Star Tribune (Minneapolis - St. Paul)
https://startribune.newspapers.com/image/250758633

★StarTribune
NORTH & EAST
SUNDAY, NOVEMBER 15, 2015 EXTRA STARTRIBUNE.COM • B7

Trying lots of sports improves her

Hanna Crymble's a three-sport athlete at Champlin Park.

By HEATHER RULE
Special to the Star Tribune

Hanna Crymble has pretty much done it all: gymnastics, soccer, softball, dance.

"I just tried every sport," Crymble said. "Except hockey. I never played hockey."

The list includes football, which she played in second through sixth grade. She was a running back, linebacker and tried every position except quarterback and center.

That experience and toughness she developed helped prepare Crymble, now a 6-3 Champlin Park senior, for other sports. She now plays volleyball, basketball and lacrosse.

She was part of the Rebels' volleyball teams in the 2014 and 2015 state tournaments. Going into state this year, she had 54 kills and 49 total blocks.

"She's a force at the net as far as blocking," coach John Yunker said. "It's amazing how far she's come ... and how fast she's picked up the game."

Junior Sydney Hilley, the Star Tribune's Metro Volleyball Player of the Year, played fastpitch softball with Crymble before they attended high school. Crymble didn't start playing volleyball until freshman year, at the urging of Hilley, who recognized her friend's athletic ability.

"I said, 'Hey, if you're trying all these things and you don't have a fall sport, why not try volleyball?'" Hilley said. "And then here she is helping us on the varsity team get back to state two years in a row."

Trying a new sport wasn't anything new for Crymble. After all, it was her idea to play football.

"My brother played, and I'd go to his practices and I wanted to be out there with him," Crymble said. "It just seemed like a lot of fun, and my dad thankfully allowed me to do it."

She was the only girl in the male-dominated sport, and football gave her an athletic advantage. A lot of its needed skills apply to all sports, she said. For instance, knowing hitting angles or angles players take to run and catch up to the ball certainly helps. Being able to gauge speed to catch up helps in any sport, she said.

JERRY HOLT • jerry.holt@startribune.com
Hanna Crymble worked on blocking at a recent Champlin Park practice. Basketball practices start Monday for the Rebels senior. And come spring, she plays lacrosse.

Then there's learning how to fall, or how to initiate a hit, to prevent your body from injury. Crymble said that's helped her in the long run. The only injury she has had was a torn ligament in her left thumb about a year ago, which limited her during basketball.

The Rebels even throw footballs to warm-up for volleyball because the motion is the same.

"All sports really run into each other," Crymble said.

Football helps with eliminating fear of contact and controlling your body when it happens. That's a big help in basketball, Crymble said.

"That's why basketball is a sport that some girls love and flourish in and some don't because of the contact," she said.

Basketball provides the physical play that she enjoyed in her football days. With practices starting Monday, Crymble hopes to reach 1,000 career points — she needs 225 more.

She's committed to play basketball for the University of Vermont.

Knowing benefits she accrued playing football, Crymble would recommend it to others if they have the desire. You won't learn anything without that desire, she said.

Ultimately, she recommends trying different sports if someone wants.

"Because if it interests you, it's going to help you in anything in life," Crymble said. "In occupations, in sports, whatever it may be.

"With every experience comes learning. It's never bad to learn."

quick q&a

SYDNEY BRODT
MOUNDS VIEW, SR., HOCKEY

Sydney Brodt, senior forward and captain for the Mounds View girls' hockey team, was a member of the U.S. select team for the Under-18 series against Canada in August. She's committed to play hockey for University of Minnesota Duluth next year.

Q: What was the experience like playing for Team USA?
A: It was a huge honor to get to wear the jersey for those few weeks. It was just really exciting.

Q: What did you learn?
A: A lot of things about hockey but also about being a great person and not taking anything for granted. We're so lucky to get the chance to even be there and be selected.

Q: What are your personal philosophies when it comes to your game?
A: Whenever I get on the ice, I just want to play. I think the thing I base my game off of most is hard work and just passion for the game. Especially the Mounds View season, not taking it for granted because it's my senior year.

Q: What's one hockey memory you'll never forget?
A: When we beat Blaine in the section final my sophomore year, and the year before we had lost to Irondale. That was just really big because we'd been working the whole year to go back to state.

HEATHER RULE

calendar

NORTH

BOOKS

NONFICTION BOOK CLUB: Bring a nonfiction book that you are reading or have finished and share your thoughts with the group. 2 p.m. Fri. Columbia Heights Public Library, 820 40th Av. NE., Columbia Heights. 763-706-3690.

HOME AND HOBBIES

MAJESTIC OAKS BOUTIQUE: Seasonal and home decor, vintage finds, gift items and more. 9 a.m.-5 p.m. today. Majestic Oaks Boutique, 701 Bunker Lake Blvd., Ham Lake. 952-944-7286.

ART

THE TRESPASSER'S GARDEN: Prints by Emily Gray Koehler. 10 a.m.-4 p.m. Tue-Sat. Banfill-Locke Center for the Arts, 6666 E. River Rd., Fridley. Ends Nov. 28. 763-574-1850.

WEAVERS GUILD OF MINNESOTA ARTIST SALE: Noon-4 p.m. today. Northrup King Building, 1500 NE. Jackson St., Mpls. 612-436-0463.

MUSIC

AUGSBURG CENTENNIAL SINGERS: 4 p.m. today. First Lutheran Church of Columbia Heights, 1555 40th Av. NE., Columbia Heights. Free. 763-540-0662.

THEATER

CHONDA PIERCE: 7 p.m. Fri. $25-$60. New Hope Church, 4225 Gettysburg Av. N., New Hope.

CHRISTMAS IN THE AIRWAVES: A nostalgic story of wartime American life during the holidays. 7:30 p.m. Fri.-Sat.; 2 p.m. next Sun. $15-$32. Lyric Arts Main Street Stage, 420 E. Main St., Anoka. 763-422-1838.

PETS

HOMEWARD BOUND RESCUE: Dogs. 11 a.m.-3 p.m. Sat. Free. Petco Fridley, 753 53rd Av. NE., Fridley. 612-759-6982.

NORTHWOODS HUMANE SOCIETY'S ANNUAL SANTA PAWS: The Santa Paws event focuses on photos with Santa Paws for you, your family, your pets, or any combination. No appointment is necessary. 9 a.m.-4 p.m. today. $12-$20. Northwoods Humane Society, 7153 Lake Blvd., Hwy. 8, Wyoming. 651-982-0240.

EAST

FOOD AND WINE

FRENCH WINE DINNER: A six-course meal paired with wines. 7 p.m. Fri. $59.99. Afton House Inn, 3291 S. St. Croix Trail, Afton. 651-436-8883.

LIBERTY VILLAGE WINE AND SPIRITS TASTING: Sip select wines. 4-7 p.m. Fri.-Sat. Liberty Village Wines and Spirits, 105 New England Place #160, Stillwater. 651-439-3022.

SWIRL WINE TASTING: 6-8:30 p.m. Fri. Free. Swirl, 3291 St. Croix Trail, Afton. 651-436-2010.

TURKEYFEST: Free Turkey 101 class, 9:30 a.m., Nov. 21, registration required; food vendors, samples and live music. 11 a.m.-4 p.m. Sat.; 11 a.m.-3 p.m. next Sun. Ferndale Market, 31659 County 24 Blvd., Cannon Falls. 1-507-263-4556.

WILD GAME AND WINE DINNER: A multicourse dinner paired with wine. Reservations required. 6:30 p.m. Wed. $60. Tria Restaurant & Bar, 5959 Centerville Rd., North Oaks. 651-426-9222.

WINE MARKET WINE TASTING: Sip select wines. 5-7 p.m. Fri. The Wine Market — Mendota Heights, 720 Main St., #101, Mendota Heights. 651-452-9463.

DIVERSIONS

AMAZING CASTLE: Plan a royal adventure filled with medieval magic, storytelling and imaginative play. Ends Jan. 24. $9.95. Minnesota Children's Museum, 10 W. 7th St., St. Paul. 651-225-6000.

FROM WAR TO RECONCILIATION: HIROSHIMA NAGASAKI PEACE EXHIBITION: Artifacts and photographic panels document the cities of Nagasaki and Hiroshima before, during and after the atomic bombing of both cities. Ends Nov. 28. Landmark Center, 75 W. 5th St., St. Paul. 651-292-3225.

NIGHT TRAINS: A make-believe miniature town buried in snow and adorned with Christmas lights and decorations. 6-9 p.m. Sat. $10. Twin City Model Railroad Museum, Bandana Square, 1021 E. Bandana Blvd., St. Paul. 651-647-9628.

OVALUMINATION: The skating oval is surrounded by more than 100 arborvitae and evergreen trees decorated with lights. Free, skate admission $5.50. 7 p.m. today-next Sun. John Rose Minnesota Oval, 2661 Civic Center Dr., Roseville.

PAJ NTAUB: HMONG TEXTILES FROM THE PERMANENT COLLECTION: Ends Nov. 29. $2-$8. James J. Hill House, 240 Summit Av., St. Paul. 651-297-3000.

SCIENCE NIGHT JR.: MPR News' Tom Webber and the "Brains On!" podcast crew stage science projects for families. 2 p.m. today. $12-$45. Fitzgerald Theater, 10 E. Exchange St., St. Paul. 651-290-1221.

ST. PAUL GANGSTER TOUR: Explore the sites of nightclubs, kidnappings and gun battles associated with 1930s gangsters, including Babyface Nelson and others. Noon Sat. $24. Wabasha Street Caves, 215 S. Wabasha St., St. Paul. 651-224-1191.

STAR PARTY: Meteorologist Mike Lynch gives a presentation indoors followed by time outside using large reflecting telescopes. 6:30 p.m. Mon. Free. West 7th Street Library, 265 Oneida St., St. Paul. 651-298-5516.

STAR PARTY: Meteorologist Mike Lynch gives a presentation indoors followed by time outside using large reflecting telescopes. 6:30 p.m. Wed. Free. Arlington Hills Library, 1200 Payne Av., St. Paul. 651-632-3870.

STAR PARTY: Meteorologist Mike Lynch gives a presentation indoors followed by time outside using large reflecting telescopes. 6:30 p.m. Thu. Free. Dayton's Bluff Branch Library, 645 E. 7th St., St. Paul. 651-793-1699.

VICTORIAN CHRISTMAS BAZAAR: Live music, jail tours, arts and crafts and appearance by Santa. A Friday preview gala has appetizers, exhibits and live music. $40-$50. 6:30-9 p.m. Fri.; 10 a.m.-4 p.m. Sat.; 11 a.m.-3 p.m. next Sun. $3. Washington County Historic Courthouse, 101 N. Pine St., Stillwater. 651-430-6000.

VICTORIAN CHRISTMAS STORIES: Costumed actors bring 19th-century literature to life in a readers theater performance. Reservations recommended. 6-6:30 p.m. Fri. $8-$12. James J. Hill House, 240 Summit Av., St. Paul. 651-297-2555.

FAITH AND VALUES

LUTHERAN WORLD RELIEF: MAKING A DIFFERENCE THROUGHOUT THE WORLD: Mike Johnson, from the nonprofit Lutheran World Relief will speak. 10 a.m. today. St. Michael's Lutheran Church Roseville, 1660 W. County Rd. B, Roseville. 651-631-1510.

HOME AND HOBBIES

LIVE EAGLE PROGRAMS: Staff-led talks about bald and golden eagles' physical characteristics, behavior, habitat and more. 11 a.m., 1 and 3 p.m. daily. 11 a.m. today-next Sun. National Eagle Center, 50 Pembroke Av., Wabasha, Minn. 1-651-565-4989.

THE MIDDLE SISTER: Antiques, vintage and repurposed items for home and more. Noon-5 p.m. today. The Middle Sister, 416 S. Snelling Av., St. Paul. 651-428-2994.

RAPTORS OF MINNESOTA: Tour the center's new outdoor space for hawks, eagles, owls and falcons. 10:30 a.m.-3:30 p.m. Tue.-Fri., 12:30-3:30 p.m. Sat.-Sun. $3-$6. "Raptors of Minnesota," a program for families and groups, 1 p.m. Sat.-Sun. $5.50-$8. 1920 Fitch Av. St. Paul. 1 p.m. today, Sat.-next Sun. $5.50-$8. University of Minnesota Raptor Center, 1920 Fitch Av., St. Paul. 612-624-9753.

THANKSGIVING CENTERPIECE WORKSHOP: Registration required. 9:30-11 a.m. Sat. $65. Foxglove Market and Studio, 792 Grand Av., St. Paul. 651-214-4247.

THEATER

BUDDY: THE BUDDY HOLLY STORY: 7:30 p.m. Thu.-Sat.; 2 & 4 p.m. next Sun. $10-$45. History Theatre, 30 E. 10th St., St. Paul. 651-292-4323.

BYE BYE LIVER: A comedy centered on the pastime of drinking. 10 p.m. Sat. $24.50. Camp Bar, 490 N. Robert St., St. Paul. 651-290-2290.

A CHARLIE BROWN CHRISTMAS: 7 p.m. Fri.; 1 p.m. Sat.; 1 & 4 p.m. next Sun. $16-$23. Hopkins Center for the Arts, 1111 Mainstreet, Hopkins. 952-979-1111.

DEER CAMP: THE MUSICAL: 5 p.m. today, next Sun.; 7:30 p.m. Thu.-Fri.; 7 p.m. Sat. $24.50-$34.50. Camp Bar, 490 N. Robert St., St. Paul. 651-290-2290.

INTO THE WOODS: 2 p.m. today, next Sun.; 7:30 p.m. Fri.-Sat. $19-$26. Phipps Center for the Arts, 109 Locust St., Hudson. 1-715-386-8409.

MY CHILDREN! MY AFRICA!: An idealistic South African teacher believes education can create a better future for his students. 2 p.m. today, next Sun.; 7:30 p.m. Wed.-Fri.; 2 & 7:30 p.m. Sat. $40-$60. Park Square Theatre, Historic Hamm Building, 20 W. 7th Pl., St. Paul. 651-291-7005.

A SACRED PASSAGE: 2 p.m. today, next Sun.; 7:30 p.m. Thu.-Sat. $5-$15. Dreamland Arts, 677 Hamline Av. N., St. Paul. 651-645-5506.

THE TRIAL OF THE BIG BAD WOLF: 2 & 7 p.m. Sat. $2-$6. St. Croix Lutheran High School, 1200 Oakdale Av., West St. Paul. 651-455-1521.

YOUNG FRANKENSTEIN: THE MUSICAL: 2 p.m. today. $18-$23. Lakeshore Players Theater, 4820 Stewart Av., White Bear Lake. 651-429-5674.

MUSIC

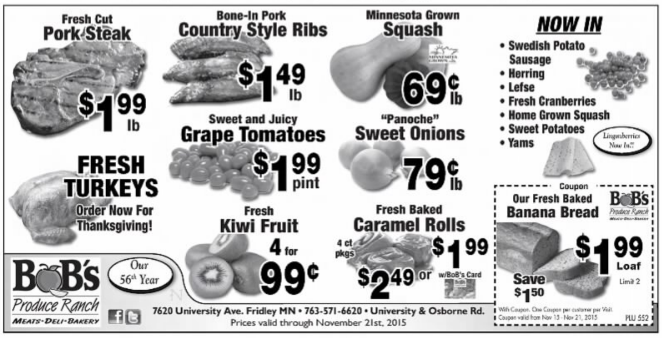
MACALESTER CHAMBER ENSEMBLES: 8 p.m. today. Free. Janet Wallace Fine Arts Center, 130 Macalester St., St. Paul. 651-696-6808.

MACALESTER CONCERT CHOIR AND CHORALE: 8 p.m. Fri. Free. Janet Wallace Fine Arts Center, 130 Macalester St., St. Paul. 651-696-6808.

MACALESTER WIND ENSEMBLE: 7:30 p.m. next Sun. Free. Janet Wallace Fine Arts Center, 130 Macalester St., St. Paul. 651-696-6808.

ST. CATHERINE CHORAL SOCIETY: 3 p.m. today. $5-$10. The O'Shaughnessy, St. Catherine University, 2004 Randolph Av., St. Paul. 651-690-6700.

TWIN CITIES CABARET ARTISTS NETWORK: 8 p.m. Sat. $10. Town House Bar, 1415 University Av. W., St. Paul. 651-646-7087.



Copyright © 2020 Newspapers.com. All Rights Reserved.
Newspapers.com