

There are 50 plus clubs at WHS

Fall Highlights

Swim and Dive

- 200 Free Addison Forshee
- 200 Free Relay - Evelyn Rundquist, Eleanore Webb,
- Addison Forshee, Irish Sorenson-Wagner 12th place
- Diver Nina Faulkner 9th Place

Cross Country

- Brendan Fahey - SEC Champion, 4AAA Second Place, 37th State Finish

Football

- SEC Conference Co-Champions

MN Cycling Mountain Biking Association State Champion - Ryan Oaches

- **All State -** Kendall Worwa (VB), Todao Magana (B. Socc), Olivia Halunen (G. Socc and Ms. Soccer Finalist), Sam Mattes (G. Socc), Clara Fedunok (G. Socc)
- **Gold Academic** - Girls Swim and Dive, Girls Soccer, Girls Tennis
- **Silver Academic** - Football
- **Coach of the Year** - Andy Hill Football East District, 4AAA Jenny Boyles G. Soccer Assistant Coach
- Coach Malicki reaches 450 Career Victories

WOODBURY
ACTIVITIES

Winter Highlights

Boys Swim and Dive - 3 Peat - SEC Champions, 4AA Section Champions and 4AA True Team Section Champions, 6th Place Team State Finish

- **200 Medley Relay** - Grant McElwain, Ethan Lu, Roy Huebscher & Andrew Qing 13th State
- **200 Free Relay** - Finn Novak, Ethan Lu, Alex McElwain & Andrew Qing 12th State
- **400 Free Relay** - Grant McElwain, Colton Rosinski, Alex McElwain & Finn Novak 15th State
- **200 IM & 500 Freestyle -** Aiden Johnson 21st/24th
- **200 Free and 100 Backstroke** - Grant McElwain 16th/14th
- **100 Breaststroke** - Ethan Lu (26th) and Andrew Qing(15th)
  50 Free - Andrew Qing and Finn Novak - both finished 13th!
- **100 Free** - Finn Novak (14th)

Gymnastics - State Gymnastics

- Maren Emery- Beam (18th) and Floor (14th)
- Samantha Tretter - Vault 25th

Winter Highlights

Wrestling

- Section Champion Heavyweight Mitch Folks finishes 5th at state
- Danko Tolken State Participant 160 pound class

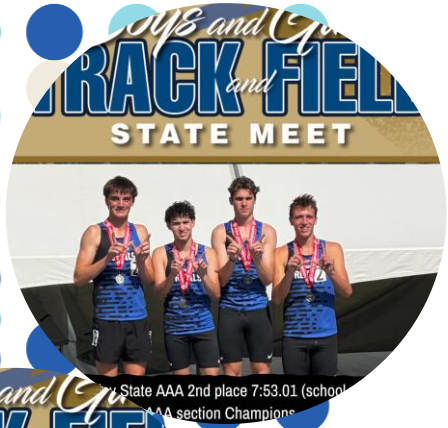
WHS/ER Co-Ed Bowling -State Champions!

B. Alpine - EJ LeVander & Finn O'Reilly advance to state

Science Olympiad - Fourth Meet at State Meet

All State - Mitch Folks (WR), Maddie Boone, Alyssa Polaski (GH), Finn O'Reilly (Alpine)

- **Gold Academic** - Girls Basketball, Wrestling, PWER Nordic
- **Silver Academic** - Boys Swim and Dive
- **Milestones** - Coach Ketzlaff- 150 Career Wins,
- 100 Basketball Points Harper Vossen
- 100 Hockey Points Hailey Granunke, Alexa Bricko & Maddie Boone!



State AAA 2nd place 7:53.01 (school

AAA section Champions

4x200 Relay State AAA 6th place

AAA Section Champions

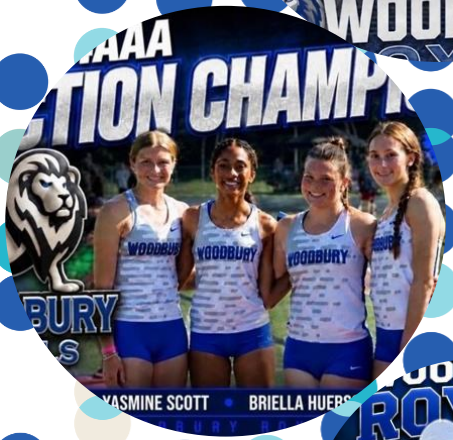
Spring Highlights

Boys Track and Field State Qualifiers

- **4x800 Relay** - Keigo Engel, Parker Pietruszewski, Owen Riter & Brendan Fahey, 2nd Place, SEC & Section Champions
- **400 M** Isaiah McKnight 4th Place
- **800 M** Brendan Fahey 5th Place
- **4x200 Relay** Brennan Schmitz, Liam Schmitz, Isaiah Mcknight, Nolan Freymiller, 6th Place State, Section Champions.
- **4x100 Relay** Champions Jonathan Jefferson, Anthony Arias, Liam Schmitz & Nolan Freymiller 18th State
- **100 M** Nolan Freymiller 18th State
- **4x400 Relay** Liam Schmitz, Isaiah McKnight, Brennan Schmitz, & Brendan Fahey 12th State Section Champions

Baseball

- 4th team in school history with 21 season win
- Coach McDermott selected as a Keynote speaker in National Baseball Conference



Spring Highlights

Girls Track and Field State Qualifiers

- **800 M** Alexa Fahey 17th Place, Section Champion
- **4X100 Relay** Briella Huebsch, Maren Embery Jocelyn Huebsch, Yasmine Scott 17th Place
- **4x200 Relay** Jocelyn Huebsch, Harper Vossen, Briella Huebsch, & Yasmine Scott 15th Place, Section Champions
- **4x400** Relay Jocelyn Huebsch, Harper Vossen, Alexa Fahey, Yasmine Scott 10th Place, Section Champions
- **Long Jump** Maren Emery 13th Place, Section Champion
- **Triple Jump** Maren Emery 8th Place, SEC Champion, Section Champion
- **High Jump** Breckin Whynott 14th Place, Section Champion

Girls Golf - State Qualifiers

- Maddie Fee
- Kaylee Schomaker

All State - Boys 4x200 & 4X800, Isaiah McKnight, Brendan Fahey, Maren Emery

- **Gold Academic** - Baseball, Boys Tennis, Girls Golf
- **Milestones** - Tre Styles Assistant Coach of the Year, Coach Jason Worwa 100 Career Wins,

Fine Arts

- Musical - *Mean Girls - 9 Hennepin Arts Spotlight Awards!*
- One Act Play - *A Green River* -
  - Section 3AA Champions, State Participant
- Spring Play - *Our Town*
- SEC Musical Festival
- District Marching Band and Percussion Ensemble
- Orchestra Carnival
- Speech -
  - Lucus Dong -Extemporaneous - Section Champion
  - Cora Kuehl and Henry Olson - Duo Interpretation

College Commitments

- Fall 12 Student- Athletes
  - 6 Division I
  - 4 Division II
  - 1 Division III
  - 1 Junior College
- Spring 14 Student-Athletes
  - 3 Division II
  - 12 Division III

- Girls and Boys Soccer 9
- Track and Field 5
- Baseball and Softball 5
- Girls and Boys Swim and Dive 3
- Girls Volleyball 3
- Girls and Boys Basketball 2
- Football 1

Award Winners

Triple A Award
Arts, Academics and Athletics

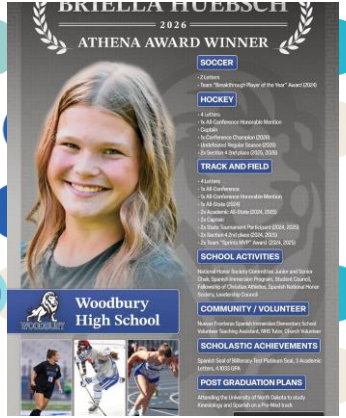
- Andi Ortloff - State Recipient
- Cohen Rogers

ExCEL Award
Activities, Service and Leadership

- Riley Gauer
- Andrew Goehler

Athena Award Winner

- Briella Huebsch



Favorite Moments & Thank You!

WOODBURY
ACTIVITIES

My time at WHS has been "Royal!"

Thank you for the commitment and dedication of Distinct funds to positively impact students every day in Activities.

The past 6 years, I have experienced strong support, leadership, collaboration and innovation with both WHS and District Leadership.

Thank you for all of your support!