



# MINNESOTA NORDIC SKI COACHES ASSOCIATION

## 2016 Nordic Academic Awards

### **President**

Brian Abery  
Eastview

### **Secretary**

Denny Nelson  
Coon Rapids

### **Treasurer**

Rich Heilman  
Lakeville North

### **Academic Awards**

Jason Mork  
Winona

### Team Gold and Silver Awards requirements:

1. Head Coach must be a member of the MN Nordic Ski Coaches' Association
2. Determine the GPA of the seven Section skies, average the top five
3. If average GPA is 3.75 or greater, this results in a GOLD Award
4. If average GPA is 3.5-3.74, this results in a SILVER Award.

### Individual All-State Academic Award requirements:

1. Skier must be a Senior on the Section team
2. Skier's GPA is 3.9 or greater

### 2016 Statistics:

- Individual All-State Academic Award Winners
  - Female winners - 42
  - Male winners - 32
- Gold Team Awards
  - Female Teams - 45
  - Male Teams - 30
- Silver Team Awards
  - Female Teams - 4
  - Male Teams - 13

Become a member today!  
Minnesota Nordic Ski Coaches Association  
<http://www.mshsca.org>  
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**Boys**

Ben Hauge *Anoka*  
 Hab Tan *Apple Valley*  
 Brian Bettes *Apple Valley*  
 Matt Paal *Benilde-St Margaret's*  
 Lucas Tomhave *Cloquet-Esko-Carlton*  
 Nathan Mueggenberg *Coon Rapids*  
 Collin Dott *Duluth East*  
 Daniel Dylla *Duluth East*  
 Kendall Hill *Duluth East*  
 Peter Betz *East Ridge*  
 Matt DeJong *Eden Prairie*  
 Sam Terwilliger *Ely*  
 Cole Helms *Ely*  
 Seth Prigge *Ely*  
 Garrett Tuin *Hastings*  
 Quinn Myers *Hastings*  
 Joseph Jankowski *Irondale*  
 Grant Halvorson *Lakeville South*  
 Nagu Chidambaram *Minnetonka*  
 Gunnar Maples *Minnetonka*  
 Samuel Abegglen *Mound Westonka*  
 Tyler Linman *Osseo*  
 Mitch McDonald *Prior Lake*  
 Evan Huber *Rogers*  
 Jackson Eliers *St Louis Park*  
 Conrade Phelan *St Louis Park*  
 Seth Cattanach *Stillwater*  
 Cole Wilson *Tartan*  
 Samuel Nofziger *Tartan*  
 Wes Heal *Wayzata*  
 Andrew Millan *Wayzata*  
 Grant Davis *Woodbury*

**Girls**

Erin Dawson *Eastview*  
 Maddison Bohrnstedt *Bloomington Jefferson*  
 Hailey Salden *Chaska*  
 Meghan Blood *Chaska*  
 Courtney Gregory *Cloquet-Esko-Carlton*  
 Olivia Fisher *Coon Rapids*  
 Stephanie Curran *Duluth East*  
 Lacey Robertson *Duluth East*  
 Minh-Tu Van *East Ridge*  
 Annika Martell *Eastview*  
 Kylie Kraemer *Eastview*  
 Sydney Hedberg *Eastview*  
 Caroline Frischmon *Eden Prairie*  
 Maxine Fusaro *Eden Prairie*  
 Talia Willmert *Edina*  
 Hannah Baird *Hibbing*  
 Katheryn Furlong *Holy Family*  
 Allie Bodin *Holy Family*  
 Claudia LaRose *Holy Family*  
 Claire Benton *Hopkins*  
 Melissa Strahl *Lakeville North*  
 Emily Quaal *Lakeville North*  
 Nicole Jensen *Lakeville North*  
 Brianna Vetter *Lakeville North*  
 Kelsey Halverson *Mahtomedi*  
 Nicole Stedman *Minnetonka*  
 Kian Dahlberg *Mounds Park Academy*  
 Sidney Polich *Osseo*  
 Heather MacMurdo *Park Center*  
 Jenna Karls *Rogers*  
 Elaina Forsline *Spring Lake Park - St Anthony*  
 Alyssa Dziedzic *Spring Lake Park - St Anthony*  
 Elizabeth Hill *Stillwater*  
 Carolyn Barerra *Tartan*  
 Peyton Sorensen *Tartan*  
 Mara Christensen *Two Harbors*  
 Natalie Tufvesson *Washburn*  
 Evelyn Frenz *Wayzata*  
 Kristine Keller-Miller *Wayzata*  
 Michaela Keller-Miller *Wayzata*  
 Brenna Meyer *Winona*  
 Kathleen Danielson *Woodbury*

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**Boys Gold**

Apple Valley  
Bemidji  
Brainerd  
Cloquet-Esko-Carlton  
Duluth East  
Eagan  
East Ridge  
Eastview  
Eden Prairie  
Edina  
Ely  
Hastings  
Holy Family  
Hopkins  
Minnehaha  
Minnetonka  
Mora  
Mound Westonka  
Mounds Park Academy  
Prior Lake  
Robbinsdale Armstrong  
Spring Lake Park - St Anthony  
St Cloud Cathedral/Sartell  
St Paul Highland Park  
Stillwater  
Tartan  
Washburn  
Wayzata  
Willmar  
Winona

**Boys Silver**

Anoka  
Benilde-St Margaret  
Bloomington Jefferson  
Chanhassen  
Chaska  
Irondale  
Lakeville North  
Little Falls  
Mesabi East/Virginia/Eveleth/Gilbert  
Moorhead  
Osseo  
Rogers  
St Louis Park

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**Girls Gold**

Anoka  
Bemidji  
Benilde-St Margaret  
Bloomington Jefferson  
Brainerd  
Burnsville  
Chanhassen  
Chaska  
Cloquet-Esko-Carlton  
Duluth East  
East Ridge  
Eastview  
Eden Prairie  
Edina  
Ely  
Hastings  
Henry Sibley  
Hibbing  
Holy Family  
Hopkins  
Irondale  
Lakeville North  
Little Falls  
Mahtomedi  
Mesabi East/Virginia/Eveleth/Gilbert  
Minnehaha  
Minnetonka  
Moorhead  
Mora  
Mound Westonka  
Mounds Park Academy  
Osseo  
Park Center  
Robbinsdale Armstrong  
Spring Lake Park - St Anthony  
St Cloud Cathedral/Sartell

St Louis Park  
St Paul Highland Park  
Stillwater  
Tartan  
The Blake School  
Washburn  
Wayzata  
Willmar  
Winona

**Girls Silver**

Coon Rapids  
Prior Lake  
Rogers  
Two Harbors

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