Young Athletes Should be Encouraged to Play Multiple Sports

Billy Strickland, Executive Director

One of the responsibilities that parents take most seriously is protecting their children from injury, whether it is buckling seat belts in a car or wearing a helmet while riding a bike. And when their kids become teenagers and want to participate in sports or other activities, parents do everything they can to keep their sons and daughters from getting hurt.

But not all injuries are caused by a twist, fall, collision or accident. Many are caused when young athletes repeat the same athletic activity so often that muscles, ligaments, tendons and bones don't have time to recover—especially among middle school and high school students. These injuries can end promising careers, cost families tens of thousands of dollars, squash dreams and literally change lives. Examples include elbow and arm injuries to teenagers who play baseball or softball all year long, shoulder injuries to year-round swimmers, wrist and elbow injuries to gymnasts, and stress fractures to soccer players.

The culprit, most often, is what's commonly known as “sport specialization,” the process of playing the same sport all year long with the goal of either gaining a competitive edge or earning a college scholarship. It involves intense, year-round training in a single sport. Research shows that sports specialization is putting teenage athletes at risk. According to a study commissioned by the National Federation of State High School Associations (NFHS) and conducted by researchers from the University of Wisconsin, high school athletes who specialize in a single sport are 70 percent more likely to suffer an injury during their playing season than those who play multiple sports. The American Academy of Orthopedic Surgeons says much the same. It reports that “overuse injuries” (injuries caused when an athletic activity is repeated so often that parts of the body do not have enough time to heal) are responsible for nearly half of all sports injuries to middle school and high school students.

There is a solution. Young athletes should be encouraged to play multiple sports. When student-athletes cross-train, they work different muscle groups and joints which, in fact, results in better overall conditioning. They also develop a new set of athletic skills like hand-eye coordination, balance, endurance, explosion and agility that are transferable to their primary sport. It's no coincidence that 30 of the 32 first-round picks in the 2017 National Football League draft played multiple sports in high school.

Parents can play a key role in preventing these overuse injuries by encouraging their kids to play multiple sports rather than pushing them to specialize in one sport. They will have more fun, will be less likely to suffer burnout and will actually become better athletes.
Alaska High School Hall of Fame
Sandi Wagner, Associate Director

Class of 2018, Alaska High School Hall of Fame

Thirteen individuals were inducted into the Class of 2018 Alaska High School Hall of Fame during a ceremony that took place on Sunday, April 29, 2018, at the Lakefront Anchorage Hotel.

The Hall of Fame was established to identify and honor, in a permanent manner, individuals who exhibited high ethical standards and integrity while achieving excellence in high school athletics and activities, as well as others who have distinguished themselves by virtue of exemplary contributions to the advancement of interscholastic athletics and activities in the State of Alaska.

Andrew Vait (Activity Participant) – Musician – Homer High School
Mark Robinson (Activity Sponsor) – Choral Director – Homer High School
Robert Hutton (Activity Sponsor) – Music Director – Hoonah High School
William Searle (Activity Sponsor) – Band Director – Homer High School
Cameron Severson (Athlete) – Basketball – Petersburg High School
Daryn Colledge (Athlete) – Baseball, Football, Track – North Pole High School
Kyle Fossman (Athlete) – Basketball, Track – Haines High School
Leah Francis (Athlete) – Cross Country Running, Track – Juneau-Douglas H.S.
Talisa Rhea (Athlete) – Basketball, Soccer – Juneau-Douglas H.S.
Al Howard (Lifetime Achievement) – Soldotna
Dan Gensel (Lifetime Achievement) – Kenai Peninsula
Jack Renn (Official) – Football, Basketball, Softball – Anchorage
Ron Henderson (Official) – Basketball, Football – Anchorage/Kenai

Upcoming Events

ASAA/First National Bank Alaska Soccer State Championships
May 24-26, 2018
Service & Eagle River High Schools
More Information

ASAA/First National Bank Alaska Track & Field State Championships
May 25-26, 2018
Palmer High School
More Information

ASAA/First National Bank Alaska Softball State Championships
May 31 - June 2, 2018
South Davis Park Complex in Fairbanks
More Information

ASAA/First National Bank Alaska Baseball State Championship
May 31 - June 2, 2018
Mulcahy Stadium in Anchorage
More Information
2018 AASG Spring Conference
Denise Greene-Wilkinson, AASG Executive Director

HEALY — More than 350 students from more than 40 Alaska high schools converged in Healy for the 2018 Alaska Association of Student Governments spring conference, “Winds of Change.”

“Hosting this conference was a great way for our school and borough to share our unique community with student leaders from around the state,” Kassandra Mirosh, advisor for the local student council told the Fairbanks Daily News Miner. “These are the people that will be making decisions about Alaska’s future and it is so important that they have firsthand knowledge of the opportunities and challenges we face here in Denali.”

Visiting students had the opportunity to hike with park rangers in Denali National Park, create works of art with local artists, visit Usibelli coal mine, visit a 13,000-year-old archaeological site, see a working sled dog kennel and even play human-sized foosball.

Highlights from the three-day conference included the election of new officers for the association executive board. New officers include Kali Spencer, Eagle River High School – president; Kyle Hasse, Mat-Su Career and Technical – re-elected as vice president; Makenzie Mirasole, Tri-Valley High School – public relations officer; Alyssa Saylor, Chugiak High School – Treasurer; Angelina Gausnell, Palmer High School – secretary and Jake Wade, North Pole High School – parliamentarian. Each will serve a one-year term on the board.

One of the major functions of AASG conferences is for the general assembly to hear and vote on proposed resolutions. Thirteen resolutions were passed at the Tri-Valley conference on topics ranging from local issues, such as supporting the establishment of a community recreation center in Healy, to statewide issues that included requiring the passing of a CPR course for graduation and revising the state’s anti-discrimination law to include sexual orientation and gender identity. Passed resolutions are then forwarded to the appropriate school or governing body for consideration.

The next two AASG conferences were also announced. The fall 2018 conference will be hosted by Skagway High School, September 21-23, and the spring 2019 conference will be hosted by Bethel Regional High School, April 11-13, 2019.

Our thanks again to everyone at Tri-Valley High School and the community of Healy for making this conference such a success!

BP - One of ASAA's Amazing Silver Sponsors
Doug Stewart, Director of Marketing

The world is changing fast and BP is changing with it. The mix of energy that provides heat, light and mobility for billions of people is shifting towards lower carbon sources, driven by advances in technology and growing concerns about climate change. BP is determined to play their part in this transition – helping to meet the world’s need for more energy while also reducing carbon emissions. The energy they produce serves to power economic growth and lift people out of poverty. The way heat, light and mobility are delivered is changing. BP aims to anchor their business in these changing patterns of demand, rather than in the quest for supply. They have a real contribution to make to the world’s ambition of a low carbon future.

BP operates in 70 countries worldwide. They find and produce oil and gas on land and offshore. They move energy around the globe. BP manufactures, and markets fuels and raw materials used in thousands of everyday products, from mobile phones to food packaging.

ASAA appreciates the support of BP and looks forward to our continuing relationship.
### 2018 ASAA/First National Bank Alaska DII Hockey State Championship

**Monroe Catholic Rams**
2018 Division II Hockey State Champions

#### TEAM RESULTS & AWARDS

<table>
<thead>
<tr>
<th>Position</th>
<th>Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>Champion</td>
<td>Monroe Catholic</td>
</tr>
<tr>
<td>Runner-up</td>
<td>Houston</td>
</tr>
<tr>
<td>3rd</td>
<td>Tri Valley</td>
</tr>
<tr>
<td>4th</td>
<td>Hutchison</td>
</tr>
<tr>
<td>5th</td>
<td>Glennallen/Kenny Lake</td>
</tr>
<tr>
<td>6th</td>
<td>Delta Junction</td>
</tr>
</tbody>
</table>

- Sportsmanship Award: Glennallen
- Academic Award: Tri Valley (3.46)
- Sportsmanship Award presented by AT&T
- Academic Award presented by Princess Cruises

#### ALL-TOURNAMENT TEAM

- Caleb Coraham
- Jayden Pasillas
- Reed Humphreys
- Ryan Michel
- Silas Hughes
- Tyler Chivers
- Ryan Michel
- Silas Hughes
- Tyler Chivers

### 2018 ASAA/First National Bank Alaska DI Hockey State Championship

**Dimond Lynx**
2018 Division I Hockey State Champions

#### TEAM RESULTS & AWARDS

<table>
<thead>
<tr>
<th>Position</th>
<th>Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>Champion</td>
<td>Dimond</td>
</tr>
<tr>
<td>Runner-Up</td>
<td>West Anchorage</td>
</tr>
<tr>
<td>3rd</td>
<td>Colony</td>
</tr>
<tr>
<td>4th</td>
<td>South Anchorage</td>
</tr>
<tr>
<td>5th</td>
<td>Wasilla</td>
</tr>
<tr>
<td>6th</td>
<td>Juneau-Douglas</td>
</tr>
<tr>
<td>Tied 7th</td>
<td>Service</td>
</tr>
<tr>
<td>Tied 7th</td>
<td>West Valley</td>
</tr>
</tbody>
</table>

- Sportsmanship Award: South Anchorage
- Academic Award: Dimond (3.43)
- Sportsmanship Award presented by AT&T
- Academic Award presented by Princess Cruises

#### ALL-TOURNAMENT TEAM

- Alex Engan
- Bille Bosse
- Blake Hausinger
- Brenden Anaruk
- Chase Schwamm
- Cooper Smith
- Foster Riekena
- Gavin Hardy
- Hunter Katness
- JJ Fabek
- Sawyer Courrier
- Zac Nelson
- Alex Engan
- Bille Bosse
- Blake Hausinger
- Brenden Anaruk
- Chase Schwamm
- Cooper Smith
- Foster Riekena
- Gavin Hardy
- Hunter Katness
- JJ Fabek
- Sawyer Courrier
- Zac Nelson
## 2018 ASAA/FIRST NATIONAL BANK ALASKA GIRLS NORDIC SKI STATE CHAMPIONSHIP

### TEAM RESULTS & AWARDS

<table>
<thead>
<tr>
<th>Place</th>
<th>Team</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>West Anchorage</td>
<td>3:36:15</td>
</tr>
<tr>
<td>2</td>
<td>West Valley</td>
<td>3:42:59</td>
</tr>
<tr>
<td>3</td>
<td>Chugiak</td>
<td>3:47:55</td>
</tr>
<tr>
<td>4</td>
<td>Service</td>
<td>3:51:31</td>
</tr>
<tr>
<td>5</td>
<td>South Anchorage</td>
<td>3:57:19</td>
</tr>
<tr>
<td>6</td>
<td>Kenai</td>
<td>4:06:15</td>
</tr>
<tr>
<td>7</td>
<td>Colony</td>
<td>4:06:25</td>
</tr>
<tr>
<td>8</td>
<td>Homer</td>
<td>4:08:34</td>
</tr>
<tr>
<td>9</td>
<td>Soldotna</td>
<td>4:14:05</td>
</tr>
<tr>
<td>10</td>
<td>Eagle River</td>
<td>4:14:22</td>
</tr>
</tbody>
</table>

1st Place D II: Homer

Sportsmanship Award: Chugiak
Academic Award: Homer (4.00)

### ALL-STATE TEAM

1. Kendall Kramer - West Valley
2. Molly Gellert - West
3. Garvee Tobin - Service
4. Adrianna Proffitt - Chugiak
5. Heidi Booher - Chugiak
6. Quincy Donley - West
7. Aubrey LeClair - West
8. Annika Hanestad - Colony
9. Emma Nelson - Chugiak
10. Maggie Meeds - South

Skimeister Award: Kendall Kramer

## 2018 ASAA/FIRST NATIONAL BANK ALASKA BOYS NORDIC SKI STATE CHAMPIONSHIP

### TEAM RESULTS & AWARDS

<table>
<thead>
<tr>
<th>Place</th>
<th>Team</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>West Anchorage</td>
<td>4:33:58</td>
</tr>
<tr>
<td>2</td>
<td>Service</td>
<td>4:34:21</td>
</tr>
<tr>
<td>3</td>
<td>West Valley</td>
<td>4:34:29</td>
</tr>
<tr>
<td>4</td>
<td>Chugiak</td>
<td>4:46:01</td>
</tr>
<tr>
<td>5</td>
<td>Dimond</td>
<td>4:52:18</td>
</tr>
<tr>
<td>6</td>
<td>South Anchorage</td>
<td>4:53:32</td>
</tr>
<tr>
<td>7</td>
<td>Grace Christian</td>
<td>5:07:43</td>
</tr>
<tr>
<td>8</td>
<td>Soldotna</td>
<td>5:08:39</td>
</tr>
<tr>
<td>9</td>
<td>Lathrop</td>
<td>5:09:42</td>
</tr>
<tr>
<td>10</td>
<td>Homer</td>
<td>5:18:46</td>
</tr>
</tbody>
</table>

1st Place D II: Grace Christian

Sportsmanship Award: Soldotna
Academic Award: Lathrop (3.87)

### ALL-STATE TEAM

1. Gus Schumacher - Service
2. Luke Jager - West
3. Ti Donaldson - West Valley
4. Zanden McMullen - South
5. Eli Hermanson - Service
6. Everett Cason - West
7. Ari Endestad - West Valley
8. Noah Ravens - West
9. Michael Earnhart - Chugiak
10. John-Mark Pothast - Soldotna

Skimeister Award: Gus Schumacher
2018 ASAA/First National Bank Alaska
DDF State Championships

**Sitka Wolves**
2018 Division II DDF Overall Sweepstakes Winner

**West Anchorage Eagles**
2018 Division I DDF Overall Sweepstakes Winner

**DDF Results & Awards**
View the 2018 DDF State Championship Results at:

2018 ASAA/First National Bank Alaska
World Language Declamation

**2018 ASAA/First National Bank Alaska Cheer State Championship**

**Juneau-Douglas Crimson Bears**
2018 Cheer State Grand Champions

**Cheer Team Results & Awards**

**Academic Award**
Hutchison (3.52)

**Non Building Division**
1st Barrow
2nd Kotzebue
3rd North Pole

**Small Division**
1st Kenai Central
2nd Lathrop
3rd Bethel Regional
4th Valdez
5th Houston
6th Hutchison
7th Palmer

**Large Division**
1st Nome-Beltz
2nd Service
3rd West Valley

**Coed Division**
1st Juneau-Douglas
2nd Sitka
3rd Colony

**Grand Champion**
Juneau-Douglas (68 points)
## 2018 ASAA/FIRST NATIONAL BANK ALASKA 1A GIRLS BASKETBALL STATE CHAMPIONSHIP

**TEAM RESULTS & AWARDS**

<table>
<thead>
<tr>
<th>Position</th>
<th>Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>Champion</td>
<td>Aniak</td>
</tr>
<tr>
<td>Runner-up</td>
<td>Davis Ramoth</td>
</tr>
<tr>
<td>3rd</td>
<td>Scammon Bay</td>
</tr>
<tr>
<td>4th</td>
<td>Tri Valley</td>
</tr>
<tr>
<td>5th</td>
<td>King Cove</td>
</tr>
<tr>
<td>6th</td>
<td>Shaktoolik</td>
</tr>
<tr>
<td>Tied 7th</td>
<td>Buckland</td>
</tr>
<tr>
<td>Tied 7th</td>
<td>St Mary's</td>
</tr>
<tr>
<td>Consolation</td>
<td>Ninilchik</td>
</tr>
</tbody>
</table>

Sportsmanship Award: Kake  
Academic Award: Tri Valley (3.77)  
Sportsmanship Award presented by AT&T  
Academic Award presented by Princess Cruises

### ALL-TOURNEMENT TEAM

| Almira Kaganak       | Scammon Bay   |
| Alyssa Morgan        | Aniak         |
| Anikan Paniptchuk    | Shaktoolik    |
| Danessa Evan         | St Mary's     |
| Dee Ann White        | Ninilchik     |
| Elaina Mack          | King Cove     |
| Hayley Akerelarea    | Scammon Bay   |
| Jalaya Duarte        | King Cove     |
| Kali Howarth         | Davis Ramoth  |
| Kayla Morgan         | Aniak         |
| Kiarah Melton        | Buckland      |

## 2018 ASAA/FIRST NATIONAL BANK ALASKA 1A BOYS BASKETBALL STATE CHAMPIONSHIP

**TEAM RESULTS & AWARDS**

<table>
<thead>
<tr>
<th>Position</th>
<th>Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>Champion</td>
<td>Noatak</td>
</tr>
<tr>
<td>Runner-up</td>
<td>Nunamiut</td>
</tr>
<tr>
<td>3rd</td>
<td>Brichwood Christian</td>
</tr>
<tr>
<td>4th</td>
<td>King Cove</td>
</tr>
<tr>
<td>5th</td>
<td>Newhalen</td>
</tr>
<tr>
<td>6th</td>
<td>Shishmaref</td>
</tr>
<tr>
<td>Tied 7th</td>
<td>Kipnuk</td>
</tr>
<tr>
<td>Tied 7th</td>
<td>Nikolaevsk</td>
</tr>
<tr>
<td>Consolation</td>
<td>Tanana</td>
</tr>
</tbody>
</table>

Sportsmanship Award: Kipnuk  
Academic Award: Birchwood (3.59)  
Sportsmanship Award presented by AT&T  
Academic Award presented by Princess Cruises

### ALL-TOURNEMENT TEAM

| Amos Sage          | Noatak        |
| Braden Dallman     | Aniak         |
| Edward Kokeok      | Shishmaref    |
| Gary Gould         | King Cove     |
| Gradyon Severian   | King Cove     |
| Josh Clark         | Newhalen      |
| Josh Mekiana       | Nunamiut      |
| Kalenik Molodih    | Nikolaevsk    |
| Kenneth Walton     | Noatak        |
| Keoni Aliralia     | Kipnuk        |
| Lance Folger       | Tanana        |
2018 ASAA/FIRST NATIONAL BANK ALASKA 2A GIRLS BASKETBALL STATE CHAMPIONSHIP

TEAM RESULTS & AWARDS
Champion  Tikigaq
Runner-up  Metlakatla
3rd    Nenana
4th    Wrangell
5th    Unalaska
6th    Dillingham
Tied 7th    Glennallen
Tied 7th    Unalakleet

Sportsmanship Award: Wrangell
Academic Award: Wrangell (3.84)
Sportsmanship Award presented by AT&T
Academic Award presented by Princess Cruises

ALL-TOURNAMENT TEAM
Alexis Russell    Metlakatla
Aquinnah Tremblay    Nenana
Bridget Oviok    Tikigaq
Drena Hayward    Metlakatla
Gloria Jacobsen    Glennallen
Hailey Wilson    Unalaska
Helen Decker    Wrangell
Jordyn Lane    Tikigaq
Kaylyn Easterly    Wrangell
Kendra Kapotak    Dillingham

2018 ASAA/FIRST NATIONAL BANK ALASKA 2A BOYS BASKETBALL STATE CHAMPIONSHIP

TEAM RESULTS & AWARDS
Champion  Metlakatla
Runner-up  Unalaska
3rd    Unalakleet
4th    Petersburg
5th    Tok
6th    Cordova
Tied 7th    Bristol Bay
Tied 7th    Hooper Bay

Sportsmanship Award: Bristol Bay
Academic Award: Unalakleet (3.44)
Sportsmanship Award presented by AT&T
Academic Award presented by Princess Cruises

ALL-TOURNAMENT TEAM
Arctic Ivanoff    Unalakleet
Carey Boston    Unalaska
Cody Sjostedt    Cordova
Conrad Hudson    Metlakatla
Danny Marsden    Metlakatla
Dennis Mitchell    Tok
Desmond King    Metlakatla
Gunnar Payne    Petersburg
Kaleb Hill    Bristol Bay
Trevor Wilson    Unalaska
**2018 ASAA/FIRST NATIONAL BANK ALASKA 3A GIRLS BASKETBALL STATE CHAMPIONSHIP**

![Anchorage Christian Lions 2018 3A Girls Basketball State Champions](image)

**TEAM RESULTS & AWARDS**

Champion: Anchorage Christian
Runner-up: Sitka
3rd: Barrow
4th: Nikiski
5th: Valdez
6th: Bethel
Tied 7th: Galena
Tied 7th: Kotzebue

Sportsmanship Award: Nikiski
Academic Award: Nikiski (3.94)
Sportsmanship Award presented by AT&T
Academic Award presented by Princess Cruises

**ALL-TOURNAMENT TEAM**

- Bethany Carstens: Nikiski
- Bobbi Mott: Valdez
- Chaunice Carr: ACS
- Courtney Williams: Bethel
- Destiny Reimers: ACS
- Jordan Todd: ACS
- Kuutung Danner: Barrow
- Mary Kate Parks: ACS
- Pearle Green: Galena
- Tatum Bayne: Sitka

---

**2018 ASAA/FIRST NATIONAL BANK ALASKA 3A BOYS BASKETBALL STATE CHAMPIONSHIP**

![Barrow Whalers 2018 3A Boys Basketball State Champions](image)

**TEAM RESULTS & AWARDS**

Champion: Barrow
Runner-up: Grace Christian
3rd: Anchorage Christian
4th: Valdez
5th: Monroe
6th: Mt Edgecumbe
Tied 7th: Bethel
Tied 7th: Eielson

Sportsmanship Award: Valdez
Academic Award: Valdez (3.74)
Sportsmanship Award presented by AT&T
Academic Award presented by Princess Cruises

**ALL-TOURNAMENT TEAM**

- Anthony Fruean: Barrow
- Benett Hinkle: Valdez
- Brendon Mathews: Barrow
- Danilo Guzman: ACS
- Gavin Jackson: Monroe
- Jamal Alstrom: Mt Edgecumbe
- Jimmy McGovern: Grace
- Orlando Lazano: ACS
- Tobin Karlberg: Grace
- Travis Adams: Barrow
2018 ASAA/First National Bank Alaska 4A Girls Basketball State Championship

Team Results & Awards
Champion: Dimond
Runner-up: Wasilla
3rd: East Anchorage
4th: Chugiak
5th: Colony
6th: West Anchorage
Tied 7th: Ketchikan
Tied 7th: West Valley

Sportsmanship Award: Ketchikan
Academic Award: Colony (3.79)
Sportsmanship Award presented by AT&T
Academic Award presented by Princess Cruises

All-Tournament Team
Alex Carlton: Colony
Alissa Pili: Dimond
Angelline Nageak: Dimond
Azaria Robinson: East
Azlynn Brandenberg: Wasilla
Chasity Horn: Chugiak
Jahnna Hajdukovich: Dimond
Nyenea John: West
Olivia Davies: Wasilla
Skye Miller: East

2018 ASAA/First National Bank Alaska 4A Boys Basketball State Championship

Team Results & Awards
Champion: Wasilla
Runner-up: Dimond
3rd: Chugiak
4th: Colony
5th: West Anchorage
6th: Juneau-Douglas
Tied 7th: East Anchorage
Tied 7th: West Valley

Sportsmanship Award: Colony
Academic Award: Colony (3.74)
Sportsmanship Award presented by AT&T
Academic Award presented by Princess Cruises

All-Tournament Team
Aeron Milliron: Wasilla
Daniel Headdings: Wasilla
Derryk Snell: Chugiak
Erik Kelly: JDHS
Hunter Harr: Chugiak
Isaiah Moses: Dimond
Luka Wal: West
Nicolas Horning: Dimond
Reilly Devine: Dimond
Sullivan Menard: Colony