

2025



NORDIC SKI

STATE CHAMPIONSHIPS



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# Strengthening Alaska Through Our Values

Proud sponsor of the Alaska School Activities Association





# WELCOME

## to the CELEBRATION of CHAMPIONS



Dear Athletes, Coaches, Sponsors, and Fans,

On behalf of the Alaska School Activities Association Board of Directors, welcome to the ASAA First National Bank Alaska Nordic Ski State Championships! We are excited to gather for this pinnacle event, where Alaska's finest high school teams compete for state titles. Today is the culmination of months of dedication, teamwork, and determination, and we are honored to celebrate the achievements of these student-athletes. Sports and activities teach resilience, leadership, and the power of unity, values that will carry you far beyond the rink.

To the athletes, this is your moment to shine, and we commend you for the hard work, discipline, and passion you've demonstrated throughout the season. Whether this is your first time at the state championships or you're returning for another shot at victory, know that you have made your communities proud. To our corporate sponsors, we express our deepest gratitude for your unwavering support of ASAA and our student-athletes.

Your contributions are vital to making these championships possible and to helping us provide enriching experiences for young athletes across the state. To the coaches, families, and fans, thank you for your endless support, guidance, and enthusiasm. You are an integral part of the journey, and your encouragement fuels the success of these teams. The energy and excitement you bring to the stands make this event truly special.

Good luck to all teams—let's enjoy three fantastic days of State Nordic Ski!

Billy Strickland  
ASAA Executive Director

**Indigenous Land Acknowledgement:**

*The Alaska School Activities Association is honored to be guests on the traditional homelands of the Eklutna Dena'ina Peoples for this championship event. We are committed to recognizing, celebrating and honoring the continued culture, language and heritage of the Dena'ina Peoples. Chin'an!*

Learn more about Indigenous people of Alaska  
by visiting the Alaska Native Heritage Center  
[www.alaskanative.net](http://www.alaskanative.net) | (907) 330-8000



ALASKA  
NATIVE  
HERITAGE  
CENTER



The Alaska School Activities Association is a statewide nonprofit organization established to direct, develop and support Alaska's high school interscholastic sports, academic and fine arts activities since 1956.

### ASAA MISSION STATEMENT

Provide and promote opportunities through activities for all Alaska students.

## FOLLOW ASAA



[www.ASAA.org](http://www.ASAA.org)  
[www.ASAA365.com](http://www.ASAA365.com)



ASAAORG



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# HISTORY OF ASAA

ASAA's roots predate statehood. In the early 1950s, school leaders in the Territory of Alaska recognized the need to separate the high school basketball program from the local town business leagues. William Zahradnicek of Palmer, and W.W. Lahnum and Gordon Guffey of Anchorage, joined forces to organize the Western Alaska High School Activities Association. Sterling Sears of Juneau, Les Wingard, J.E. Danielson of Ketchikan were moving ahead at the same time to form the Southeast Alaska Activities Association with a mandate to ensure educational leadership.

In 1956, the Territorial Department of Education Superintendents Advisory Commission determined the need for an organization that could establish common rules and regulations to guide the activities of the two associations. In the Fall of 1957, the commission approved the Constitution and Bylaws of the Alaska High School Activities Association (ASAA). Officers representing the two divisions were elected. The first Board of Control consisted of William Zahradnicek, Palmer, as Chairman, J.E. Danielson, Ketchikan, Secretary-Treasurer; and members George McMillan, Juneau, Joe Montgomery, Anchorage, and Sterling Sears, Juneau.

This informal arrangement worked very well until the early 1970s, when the State Legislature added a section to the Educational Statutes placing the Association under the Department of Education. School populations and the number of participating schools were increasing. After many meetings, the two original associations became five distinct Regions based on school size and geographic location. One year later, in 1976, Regions increased to six. The new Board of Control consisted of one member from each Region, a representative of the Association of Alaska School Boards, and a representative of the Superintendents Association. In 1978, the board added a representative of the Alaska Association of Student Governments.

Due to the increasing number of schools participating in boys and girls basketball, the need for additional statewide culminating events became evident. This required the formation of a classification system that spanned all of the Regions. This task fell to a committee composed of representatives from all six Regions. It was known as the "Black and Blue" Ribbon Study Commission because of the difficulties faced in satisfying the needs of each Region. In June 1981, the Board of Control adopted the Commission's recommendation to establish four classifications based on school enrollment with some overlap in the two smallest classes due to geographic location. The first statewide event for the smaller classes was an invitational basketball tournament held in Anchorage in 1983-84.

In 1986, the Department of Education eliminated funding for ASAA. The Board of Control voted to incorporate as a 501(c)(3) non-profit corporation, beginning July 1, 1987. Because of ongoing jurisdictional issues between the Association and the State of Alaska, both entities sought a legal resolution. This resulted in the 1995 repeal of the Legislative Statute that had placed ASAA under the Department of Education.

In 2007, in order to ensure consistent tobacco, alcohol and controlled substances policies by member schools and districts, the Board of Directors adopted the "Play for Keeps-Win for Life" program for all student participants. In 2011, the Alaska Legislature passed House Bill 15, (amended in 2012 under Senate Bill 119), that sets standards for concussion awareness, education, treatment and return to participation protocols. ASAA developed recommended policies and procedures to assist in the implementation of the law. In 2013, the Alaska Legislature passed Senate Bill 41 that addressed interscholastic participation by "alternative education program students." ASAA developed bylaws and policies to assist schools, students and families in the implementation of the statute.

Currently, the Alaska School Activities Association serves over 200 schools and 26,000 student participants. These student participants are active in 22 athletic activities and 6 academic activities culminating in 54 State Championship events! Without the support of the schools, students, coaches/advisors, parents, and fans ASAA couldn't be as successful as it has been since 1956. **THANK YOU!**



# FOLLOW ASAA



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[www.ASAA365.com](http://www.ASAA365.com)



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# 2025 ASAA/FIRST NATIONAL BANK ALASKA NORDIC SKIING STATE CHAMPIONSHIPS

Birch Hill- Fairbanks/ February 20-22

Hosted by: ASAA, Fairbanks School District & Nordic Ski Club of Fairbanks

## SCHEDULE OF EVENTS

### **Wednesday, February 19**

- 10:00am Official Training on Competition Courses (10:00am to 4:00pm)
- 12:00pm Facilities open for inspection
- 6:00pm Coaches Meeting at West Valley High School Library
- 9:45pm Park Gate Closes

### **Thursday, February 20**

- 7:00am Gates Open
- 9:30am Bib Pick-Up & Coaches Packets (by Coach only)
- 10:40am Presentation of Colors
- 11:00am 5K Interval Start Classic Technique Race
- 1:00pm Girls 5K Interval Start Classic Technique Race
- 30 minutes following last race Awards at Birch Hill
- 9:45pm Gate Closes

### **Friday, February 21**

- 7:00am Gates Open
- 9:30am Bib Pick-Up (by Coach only)
- 10:40am Presentation of Colors
- 11:00am Girls 7.5K Mass Start Freestyle Technique Race
- 1:00pm 7.5K Mass Start Freestyle Technique Race
- 30 minutes following last race Awards at Birch Hill
- 9:45pm Park Gate Closes

### **Saturday, February 22**

- 7:00am Gates Open
- 8:30am Bib Pick-Up (by Coach only)
- 9:00am Relay team changes due in timing building
- 9:40am Presentation of Colors
- 10:00am Girls 4 x 3K Mixed Technique (Classic-Classic-Free-Free)
- 12:00pm 4 x 3K Mixed Technique (Classic-Classic-Free-Free)
- 30 minutes following last race Awards at Birch Hill

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# CHAMPIONSHIP STAFF

ASAA extends its appreciation to the following people for contributing their time and energy in making this year's 2025 ASAA/First National Bank Alaska Nordic Ski State Championship a success.

- **Nordic Ski Club of Fairbanks**
- **Susan Faulkner**
- **Anna Sorensen**
- **Fairbanks North Star School District**



**PLUS THE COUNTLESS NUMBER  
OF VOLUNTEERS THAT MAKE  
THIS STATE CHAMPIONSHIP  
POSSIBLE!**

*Thank you*





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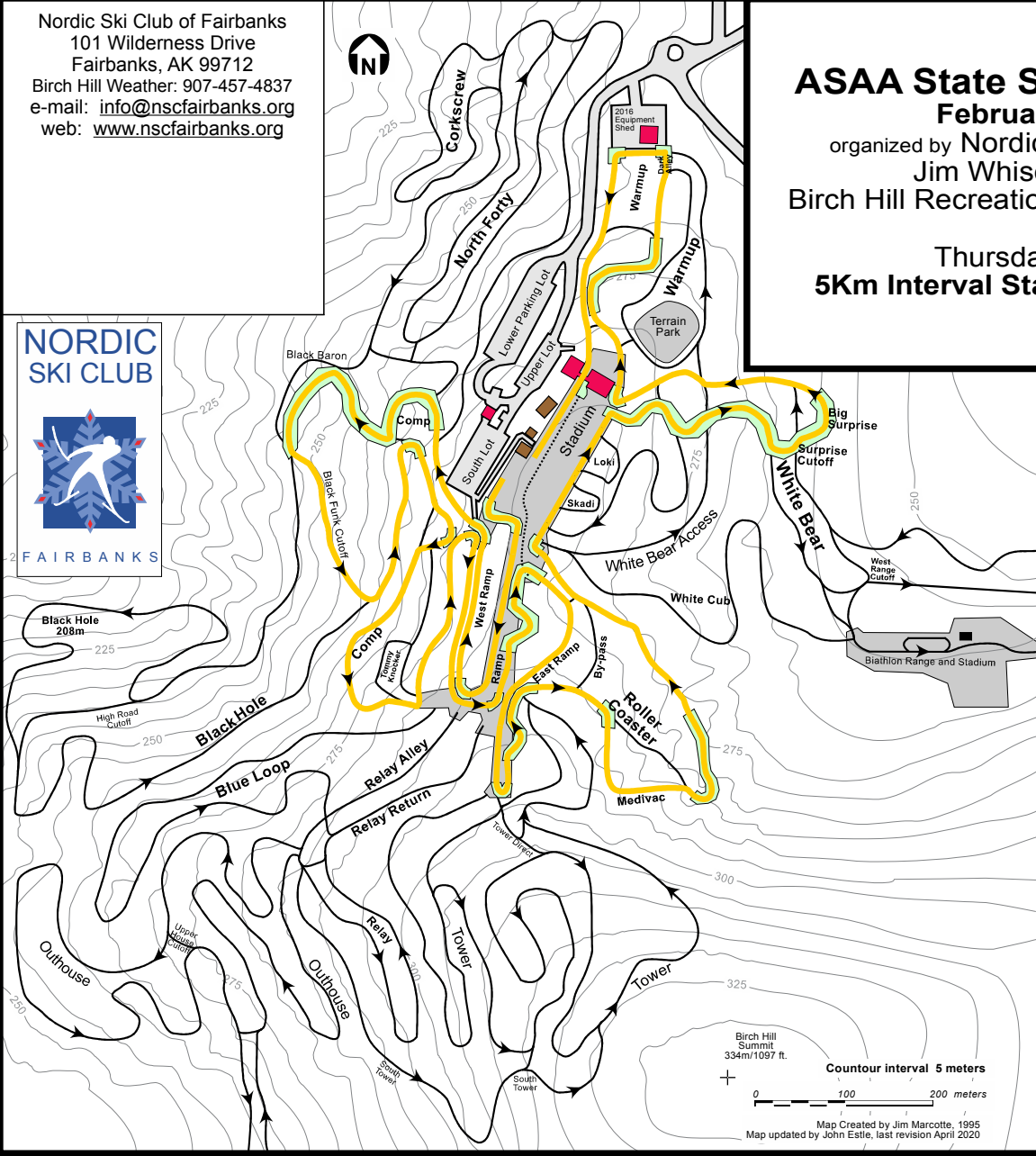


Nordic Ski Club of Fairbanks  
101 Wilderness Drive  
Fairbanks, AK 99712  
Birch Hill Weather: 907-457-4837  
e-mail: [info@nscfairbanks.org](mailto:info@nscfairbanks.org)  
web: [www.nscfairbanks.org](http://www.nscfairbanks.org)



**ASAA State Ski Championships**  
**February 20-22, 2025**  
organized by Nordic Ski Club of Fairbanks  
Jim Whisenant Ski Trails  
Birch Hill Recreation Area, Fairbanks, Alaska

Thursday, February 20  
**5K Interval Start / Classic Technique**



**Technical Information**  
for  
**Black Funk 5Km Gold Course**  
Course Length: 5139m  
Height Difference (HD): 67m  
Maximum Climb (MC): 50m  
Total Climb (TC): 195m  
Climb per Km: 37.9m/km  
2 x A Climb: 50m, 31m  
5xB Climb: 18m, 13m, 20m, 12m, 18m

**Competition Committee**  
Co-Chiefs of Competition  
Susan Faulkner & Kent Slaughter  
Chief of Course-Steve Taylor  
Head Groomer-Logan Hanneman  
Co-Chief of Stadium-Susan Faulkner  
Co-Chief of Stadium-Gary Knuepfer  
Chief of Timing-Anna Sorensen  
Chief of Secretariat-TBD  
Chief of Competition Control-TBD  
Volunteer Coordinator-Norma Haubenstock

**Competition Jury**  
Chief of Competition-Kent Slaughter  
Technical Delegate-Lin Hinderman  
Assistant TD-  
Jury Member-Susan Faulkner  
ASAA Rep-TBD



# GO THE EXTRA MILE.

Nice job on all the hard work. Now it's time to shine. The hardworking folks on our team are proud to support the 2025 ASAA/First National Bank Alaska Nordic Ski State Championships. Don't forget to thank mom and dad.

[club49hub.com](http://club49hub.com)

*Alaska*  
AIRLINES



Nordic Ski Club of Fairbanks  
 101 Wilderness Drive  
 Fairbanks, AK 99712  
 Birch Hill Weather: 907-457-4837  
 e-mail: [info@nscfairbanks.org](mailto:info@nscfairbanks.org)  
 web: [www.nscfairbanks.org](http://www.nscfairbanks.org)



## ASAA State Ski Championships February 20-22, 2025

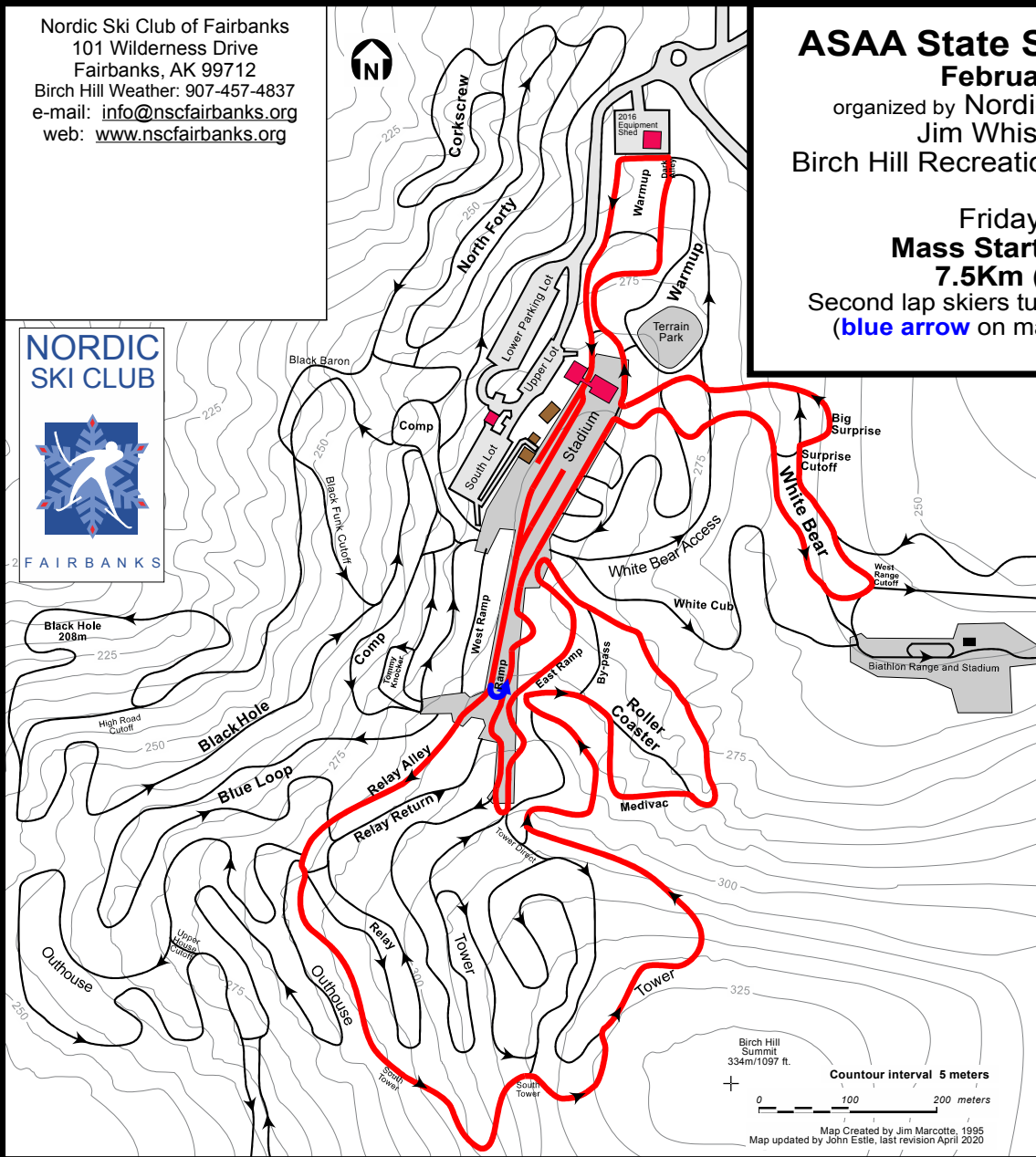
organized by Nordic Ski Club of Fairbanks  
 Jim Whisenant Ski Trails  
 Birch Hill Recreation Area, Fairbanks, Alaska

Friday, February 21  
**Mass Start / Free Technique**  
**7.5Km (5Km + 2.5Km)**  
 Second lap skiers turn left at the Top of the Ramp  
 (blue arrow on map) and descend the Ramp

**Technical Information**  
 for  
**South Tower-and-a-Half**  
**7.5Km Course:**  
 Course Length: 7468m  
 Height Difference (HD): 73m  
 Maximum Climb (MC): 39m  
 Total Climb 7.5Km (TC): 237m  
 Climb per Km: 31.7m/km  
 3 x A Climb: 39m, 31m, 31m  
 4 x B Climb: 12m, 20m, 18m, 18m

**Competition Committee**  
 Co-Chiefs of Competition  
 Susan Faulkner & Kent Slaughter  
 Chief of Course-Steve Taylor  
 Head Groomer-Logan Hanneman  
 Co-Chief of Stadium-Susan Faulkner  
 Co-Chief of Stadium-Gary Knuepfer  
 Chief of Timing-Anna Sorensen  
 Chief of Secretariat-TBD  
 Chief of Competition Control-TBD  
 Volunteer Coordinator-Norma Haubenstock

**Competition Jury**  
 Chief of Competition-Kent Slaughter  
 Technical Delegate-Lin Hinderman  
 Assistant TD-  
 Jury Member-Susan Faulkner  
 ASAA Rep-TBD





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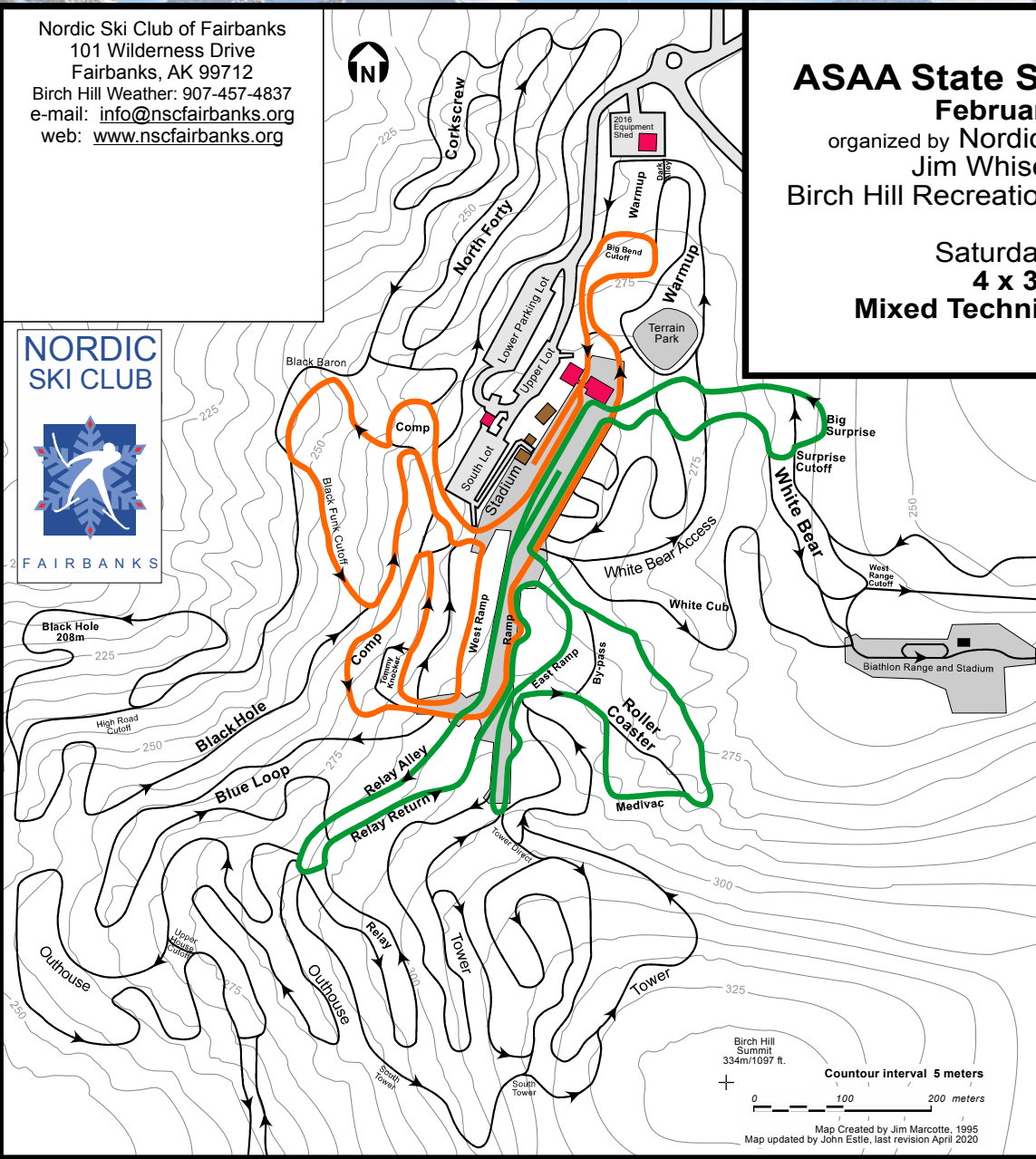
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Fairbanks, AK 99712  
Birch Hill Weather: 907-457-4837  
e-mail: [info@nscfairbanks.org](mailto:info@nscfairbanks.org)  
web: [www.nscfairbanks.org](http://www.nscfairbanks.org)



**ASAA State Ski Championships**  
**February 20-22, 2025**  
organized by Nordic Ski Club of Fairbanks  
Jim Whisenant Ski Trails  
Birch Hill Recreation Area, Fairbanks, Alaska

Saturday, February 22  
**4 x 3Km Relays**  
**Mixed Technique (CL-CL-FR-FR)**



**Technical Information**  
**Green Course (Classic):**

Course Length: 3096m  
Height Difference (HD): 51m  
Maximum Climb (MC): 31m  
Total Climb (TC): 101m  
Climb per Km: 32.6m/km  
1 x A Climb: 31m  
3 x B Climb: 11m, 20m, 12m

**Technical Information**  
**Orange Course (Skate):**

Course Length: 2900m  
Height Difference (HD): 59m  
Maximum Climb (MC): 50m  
Total Climb (TC): 104m  
Climb per Km: 35.9m/km  
1 x A Climb: 50m  
2 x B Climb: 27m, 15m

**Competition Committee**

Co-Chiefs of Competition  
Susan Faulkner & Kent Slaughter  
Chief of Course-Steve Taylor  
Head Groomer-Logan Hanneman  
Co-Chief of Stadium-Susan Faulkner  
Co-Chief of Stadium-Gary Knuepfer  
Chief of Timing-Anna Sorensen  
Chief of Secretariat-TBD  
Chief of Competition Control-TBD  
Volunteer Coordinator-Norma Haubenstock



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# BARTLETT GOLDEN BEARS

# ALASKA

Team Picture Not  
Provided to ASAA

## ALASKA SCHOOL ACTIVITIES ASSOCIATION

### Win for Life®

FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Eiley	Reid	11	4	G
Emma	Webb	9	5	G
Aidan	Willett	12	2	
Farell	Gloeckner	12	3	
Elliott	Drake	10	4	
Justine	Alejo		5	
Dakari	Renteria		6	

**HEAD COACH** Joe Reid



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Injuries Prevented  
Per Year

OPA provides full-time certified athletic trainers to all Anchorage and Mat-Su area high schools — free of charge. They work with student-athletes, coaches and parents to prevent injuries, save thousands of health care dollars and help build a healthier community.

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Annual injury prevention number based on an injury rate study from the American Academy of Pediatrics and actual number of injuries documented by OPA athletic trainers working high school athletics in the Anchorage School District.

# BETTYE DAVIS EAST THUNDERBIRDS

# ASAA

**Team Picture Not  
Provided to ASAA**

ALASKA SCHOOL ACTIVITIES ASSOCIATION

*Win for Life*®

FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Rosie	Conway	11	4	G
Brynn	Rathert	12	3	G
Abigail	Howe	11	2	G
Beatrix	Brogan	11	1	G
Fiora	Graziano	12	5	G
Svea	Thomas	12	6	G
Miles	Numme-Worrell	12	4	
Liam	Cleary	11	3	
Walker	Battreal	12	2	
Owen	Lovejoy	12	1	
Nico	Graziano	9	5	
Bryce	Herda	12	6	

<b>HEAD COACH</b>	Connor Scher
<b>ASSISTANT COACH</b>	Gino Graziano
<b>ASSISTANT COACH</b>	Germaine Thomas





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of Alaska Native leadership and unity.



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# CHUGIAK MUSTANGS



FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Olivia	Ronzio Pico	10	1	G
Hannah	Stepetin	11	2	G
Hailey	Colgrove	9	3	G
Katie	Christenson	11	4	G
Olivia	Sandoval	9	5	G
Allison	Macy	12	6	G
Anna	Burrup	10	A	G
Kohen	Galloway	11	1	
Griffin	Gracey	12	2	
Nash	Smedley	9	3	
Hunter	Hamm	9	4	
Dylan	Luna	12	5	
Quinn	Urbanus	9	6	
Liam	Stewart	9	A	

<b>HEAD COACH</b>	Aaron Foye
<b>ASSISTANT COACHES</b>	
Ricky Ronzio Pico	Joe Lammers
Hannah Cryder	Mary Lammers





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Desktop



Mobile



Tablet



Connected Apps



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# COLONY KNIGHTS



FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Luci	Wright	10	1	G
Adriana	Ramirez	12	2	G
Breeze	Buchanan	11	3	G
Elliot	Sensabaugh	10	4	G
Isela	Austin	10	5	G
Aubrey	Virgin	10	6	G
Elsie	LaCount	10	A	G
Natalee	Zahrt	11	A	G
Jake	Black	9	1	
Chandon	Lutz	12	2	
Weston	Sensabaugh	11	3	
Raven	Spangler	10	4	
Coby	Marvin	12	5	
Gabe	Black	11	6	
Grayson	Klayum	9	A	
Jeb	Marvin	11	A	

<b>HEAD COACH</b>	Mark Strabel
<b>ASSISTANT COACH</b>	Christy Marvin
<b>ASSISTANT COACH</b>	Darin Markwardt



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# Alaska students!



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# DIMOND LYNX



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ALASKA SCHOOL ACTIVITIES ASSOCIATION

Win for Life®

FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Claire	Hampton	11	1	G
Claire	Saltzman	11	2	G
Mady	Lowen	11	3	G
Gigi	Leonetti	10	4	G
Kaiya	Soldwedel	10	5	G
Sophia	Randazzo	12	6	G
Thomas	Erickson	12	1	
Tate	Skinner	9	2	
Creed	Cvancara	11	3	
Kodiak	Coleman	10	4	
Cade	McGinley	11	5	
Drake	McGinley	12	6	

<b>HEAD COACH</b>	Tyler Hennegan
<b>ASSISTANT COACH</b>	Maya Radonich
<b>ASSISTANT COACH</b>	Betsy Winkle





# SALTCHUK

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# EAGLE RIVER WOLVES



FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Elsa	Henderson	12	1	G
Kelsey	Momblow	10	2	G
Ashley	Mann	11	3	G
Charlottle	Toole	12	4	G
Anika	Linstid	9	5	G
Maddy	Davignon	9	6	G
Atlas	Payne	11	1	
Rox	Mercer	12	2	
Nathan	Momblow	11	3	
Leif	Konrath-Bera	9	4	
Tucker	Nakken	9	5	
Sam	Dyrenforth	12	6	

<b>HEAD COACH</b>	Christopher Morhain
<b>ASSISTANT COACH</b>	Gabe Atkinson
<b>ASSISTANT COACH</b>	Laura Ripp



ALASKA'S

HOME TOWN

HEROES

# STATE EMERGENCY RESPONSE

DO YOU HAVE WHAT IT TAKES?

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ME



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NATIONAL  
AIR  
GUARD



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# GLENNALLEN PANTHERS



FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Grace	Rogers	12	1	G
Madison	Carlton	12	2	G
Ally	Fields	11	3	G
Andrew	Severs	12	1	
Will	McMahan	9	2	
Simon	McMahan	10	3	
Timothy	Severs	10	4	

<b>HEAD COACH</b>	Bruce Rogers
<b>ASSISTANT COACH</b>	Kari Rogers



# CONGRATULATIONS

ASAA State Championship Athletes!

Tarranqegteq (Yup'ik)  
To be active and healthy



**CALISTA**  
CORPORATION

# GRACE CHRISTIAN GRIZZLIES



FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Sydney	Mondeel	10	1	G
Adelaid	Bel	11	2	G
Cate	Merriner	11	3	G
Zara	Chang	11	5	G
Aubrey	Buck	11	6	G
Chelsea	Eldridge	10	4	G
Easton	Roads	11	1	
Grant	Eldridge	10	2	
Colton	Merriner	12	3	
Caleb	Miller	12	4	
Isaac	Verbrugge	10	5	
Andrew	Zingone	11	6	

**HEAD COACH**

Seth Kniegge



**AiH**

**CHAMPIONING  
ATHLETIC  
DREAMS  
ACROSS  
ALASKA**

**AiH**



**aih.com**

# HOMER MARINERS



FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Hannah	Klima	11	1	G
McKenna	Black	12	2	G
Cassidy	Carroll	12	3	G
Myra	Kalafut	9	4	G
Etta	Bynagle	9	5	G
Jaela	Marchbanks	12	6	G
Tait	Ostrom	11	1	
Charlie	Rustand	9	2	
Jody	Goodrich	12	3	
Rockwell	Bates	11	4	
Johannes	Bynagle	11	5	
Leif	Jaworski	12	6	
Daniel	Christ	9	A	

**HEAD COACH**

Jessica Goodrich

**ASSISTANT COACH**

Katie Miller





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# HUTCHISON HAWKS



FIRST NAME	LAST NAME	GRADE	POSITION
Dax	Campbell	9	4
William	Jordan	11	3

HEAD COACH	Donna DiFolco
ASSISTANT COACH	Sharon Baker
ASSISTANT COACH	Kristen Rozell



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TRIBAL HEALTH  
CONSORTIUM

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# JUNEAU-DOUGLAS CRIMSON BEARS



FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Ida	Meyer	12	1	G
Kaia	Mangacat	10	2	G
Sigrid	Eller	9	3	G
Lua	Mangacat	11	4	G
Siena	Farr	11	5	G
Sunna	Schane	9	6	G
Finn	Lamb	12	1	
Ferguson	Wheeler	12	2	
Corder	Janes	12	3	
Landon	Adkins	9	4	
Caleb	Schane	9	5	
Finley	Hightower	12	6	

**HEAD COACH**

Abby McAllister

**ASSISTANT COACH**

Ricky Worl





**THE ALASKA CLUB  
PROUDLY SUPPORTS  
THE ASAA & ALASKA'S  
STUDENT ATHLETES.**



**THE ALASKA CLUB**  
**BUILDING HEALTHY GENERATIONS IN  
ALASKA FOR NEARLY 40 YEARS.**

# KENAI-CENTRAL KARDINALS

# ALASKA

Team Picture Not  
Provided to ASAA

ALASKA SCHOOL ACTIVITIES ASSOCIATION

Win for Life®

FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Mya	Taylor	12	1	G
Emily	Taylor	10	2	G
Isla	Crouse	9	3	G
Ruby	Davis	10	4	G
Teresa	Fallon	10	5	G
Abigail	Bishop	11	6	G
Elijah	Pancoast	9	1	
Elliot	Hanson	12	2	
Chase	Laker	11	3	
Levi	Strong	11	4	
Fletcher	Darr	9	5	
Silvan	Krieg	11	6	

<b>HEAD COACH</b>	Kristin Davis
<b>ASSISTANT COACH</b>	Mike Bergholtz



# 10 TIPS

FOR SUPPORTING THE

## MENTAL WELL-BEING

OF STUDENTS

**WANT TO SUPPORT THE HIGH SCHOOL STUDENTS IN YOUR LIFE?**

**LET THEM KNOW YOU CARE.**

They want someone to invest in them. To make them feel seen and heard. To love them for who they are and who they're becoming. **Be that person.**

Reference these 10 tips before each season and implement the #WeSeeYou culture within your athletic department. You can also distribute them to teachers, principals, superintendents and other school staff.

### 1. UNDERSTAND THE REAL DEFINITION OF MENTAL HEALTH.

"Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community," per the World Health Organization. It's a spectrum that is less often about extremes or crises and more often about coping with everyday challenges—most of us live in the middle.

### 2. ACKNOWLEDGE AND CONNECT WITH ALL STUDENTS.

All students—not just the ones who help win championships—want to feel seen by someone who matters to them, like a coach, athletic director or teacher.

### 3. KEEP IN MIND THAT STUDENTS ARE SEEING LIFE THROUGH A HIGHLIGHT REEL.

Teenagers are "seen" a lot on social media, but are they seen for who they truly are? Be the person who wants to know and support the real them.

### 4. CREATE A CULTURE WHERE EVERYONE IS LOOKING OUT FOR EACH OTHER.

It is not one sole person's responsibility to check in and see how everyone on the team is doing. We can all play a part in noticing, acknowledging and offering support to one another.

### 5. REMEMBER YOUR INFLUENCE IS GREATER THAN YOU OFTEN REALIZE.

Far beyond their athletic potential, you can make subtle differences in your students' lives by paying attention to their behavior and who they are as people.

### 6. DON'T FORGET WE ALL HAVE DIFFERENT CAPACITIES FOR STRESS.

And it can change day to day. Rather than judging the validity of someone else's stressor, consider how many stressors they are juggling at one time and empathize that they may have one too many to handle at once.

### 7. DETERMINE IF STUDENTS ARE "SORE" OR IF THEY ARE "INJURED."

Like with physical endurance, coping with stress can feel exhausting. But it's important to notice the difference between being "sore" (feeling anxious or down) and being "injured" (a mental health crisis). Help your students work through their "soreness" by developing coping skills to build stamina.

### 8. OFFER SUPPORT AND GUIDANCE.

While most high school students might not experience a mental health crisis, they are still faced with adversities they have never dealt with before. Remember it's not your job to diagnose or treat; it's your job to offer support and guidance and teach them how to be resilient.

### 9. ENCOURAGE STUDENTS TO GET MORE SLEEP.

A consistent lack of sleep is directly correlated with lacking the ability to cope with stress properly.

### 10. CONTINUE SEEKING RESOURCES.

Again, the mental well-being of students is not one sole person's responsibility. Surround yourself with resources to reference and a network of support to turn to.

Learn more and get free resources on our website:

[WeSeeYou.Community](https://www.aseeeyou.com)



#WESEEYOU



# KUSPUK ESSS



FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Kiley	Hayden	11	3	G
Brian	Derendy	10	3	

**HEAD COACH** Angela Hayden





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# LATHROP MALEMUTES



FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Emma	Lyons	12	1	G
Annabel	Stringfellow	11	2	G
Cara	Schneider	9	3	G
Helena	Peterson	11	4	G
Daria	Mantei	11	5	G
Cynara	Koch	10	6	G
Lily	Hajdukovich	10	A	G
Wells	Wappett	12	1	
Emmett	Schneider	11	2	
Leif	Anderson	11	3	
Isaac	T	9	4	
Dalton	Koch	10	5	
Haakon	Guy	10	6	
Dylan	Desmond	11	A	

**HEAD COACH**

Morgan Hough

**ASSISTANT COACH**

Sara Dimmick





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# MONROE CATHOLIC RAMS

# ALASKA

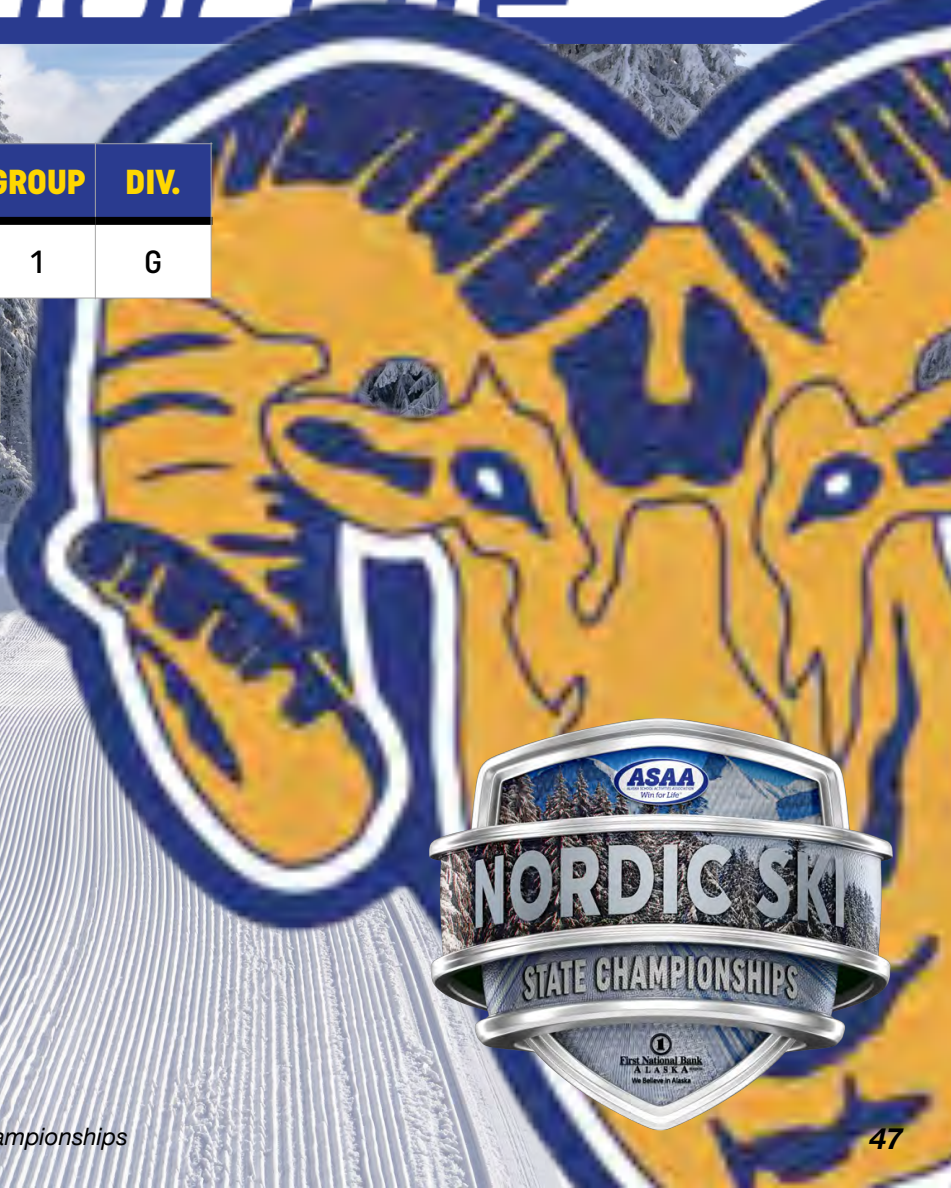
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ALASKA SCHOOL ACTIVITIES ASSOCIATION

*Win for Life*®

FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Anya	Simard	12	1	G

<b>HEAD COACH</b>	Sarah Oestreich-Tuttle
-------------------	------------------------





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# NORTH POLE PATRIOTS



FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Cecelia	Long	12	5	G
Hailee	Willson	9	4	G
Jade	Atkins	10	3	G
Jocelyn	Umphenour	12	2	G
Josefa	Beaudreault	9	1	G
Kaelynne	Martin	12	6	G
Charlotte	Richards	9	A	G
Aiden	Summers	12	6	
Benjamin	Mollenhauer	10	1	
Devin	Edwin	11	5	
Jackson	Mollenhauer	12	4	
Liam	Wade	11	2	
Riley	Beaudreault	10	3	
Robert	Peterson	10	A	

<b>HEAD COACH</b>	Mikyle Whisenhant
<b>ASSISTANT COACH</b>	Rebecca Missler





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# PALMER MOOSE



FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Sophie	Adams	11	6	G
Katie	Everett	12	5	G
Alder	Deal	11	4	G
Ava	Moore Smyth	12	3	G
Kyndle	LaRousse	9	2	G
Amelia	Parker	10	1	G
Charles	Thiede	12	6	
Connor	Gustafson	9	5	
Andrue	Cook	10	4	
Easton	Markewich	11	3	
Oliver	Parker	12	2	
Teigan	Copp	11	1	

<b>HEAD COACH</b>	Eric Strabel
<b>ASSISTANT COACH</b>	Anna Deal
<b>ASSISTANT COACH</b>	Jason Copp



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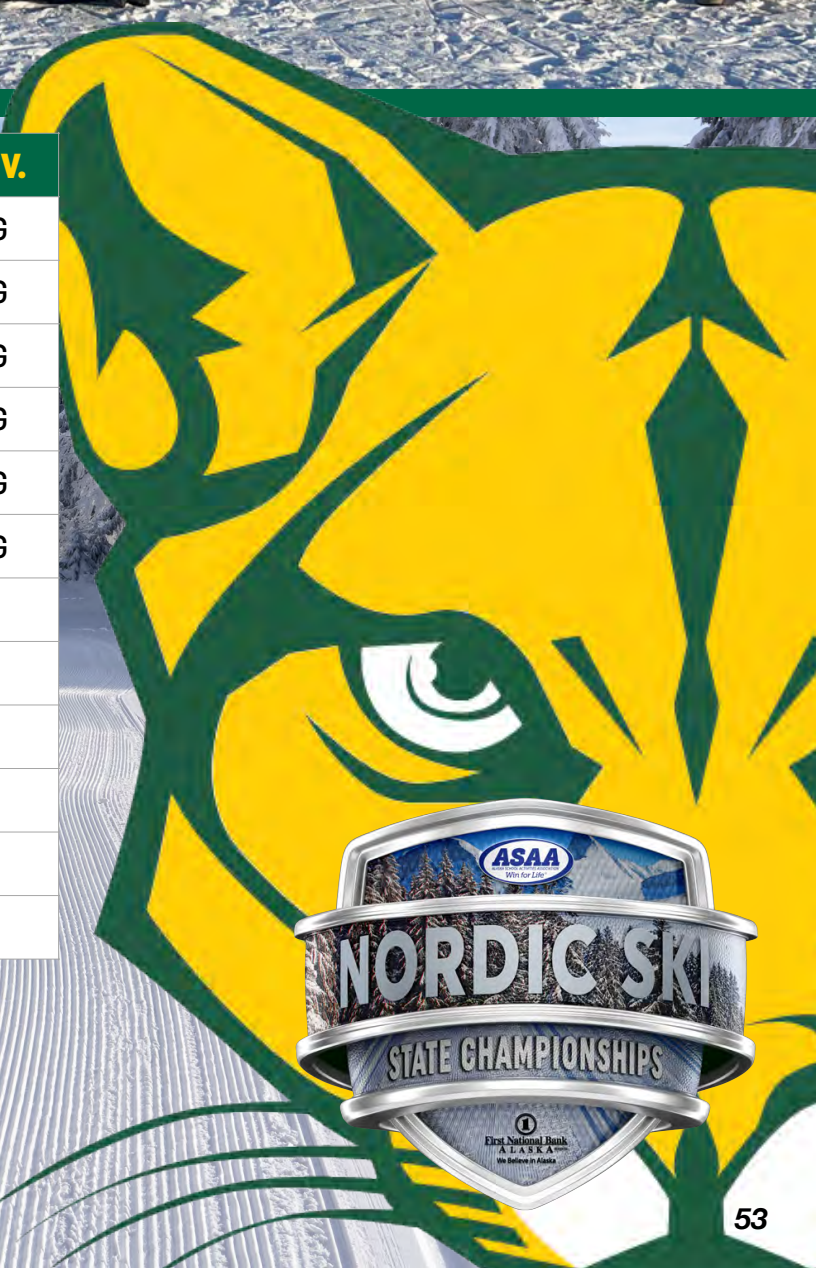
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# SERVICE COUGARS



FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Annabel	Uffenbeck	9	1	G
Talia	Day	12	2	G
Reine	Soule	10	3	G
Faith	Harlamert	10	4	G
Talia	Smith	9	5	G
Miya	Kam-Magruder	10	6	G
Josiah	Thompson	10	1	
Zane	Griffis	12	2	
Dylan	Autrey	12	3	
Logan	Cuddy	12	4	
Elias	Oswald	11	5	
Jack	Leveque	10	6	

<b>HEAD COACH</b>	Jan Buron
<b>ASSISTANT COACH</b>	Rich Suddock
<b>ASSISTANT COACH</b>	Rachel Zafren



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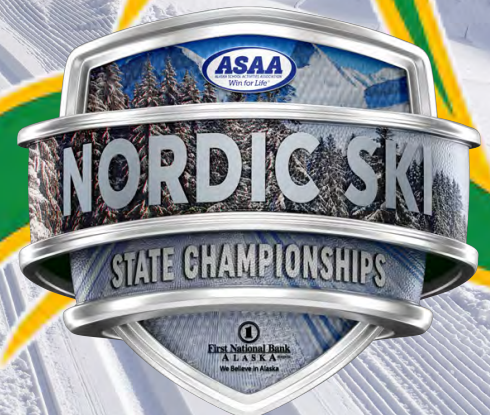
FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Indigo	Leslie	10	3	G
Katie	Van Buskirk	12	4	G
Oliver	Trobaugh	12	5	

**HEAD COACH**

Jason Leslie

**ASSISTANT COACH**

Kim Leslie



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# ASAA

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ALASKA SCHOOL ACTIVITIES ASSOCIATION

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FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Tania	Boonstra	11	4	G
Ariana	Cannava	12	3	G
Kate	Cox	10	2	G
Inga	Smith,	12	5	G
Leanne	Gordon	12	1	G
Kylie	Smith	9	6	G
Shayla	Smith	11	A	G
Ollie	Dahl	9	6	
Michael	Davidson	11	5	
Parker	Richards	11	4	
Noble	Cassidy	12	3	
Tracker	Keller	10	2	
Jacob	Ries	10	1	
Jameson	Hall	12	A	

<b>HEAD COACH</b>	Issac Erhardt
<b>ASSISTANT COACH</b>	Dan Harbison
<b>ASSISTANT COACH</b>	Steve Milliron
<b>STUDENT MANAGERS</b>	Shelby Huffer & Caleb Wohlers

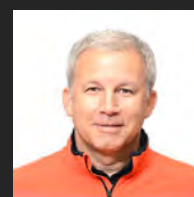
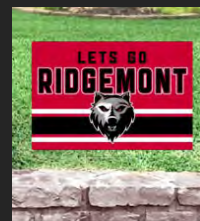




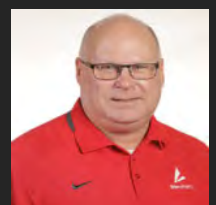
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# SOUTH ANCHORAGE WOLVERINES



FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Duna	Snedgen	10	1	G
Lilian	Coy	11	2	G
Alise	Elliott	10	3	G
Maya	Tirpack	11	4	G
Annika	Haussner	11	5	G
Mari	Ward	11	6	G
Aksel	Flagstad	9	6	
Ethan	Styvar	11	2	
Grayson	Stanek-Alward	11	3	
Braxton	Thornley	10	4	
Cedar	Ruckel	11	5	
Owen	Harth	11	1	

<b>HEAD COACH</b>	Naomi Kiekintveld
<b>ASSISTANT COACHES</b>	Stephanie Dow
Morgan Hartley	Eli Stierwalt



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FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Hailey	Major	11	1	G
Kinsey	Mishmash	12	2	G
Morgan	Hamilton	12	3	G
Paxson	Williams	9	1	
Zane	Caruthers	9	2	
Braiden	Williams	11	3	
Gabe	Caruthers	11	4	
James	Humphrey	11	5	
Gray	Odencrans	11	6	

**HEAD ACOACH**

Cole Beck

**ASSISTANT COACH**

Ryan Good





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# WEST ANCHORAGE EAGLES



FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Olivia	Soderstrom	11	4	G
Merridy	Littell	12	3	G
Piper	Sears	12	5	G
Zoe	Rodgers	12	2	G
Amelia	Bochenek	10	1	G
Greta	Bochenek	11	6	G
Finn	Dudley	9	5	
Liam	Dudley	12	6	
Talvin	Wigglesworth	9	4	
Atlin	Frederick	10	3	
Ethan	Gheen	10	2	
Hollis	Crosby	10	1	

<b>HEAD COACH</b>	Joey Caterinichio
<b>ASSISTANT COACHES</b>	
Geoff Wright	Eliza Rororbaugh
Lydia Blanchett	Cesar Rodgers





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# WEST VALLEY WOLFPACK



FIRST NAME	LAST NAME	GRADE	GROUP	DIV.
Lilli	Bond	9	6	G
Ellie	Abrahamson	10	5	G
Ingrid	Baurick	12	4	G
Bella	Foland	9	3	G
Adah	Decker	11	2	G
Sakaia	Fischer	11	1	G
Salak	Crowe	12	A	G
Kieran	Kaufman	11	6	
Peter-John	Bragonier	12	5	
Basile	Plattet	11	4	
Nathan	Vandelugt	11	3	
Owen	Wooller	12	2	
Reid	Merrill	10	1	
Wade	Harry	11	A	

**HEAD COACH**

Donna DiFolco

**ASSISTANT COACH**

Sharon Baker

**ASSISTANT COACH**

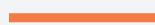
Kristen Rozell

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# 2024 STATE RESULTS

## 2024 Nordic Ski State Championship Results

### TEAM AWARDS

Champion	West Anchorage	2:42:52
Runner-up	Service	2:45:28
3 <sup>rd</sup>	Colony	2:46:39
4 <sup>th</sup>	South Anchorage	2:51:07
5 <sup>th</sup>	West Valley	2:56:26
6 <sup>th</sup>	Bettye Davis East	2:58:31
7 <sup>th</sup>	Kenai	3:00:53
8 <sup>th</sup>	Dimond	3:02:54
9 <sup>th</sup>	Chugiak	3:08:24
10 <sup>th</sup>	Soldotna	3:11:28
1 <sup>st</sup> Place D II	Kenai	3:00:53

**Academic Award:** Juneau-Douglas (4.0)

**Sportsmanship Award:** Juneau-Douglas

### INDIVIDUAL AWARDS

#### TOP TEN CLASSIC (7.5K)

1.	Murphy Kimball	West	19:34
2.	Vebjorn Flagstad	South	19:34
3.	Cole Flowers	West	20:00
4.	Coby Marvin	Colony	20:05
5.	Blake Hanley	West	20:13
6.	Oskar Flora	Service	20:13
7.	Logan Cuddy	Service	20:15
8.	Miles Numme-Worrell	East	20:15
9.	Jack Leveque	Service	20:30
10.	Gabriel Black	Colony	20:30

TOP D II	Gregory Fallon	Kenai
	Jody Goodrich	Homer
	Jack Laker	Kenai

#### TOP TEN FREESTYLE (5K)

1.	Oskar Flora	Service	12:35
2.	Vebjorn Flagstad	South	12:37
3.	Cole Flowers	West	12:41
4.	Weston Sensabaugh	Colony	12:54
5.	Elias Oswald	Service	12:55
6.	Hatcher Menkens	West	13:01
7.	Wells Wappett	Lathrop	13:03
8.	Oliver Wright	West	13:03
9.	Jack Leveque	Service	13:13
10.	Blake Hanley	West	13:15

TOP D II	Gregory Fallon	Kenai
	Jack Laker	Kenai
	Chase Laker	Kenai

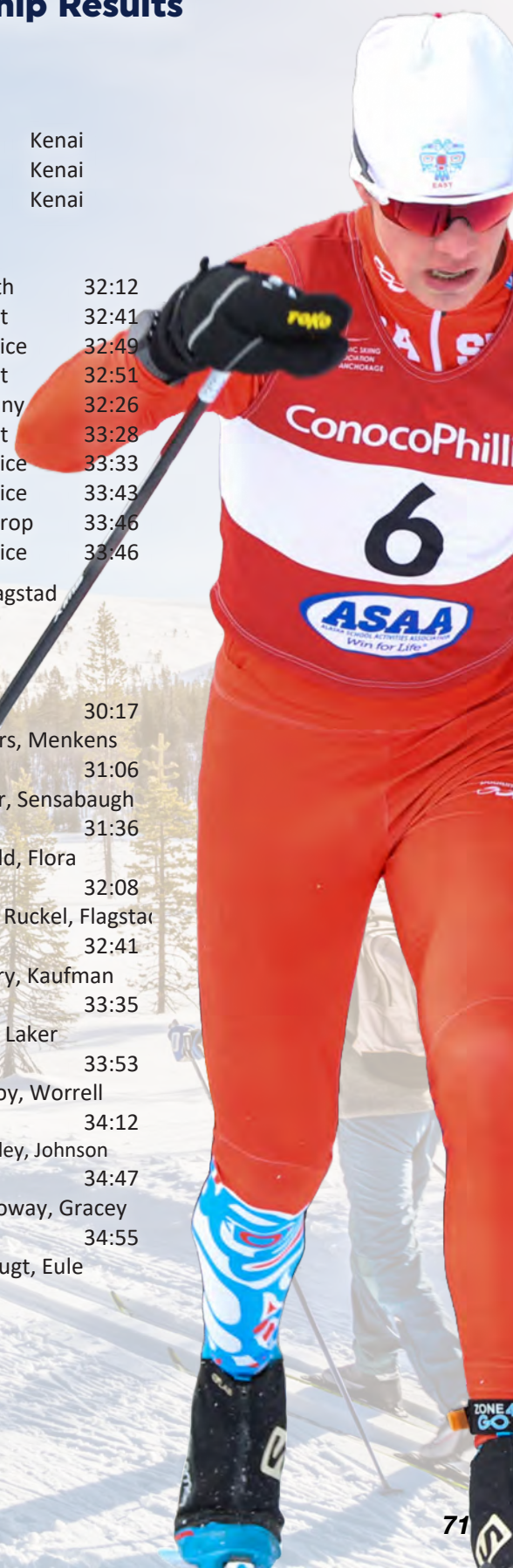
#### ALL-STATE TEAM

1.	Vebjorn Flagstad	South	32:12
2.	Cole Flowers	West	32:41
3.	Oskar Flora	Service	32:49
4.	Murphy Kimball	West	32:51
5.	Coby Marvin	Colony	32:26
6.	Blake Hanley	West	33:28
7.	Logan Cuddy	Service	33:33
8.	Jack Leveque	Service	33:43
9.	Wells Wappett	Lathrop	33:46
10.	Elias Oswald	Service	33:46

**Skimeister Award:** Vebjorn Flagstad

#### TOP TEN RELAY TEAMS

1.	West Anchorage	30:17
	Kimball, Hanley, Flowers, Menkens	
2.	Colony	31:06
	Black, Marvin, Spangler, Sensabaugh	
3.	Service	31:36
	Cuddy, Leveque, Oswald, Flora	
4.	South Anchorage	32:08
	Stanek-Alward, Styvar, Ruckel, Flagstad	
5.	West Valley	32:41
	Bragonier, Plattet, Harry, Kaufman	
6.	Kenai	33:35
	Fallon, Tews, C Laker, J Laker	
7.	Bettye Davis East	33:53
	Rehberg, Cleary, Lovejoy, Worrell	
8.	Dimond	34:12
	Cvancara, Glover, McGinley, Johnson	
9.	Chugiak	34:47
	Lammers, Bodkin, Galloway, Gracey	
10.	Eagle River	34:55
	Toole, Watson, Vandelugt, Eule	



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W [www.millenniumhotels.com](http://www.millenniumhotels.com)





# 2024 STATE RESULTS

## 2024 GIRLS Nordic Ski State Championship Results

### TEAM AWARDS

Champion	West Anchorage	3:15:48
Runner-up	Service	3:18:30
3 <sup>rd</sup>	South Anchorage	3:23:10
4 <sup>th</sup>	Soldotna	3:28:45
5 <sup>th</sup>	Colony	3:33:16
6 <sup>th</sup>	Bettye Davis	3:37:04
7 <sup>th</sup>	West Valley	3:39:43
8 <sup>th</sup>	Chugiak	3:43:16
9 <sup>th</sup>	Juneau-Douglas	3:44:33
10 <sup>th</sup>	Dimond	3:46:18
1 <sup>st</sup> Place D II	Kenai	3:54:09

**Academic Award:** East, Lathrop, West (4.00)

**Sportsmanship Award:** Dimond

### INDIVIDUAL AWARDS

#### TOP TEN CLASSIC (7.5K)

1.	Merridy Littell	West	23:41
2.	Piper Sears	West	23:42
3.	Tania Boonstra	Soldotna	23:43
4.	Miyana Magruder	Service	23:43
5.	Elliot Sensabaugh	Colony	23:47
6.	Olivia Soderstrom	Service	23:47
7.	Mia Stiassny	South	23:48
8.	Alise Elliott	South	24:08
9.	Maya Tirpack	South	24:48
10.	Berit Meyers	West	24:51

TOP D II	Emily Moss	Kenai
	Daisy Walker	Homer
	Isla Crouse	Kenai

#### TOP TEN FREESTYLE (5K)

1.	Olivia Soderstrom	Service	14:49
2.	Mia Stiassny	South	14:57
3.	Miyana Magruder	Service	15:02
4.	Piper Sears	West	15:08
5.	Merridy Littell	West	15:17
6.	Tania Boonstra	Soldotna	15:35
7.	Berit Meyers	West	15:48
8.	Alise Elliott	South	15:52
9.	Haley Finch	Service	15:52
10.	Elliot Sensabaugh	Colony	15:57

TOP D II	Emily Moss	Kenai
	Daisy Walker	Homer
	Sydney Mondeel	Grace

#### ALL-STATE TEAM

1.	Olivia Soderstrom	Service	38:37
2.	Mia Stiassny	South	38:45
3.	Miyana Kam-Magruder	Service	38:46
4.	Piper Sears	West	38:50
5.	Merridy Littell	West	38:59
6.	Tania Boonstra	Soldotna	39:19
7.	Elliott Sensabaugh	Colony	39:44
8.	Alise Elliott	South	40:00
9.	Berit Meyers	West	40:40
10.	Greta Bochenek	West	41:05

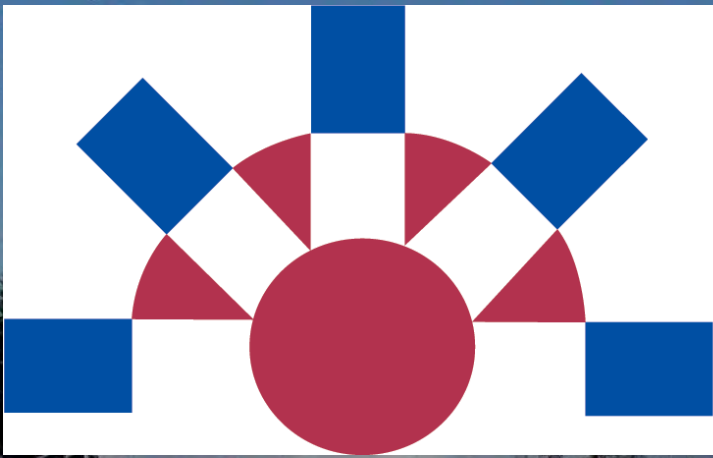
**Skimeister Award:** Olivia Soderstrom

#### TOP TEN RELAY TEAMS

1.	West Anchorage	36:13
	Bochenek, Sears, Littell, Meyers	
2.	Service	37:06
	Kam-Magruder, Soule, Soderstrom, Finch	
3.	Soldotna	38:18
	Boonstra, Cox, Veiheffer, Cannava	
4.	South Anchorage	38:20
	Tirpack, Coy, Stiassny, Elliott	
5.	Colony	39:26
	Austin, Sensabaugh, Buchanan, Ramirez	
6.	West Valley	40:22
	Abrahamson, Rozell, Decker, Baurick	
7.	Bettye Davis East	40:30
	Brogan, Thomas, Howe, Graziano	
8.	Chugiak	41:05
	Stepetin, Bodkin, Shaha, Pico	
9.	Juneau-Douglas	41:35
	Schwarting, Eller, Mangacat, Meyer	
10.	Dimond	41:50
	Lowen, Soldwedel, Leonetti, Campbell	



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## 4 TIME SKIMEISTER

### BOYS

### GIRLS

TARA HAMILTON (Service)

1998      1999

2000      2001

## 3 TIME SKIMEISTER

### BOYS

### GIRLS

ERIC STRABEL (Colony)

1998      1999

2000

SCOTT PATTERSON (South)

2008      2009

2010

MAX DONALDSON (West Valley)

2013      2014

2015

HANNAH BOYER (West Valley)

2010      2011

2012

KENDALL KRAMER (West Valley)

2018      2019

2020

## 2 TIME SKIMEISTER

### BOYS

### GIRLS

TODD MONTALBO (Dimond)

1991      1992

ROB WHITNEY (Service)

1996      1997

JUSTIN SINGLETON (Chugiak)

2002      2003

MIKE HINCKLEY (Service)

2004      2005

PATRICK JOHNSON (Service)

2006      2007

GUS SCHUMACHER (Service)

2017      2018

AARON POWER (Service)

2022      2023

MARA RABINOWITZ (West Valley)

1981      1982

NINA KEMMPEL (West)

1985      1986

D'ANNA DORRIS (West)

1987      1988

AELIN PETERSON (West Valley)

1991      1992

KATE PEARSON (Lathrop)

1996      1997

PAIGE BRADY (Service)

2002      2003

LYDIA BLANCHET (West)

2013      2015

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