

Win for Life

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Travis Adams of the Barrow Whalers. (2017-18) Division III Football and 3A Basketball State Champions.

ASAA Title Sponsor



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," Cassandra Mirosch, 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.

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ASAA appreciates the support of BP and looks forward to our continuing relationship.

**2018 ASAA/FIRST NATIONAL BANK ALASKA
DII HOCKEY STATE CHAMPIONSHIP**



**2018 ASAA/FIRST NATIONAL BANK ALASKA
DI HOCKEY STATE CHAMPIONSHIP**



TEAM RESULTS & AWARDS

Champion	Monroe Catholic
Runner-up	Houston
3rd	Tri Valley
4th	Hutchison
5th	Glennallen/Kenny Lake
6th	Delta Junction

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	Tri Valley
Jayden Pasillas	Monroe
Reed Humphreys	Houston
Ryan Michel	Monroe
Silas Hughes	Monroe
Tyler Chivers	Houston

TEAM RESULTS & AWARDS

Champion	Dimond
Runner-Up	West Anchorage
3rd	Colony
4th	South Anchorage
5th	Wasilla
6th	Juneau-Douglas
Tied 7th	Service
Tied 7th	West Valley

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	Wasilla
Bille Bosse	JDHS
Blake Hausinger	Dimond
Brenden Anaruk	Dimond
Chase Schwamm	West
Cooper Smith	Colony
Foster Riekema	Colony
Gavin Hardy	Dimond
Hunter Katness	Dimond
JJ Fabeck	South
Sawyer Courier	West
Zac Nelson	South

2018 ASAA/FIRST NATIONAL BANK ALASKA GIRLS NORDIC SKI STATE CHAMPIONSHIP

TEAM RESULTS & AWARDS

Champion	West Anchorage	3:36:15
Runner-up	West Valley	3:42:59
3rd	Chugiak	3:47:55
4th	Service	3:51:31
5th	South Anchorage	3:57:19
6th	Kenai	4:06:15
7th	Colony	4:06:25
8th	Homer	4:08:34
9th	Soldotna	4:14:05
10th	Eagle River	4:14:22
1st Place D II	Homer	4:08:34

Sportsmanship Award: Chugiak

Academic Award: Homer (4.00)

Sportsmanship Award presented by AT&T

Academic Award presented by Princess Cruises

ALL-STATE TEAM

1.	Kendall Kramer	West Valley	41:53
2.	Molly Gellert	West	43:08
3.	Garvee Tobin	Service	43:55
4.	Adrianna Proffitt	Chugiak	43:56
5.	Heidi Booher	Chugiak	44:15
6.	Quincy Donley	West	44:16
7.	Aubrey LeClair	West	44:25
8.	Annika Hanestad	Colony	44:57
9.	Emma Nelson	Chugiak	45:08
10.	Maggie Meeds	South	45:14

Skimeister Award: Kendall Kramer

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

TEAM RESULTS & AWARDS

Champion	West Anchorage	4:33:58
Runner-up	Service	4:34:21
3rd	West Valley	4:36:29
4th	Chugiak	4:46:01
5th	Dimond	4:52:18
6th	South Anchorage	4:53:32
7th	Grace Christian	5:07:43
8th	Soldotna	5:08:39
9th	Lathrop	5:09:42
10th	Homer	5:18:46
1st Place D II	Grace Christian	5:07:43

Sportsmanship Award: Soldotna

Academic Award: Lathrop (3.87)

Sportsmanship Award presented by AT&T

Academic Award presented by Princess Cruises

ALL-STATE TEAM

1.	Gus Schumacher	Service	48:51
2.	Luke Jager	West	49:50
3.	Ti Donaldson	West Valley	49:52
4.	Zanden McMullen	South	50:58
5.	Eli Hermanson	Service	52:35
6.	Everett Cason	West	52:50
7.	Ari Endestad	West Valley	53:25
8.	Noah Ravens	West	53:58
9.	Michael Earnhart	Chugiak	54:02
10.	John-Mark Pothast	Soldotna	54:26

Skimeister Award: Gus Schumacher

2018 ASAA/FIRST NATIONAL BANK ALASKA DDF STATE CHAMPIONSHIPS



DDF RESULTS & AWARDS

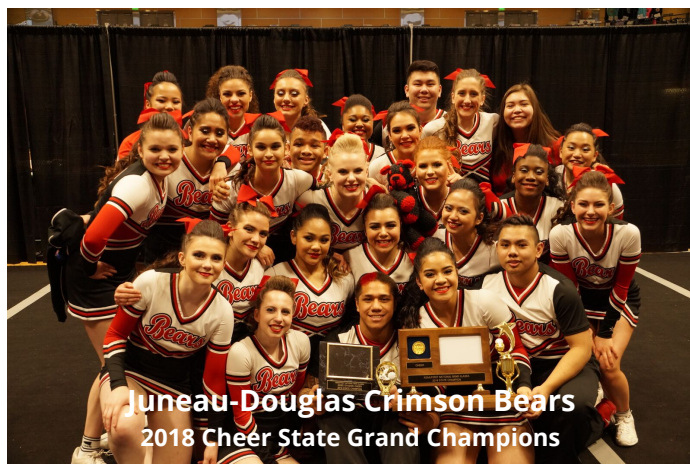
View the 2018 DDF State Championship Results at:
<http://asaa.org/wp-content/uploads/archive/records/ddf/2018-DDF-Results.pdf>

2018 ASAA/FIRST NATIONAL BANK ALASKA WORLD LANGUAGE DECLAMATION

View the 2018 World Language Declamation Results at:
<http://asaa.org/wp-content/uploads/2018-World-Language-Results.pdf>

View the 2018 World Language Declamation Photos at:
<http://asaa.org/activities/world-language/world-language-photos/>

2018 ASAA/FIRST NATIONAL BANK ALASKA CHEER STATE CHAMPIONSHIP



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**



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



TEAM RESULTS & AWARDS

Champion	Aniak
Runner-up	Davis Ramoth
3rd	Scammon Bay
4th	Tri Valley
5th	King Cove
6th	Shaktoolik
Tied 7th	Buckland
Tied 7th	St Mary's
Consolation	Ninilchik

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

ALL-TOURNAMENT 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

TEAM RESULTS & AWARDS

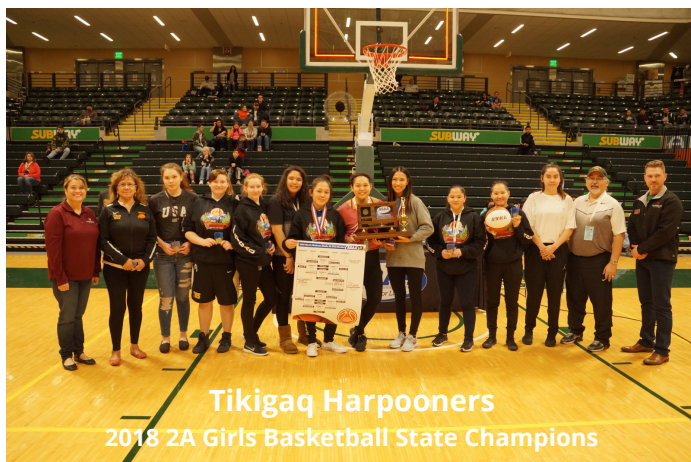
Champion	Noatak
Runner-up	Nunamiut
3rd	Brichwood Christian
4th	King Cove
5th	Newhalen
6th	Shishmaref
Tied 7th	Kipnuk
Tied 7th	Nikolaevsk
Consolation	Tanana

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

ALL-TOURNAMENT 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 Aliralria	Kipnuk
Lance Folger	Tanana

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



Tikigaq Harpooners
2018 2A Girls Basketball State Champions

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



Metlakatla Chiefs
2018 2A Boys Basketball State Champions

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

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

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



Barrow Whalers
2018 3A Boys Basketball State Champions

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
Chaunce Carr	ACS
Courtney Williams	Bethel
Destiny Reimers	ACS
Jordan Todd	ACS
Kuutung Danner	Barrow
Mary Kate Parks	ACS
Pearle Green	Galena
Tatum Bayne	Sitka

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**



**2018 ASAA/FIRST NATIONAL BANK ALASKA
4A BOYS 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 Brandenburg	Wasilla
Chasity Horn	Chugiak
Jahnna Hajdukovich	Dimond
Nyeniea John	West
Olivia Davies	Wasilla
Skye Miller	East

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	Wasilla
Sullivan Menard	Colony