

2023 All-State Academic Awards

- *Nordic Skiing* -

Minnesota State High School Coaches Association



David Paulson

President - Chaska-Chan

Paula Anderson

Past President - Ely

Denny Nelson

Secretary - Coon Rapids

Rich Heilman

Treasurer - Lakeville Schools

REQUIREMENTS

Individual All-State Award

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

Team All-State Award

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

2023 SUMMARY

Individual All-State Award

- 36 boys from 28 schools
- 50 girls from 28 schools

Team All-State Award

- 33 boys' team GOLD, 9 team SILVER
- 38 girls' team GOLD, 5 team SILVER

Average of ALL 2023 GPAs submitted: **3.85 !!**

GOLD Award Boys Teams

Armstrong High School	Minneapolis South/Roosevelt High School
Blaine High School	Minnehaha Academy
Brainerd	Minnetonka High School
Cloquet-Esko-Carlton	Mora High School
Duluth East	Mound Westonka High School
East Ridge High School	Mounds View High School
Eden Prairie High School	Prior Lake / New Prague
Edina High School	Saint John's Preparatory School
Fergus Falls High School	Saint Paul Highland Park
Hastings	Saint Thomas Academy
Holy Family Catholic High School	Spring Lake Park/St Anthony/Centennial
Irondale	St. Paul Central
Lakeville High School	Stillwater Area High School
Maple Grove Senior High School	Washburn High School
Marshall School	Willmar Senior High School
Math & Science Academy	Winona/Cotter
Mesabi East Area	

SILVER Award Boys Teams

Bloomington Jefferson High School
Champlin Park High School
Heritage Christian Academy Nordic
Little Falls
Park High School
Rogers High School
Simley High School
White Bear Lake Area Schools
Woodbury High School

GOLD Award Girls Teams

Armstrong High School	Mesabi East Area
Bemidji High School	Minneapolis South/Roosevelt
Bloomington Jefferson High School	Minnehaha Academy
Brainerd	Minnetonka High School
Champlin Park High School	Mora High School
Cloquet-Esko-Carlton	Mound Westonka High School
Detroit Lakes	Mounds View High School
Duluth East	Park Center/ Tonino Grace
Eden Prairie High School	Prior Lake / New Prague
Edina High School	Proctor Hermantown Nordic
Ely Memorial High School	Saint Paul Highland Park
Fergus Falls High School	Sauk Rapids-Rice
Heritage Christian Academy Nordic	Simley High School
Holy Family Catholic High School	Spring Lake Park/St Anthony/Centennial
Irondale	St. Paul Central
Little Falls	Stillwater Area High School
Maple Grove Senior High School	Washburn High School
Marshall School	White Bear Lake Area Schools
Math & Science Academy	Willmar Senior High School

SILVER Award Girls Teams

Blaine High School
Hastings
Lakeville High School
Lakeville High School
Park High School

Boys Individual All-State Academic

Armstrong High School	Alexander Omodt
Armstrong High School	Omodt, Alexander
Blaine High School	Tyler Jacobson
	Ben Lewis
Cloquet-Esko-Carlton	Miles Fischer
Duluth East	Colin Willemsen
	Oliver Miatke
Eden Prairie High School	Nolan Bakken
Heritage Christian Academy Nordic	Levi Miller
Irondale	Noah Besemann
Lakeville North High School	Rowan Hall
	Hayden Zoll
Little Falls	Alexander Oberton
Maple Grove Senior High School	Mason Reitmeier
Marshall School	Zach Marshak
Math & Science Academy	Braedon Krisko
	Daniel Jensen
Mesabi East Area	Cameron Stocke
	Carter Skelton
Minneapolis South/Roosevelt	Tenny Stinson
Minnehaha Academy	Samuel Anderson
Minnetonka High School	Caleb Hunter
Moorhead High School	Zaine Braaten
Mora High School	Zethan Schultz
Park High School	Mason Allen
Proctor High School	Braden Mehle
Rogers High School	Mitchell Hansen
Saint Thomas Academy	Emmett Wolf
	Ben McKinley
Simley High School	Colin Fischbach
	Tyler Janey
St. Paul Central	Torte Torstenson
TrekNorth High School	Trey Godding
Washburn High School	Ryan Rowell
	Milan Arado
Winona/Cotter	Rory Briggs

Girls Individual All-State Academic

Bemidji High School	Ella Simula Regan DeWitt
Bloomington Jefferson High School	Jackie Larsen Molly Woods
Brainerd Champlin Park High School	Cally Robertson Elise Oldroyd Rachel Miller
Cloquet-Esko-Carlton Cloquet-Esko-Carlton Detroit Lakes	Megan Chopskie Jazlyn Gunderson Kira Wolf Julia Steffl Maria Foltz
Eden Prairie High School	Nadia Al-Masri Eleanor Thomas
Ely Memorial High School	Phoebe Helms Ava Skustad Kelly Thompson
Heritage Christian Academy Nordic	Elizabeth Steil Macy Bell
Holy Family Catholic High School	Emma Murphy Rebecca Ernst Mary Lizak Melanie Stewart-Hester
Lakeville North High School Little Falls	Delaney Rager Beth Ahlin Aliza Kresha
Maple Grove Senior High School	Hadley Sarkela Savannah Krull
Math & Science Academy	Greta Hansen Aria Peng Karen Nakamura
Minneapolis South/Roosevelt Minnehaha Academy	Maria Lee Maria Lemmons Greta Kloos Molly DiNardo Siri Davidson
Minnetonka High School Moorhead High School Mounds View High School Saint Paul Highland Park	Elise Pudwill Kennedy Olson Alana Schmitzer Chloe Koch

Girls Individual continued...

Sauk Rapids-Rice	Addison Buchanan
	Kaytlin Bittman
	Ava Grabinski
St. Paul Central	Rachel Poppleton
	Maeve Lindsay
Stillwater Area High School	Jocelyn McBride
TrekNorth High School	Pamela Moen
Washburn High School	Brynn Winter
White Bear Lake Area Schools	Megan Ryan
Winona/Cotter	Ava Pike