

# Nordic Ski

## 2022 All-State Academic Awards

Minnesota State High School Coaches Association



**Michael Meelhouse**  
President - TrekNorth

**Denny Nelson**  
Secretary - Coon Rapids

**Rich Heilman**  
Treasurer - Lakeville Schools

### *REQUIREMENTS*

#### **Individual All-State Award**

- Head Coach is member of MSHSCA
- Senior on the Section Team
- GPA of 3.9 or greater

#### **Team All-State Award**

- Head Coach is member of MSHSCA
- Gold Award: average GPA of 3.75 or above
- Silver Award: average GPA of 3.50-3.74

[mshsca.org/nordicskiing](https://mshsca.org/nordicskiing)

**GOLD Award Boys Teams**

Benilde-St. Margaret's School  
Blaine High School  
Brainerd  
Champlin Park High School  
Cloquet-Esko-Carlton  
Coon Rapids High School  
Duluth East  
Edina High School  
Fergus Falls High School  
Heritage Christian Academy Nordic  
Holy Family Catholic High School  
Hopkins High School  
Irondale  
Lakeville North High School  
Maple Grove Senior High School  
Marshall School  
Math & Science Academy  
Mesabi East Area Nordic

Minnehaha Academy  
Mound Westonka High School  
Mounds View  
Robbinsdale Armstrong  
Roseville Area High School  
Saint John's Preparatory School  
Saint Paul Highland Park  
Saint Thomas Academy  
Sartell/Cathedral  
Simley High School  
Southwest Minneapolis  
Spring Lake Park/St Anthony Nordic  
St. Paul Central High School  
Stillwater Area High School  
Washburn High School  
Winona/Cotter

**SILVER Award Boys Teams**

Bemidji High School  
Bloomington Jefferson  
Chan-Chaska StormHawks  
Ely Memorial High School  
Little Falls  
Minnetonka High School  
Northfield  
Orono High School  
White Bear Lake Area Schools  
Willmar

**GOLD Award Girls Teams**

Bemidji High School  
Blaine High School  
Bloomington Jefferson  
Brainerd  
Champlin Park High School  
Chan-Chaska StormHawks  
Cloquet-Esko-Carlton  
Coon Rapids High School  
Detroit Lakes  
Duluth East  
Edina High School  
Ely Memorial High School  
Fergus Falls High School  
Grand Rapids High School  
Holy Family Catholic High School  
Hopkins High School  
Irondale  
Lakeville North High School  
Little Falls  
Maple Grove Senior High School  
Marshall School  
Math & Science Academy

Mesabi East Area Nordic  
Minnehaha Academy  
Minnetonka High School  
Mound Westonka High School  
Mounds View  
Northfield  
Robbinsdale Armstrong  
Roseville Area High School  
Saint Paul Academy  
Saint Paul Highland Park  
Sartell/Cathedral  
Simley High School  
Spring Lake Park/St Anthony Nordic  
St. Paul Central High School  
Stillwater Area High School  
Tartan High School  
TrekNorth High School  
Washburn High School  
White Bear Lake Area Schools  
Willmar  
Winona/Cotter

**SILVER Award Girls Teams**

Benilde-St. Margaret's School  
Heritage Christian Academy Nordic  
Orono

## Boys Individual All-State Academic

Bemidji High School	Seth Lindgren
Benilde-St. Margaret's School	Max Herro
Brainerd	Adam Cady
	Ben Karlgaard
	Mitchell Neumann
Champlin Park High School	Isaac McKeon
Cloquet-Esko-Carlton	Cale Prosen
	Nathan Barta
Edina High School	Peter Mans
	Nicholas Grafe
Ely Memorial High School	Gabriel Pointer
	Jon Hakala
	Micah Larson
Heritage Christian Academy Nordic	Elijah Koopman
Holy Family Catholic High School	Luke Geadelmann
	Mathew Santini
Hopkins High School	John Struyk
Maple Grove Senior High School	Parker Koland
	Cody Kryzer
Minnetonka High School	Scott Sorensen
Mound Westonka High School	Haakon Erdahl
	Henry Kluever
	Josh Engesser
Northfield	David Rhoades
Orono High School	Angelo Fiataruolo
Proctor High School	Joshua Knight
Saint Paul Highland Park	Alex Pfankuch
Saint Thomas Academy	Jack MapellLentz
Sartell/Cathedral	Anthony Berndt
	Max Meyer
Southwest Minneapolis	Cooper Camp
	Jose Miguel Fresco-Hanlon
Spring Lake Park/St Anthony Nordic	Collin Lief
	Art Duncan
	Milo Keyes
St. Paul Central High School	Elijah Harris
	Stian Asper
Stillwater Area High School	Broderick McBride
Washburn High School	Peter Cassidy
	Zach Marquardt
Winona/Cotter	Owen Ping

## Girls Individual All-State Academic

Bemidji High School	Kate Martin
	Anna Renn
Benilde-St. Margaret's School	Aksinya Kamenshikova
Blaine High School	Molly Claussen
	Emma Miller
Brainerd	Liliana Schaeffer
Chan-Chaska StormHawks	Izzy Roemer
	Madeline Hauck
Cloquet-Esko-Carlton	Halle Zuck
	Harmony Tracy
	Amelia Allen
	Grace Shingledecker
Coon Rapids High School	Lilah Gilyard
	Ava Kehr
Detroit Lakes	Madi Gerdes
	Lexi Gerdes
Edina High School	Maggie Wagner
	Addie Hinkie
Ely Memorial High School	Gracie Pointer
Fergus Falls High School	Anna Erickson
Holy Family Catholic High School	Kenzie Pavelka
Hopkins High School	Emma Coen-Pesch
Irondale	Elizabeth VanLoon
Lakeville North High School	Grete Engels
Maple Grove Senior High School	Caroline Ringsmuth
	Lindsey Young
Marshall School	Keegan McAuliffe
	Lucy Watson
Mesabi East Area Nordic	Hannah Ronning
	Lindsey Baribeau
Minnetonka High School	Greta Weeks
Mound Westonka High School	Anna Elliott
	Felicia Klassen
Robbinsdale Armstrong	Roshni Flannery
	Noelle Brandes
Roseville Area High School	Lindsey Moseley
Saint Paul Academy	Marie Schumacher
Saint Paul Highland Park	Rayna Axelson
	Molly Moening
Simley High School	Grace Raab
	Crystal Bonilla Rios

**Girls All-State Academic continued:**

South Saint Paul High School	Aselya Gullickson
Spring Lake Park/St Anthony Nordic	Kirsten King
	Signe Johnson
	Tatum Leibke
St. Paul Central High School	Ava Fischer-Ross
Tartan High School	Olivia Meyer
	Maggie Pawlenty
Washburn High School	Nora Bartlett
	Elaina Griffiths
White Bear Lake Area Schools	Gianna Mcleod