



2022 ASAA/First National Bank Alaska
**NORDIC SKI
STATE CHAMPIONSHIPS**

Shaping Tomorrow

For more than 30 years, First National has helped Alaska's youth become tomorrow's leaders. We're proud to support ASAA as the Title Sponsor of championship and main events.



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1922-2022



FNBAAlaska.com

NMLS# 640297

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WELCOME

On behalf of the Alaska School Activities Association (ASAA) Board of Directors and ASAA's corporate partners, welcome to the 2022 ASAA/First National Bank Alaska Nordic Ski State Championships! To the student-athletes, we applaud your dedication to doing your best for yourself and for your school. To the coaches, counselors and parents, thank you for continuing to support interscholastic sports and activities. And to the spectators, we appreciate your being part of this statewide championship event.



Billy Strickland
ASAA Executive Director



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.

MISSION STATEMENT

Strengthen student wellness, academic and social development by advocating equitable participation and fostering healthy competition for ALL Alaska students. #winforlife

VISION STATEMENT

To ensure ALL students have the opportunity to participate in co-curricular activities to develop positive life skills. #winforlife

#UnlimitedAlaskaLove



GCI is a proud sponsor of the
ALASKA SCHOOL ACTIVITIES ASSOCIATION



Great things happen when we connect with our communities.
GCI is committed to leading philanthropy efforts across
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Strengthening Alaska Through Our Values

Proud sponsor of the Alaska School Activities Association



MEET PERSONNEL

ASAA extends its appreciation to the following people for contributing their time and energy in making this year's 2022 ASAA/First National Bank Alaska Nordic Ski State Championships a success.

- 👤 **John Estle - Race Director**
- 👤 **Lathrop High School**
- 👤 **Nordic Ski Club Fairbanks**
- 👤 **Sandi Wagner - ASAA Associate Director**

PLUS THE COUNTLESS NUMBER OF VOLUNTEERS THAT MAKE THIS STATE CHAMPIONSHIP POSSIBLE! WITHOUT YOU... THIS TOURNAMENT CAN'T HAPPEN!!

THANK YOU FOR ALL YOU DO!





BE THE INFLUENCE

LEARN IT. LIVE IT. LEAD IT.

Alcohol misuse impacts the health of our people and our communities. *Be The Influence* empowers our young people to learn about the risks of alcohol use, have honest conversations about alcohol, delay alcohol use, and make healthy, alcohol-free life choices.

We want our young people to be the change they want to see in the world and *Be The Influence*.



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2022 ASAA/FIRST NATIONAL BANK ALASKA NORDIC SKI STATE CHAMPIONSHIPS SCHEDULE

Birch Hill Fairbanks | February 24-26, 2022
Hosted By: Lathrop HS & Nordic Ski Club of Fairbanks

2022 SCHEDULE OF EVENTS

WEDNESDAY, FEB. 23

10:00am Waxing areas open to teams (waxing areas will be assigned by organizers)
12:00pm Official Training on Competition Courses (12:00 to 8:00pm)
6:00pm Coaches and Team Captains Meeting (Wedgewood/Taiga Lodge)
10:00pm Birch Hill Recreation Area Gate Closes

THURSDAY, FEB. 24

7:00am Waxing Areas open
10:40am Presentation of Colors
11:00am Girls 5K Individual Start Free Technique Race
2:00pm Boys 7.5K Individual Start Free Technique Race
5:00pm Coaches Meeting (Wedgewood/Taiga Lodge)
10:00pm Birch Hill Recreation Area Gate Closes

FRIDAY, FEB. 25

7:00am Waxing Areas open
10:40am Presentation of Colors
11:00am Boys 10K Mass Start Classic Technique Race
2:00pm Girls 7.5K Mass Start Classic Technique Race
4:00pm Coaches Meeting (Lathrop High School Hering Auditorium)
6:00pm Awards Presentation (Lathrop High School Hering Auditorium)
10:00pm Birch Hill Recreation Area Gate Closes

SATURDAY, FEB. 26

7:00am Waxing Areas open
10:40am Presentation of Colors
11:00am Girls 4 x 3K Mixed Technique (Classic-Classic-Free-Free)
2:00pm Boys 4 x 5K Mixed Technique (Classic-Classic-Free-Free)
4:00pm Awards at Birch Hill Cross Country Ski Center



WE'RE TEAMING UP!

Giving all Alaska students the opportunity to join in activities and reach their goals.

Thanks to our loyal customers and committed employees, ACC has grown to 35 retail stores throughout the state. Together with our meat processing plant, North Star Quality Meats, and our wholesale division, Pacific Alaska Wholesale, we strive to meet the food and merchandise needs of the communities we serve.

Sponsoring ASAA provides ACC with great opportunity to extend that same dedication to the youth of our villages.



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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 2022 ASAA/First National Bank Alaska Nordic Ski State Championships. Don't forget to thank mom and dad.

club49hub.com

Alaska
AIRLINES





THE 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 with a mandate to ensure the necessary educational leadership. Sterling Sears of Juneau and Les Wingard and J.E. Danielson of Ketchikan were moving ahead at the same time to form the Southeast Alaska Activities Association.

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!**

THURSDAY TRAIL MAP | GIRLS 5KM

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



ASAA State Ski Championships February 24-26, 2022

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

Thursday, February 24
 Interval Start / Free Technique
 Girls 5Km

Technical Information for Black Funk 5Km Gold Course

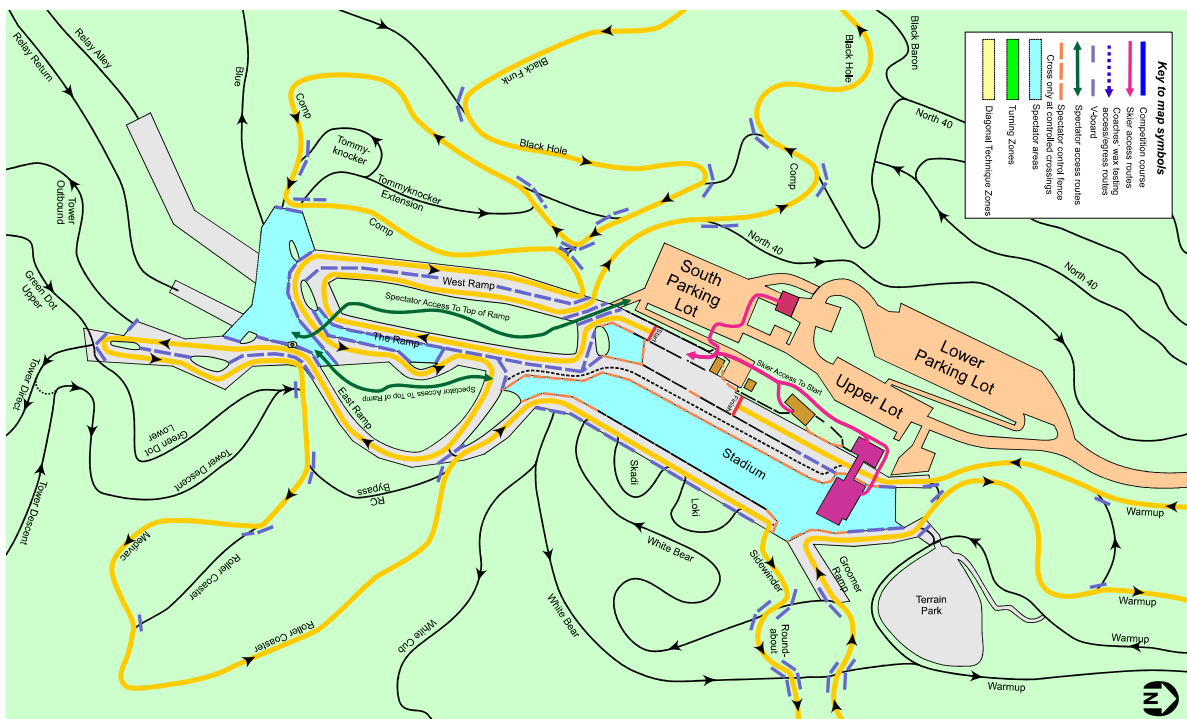
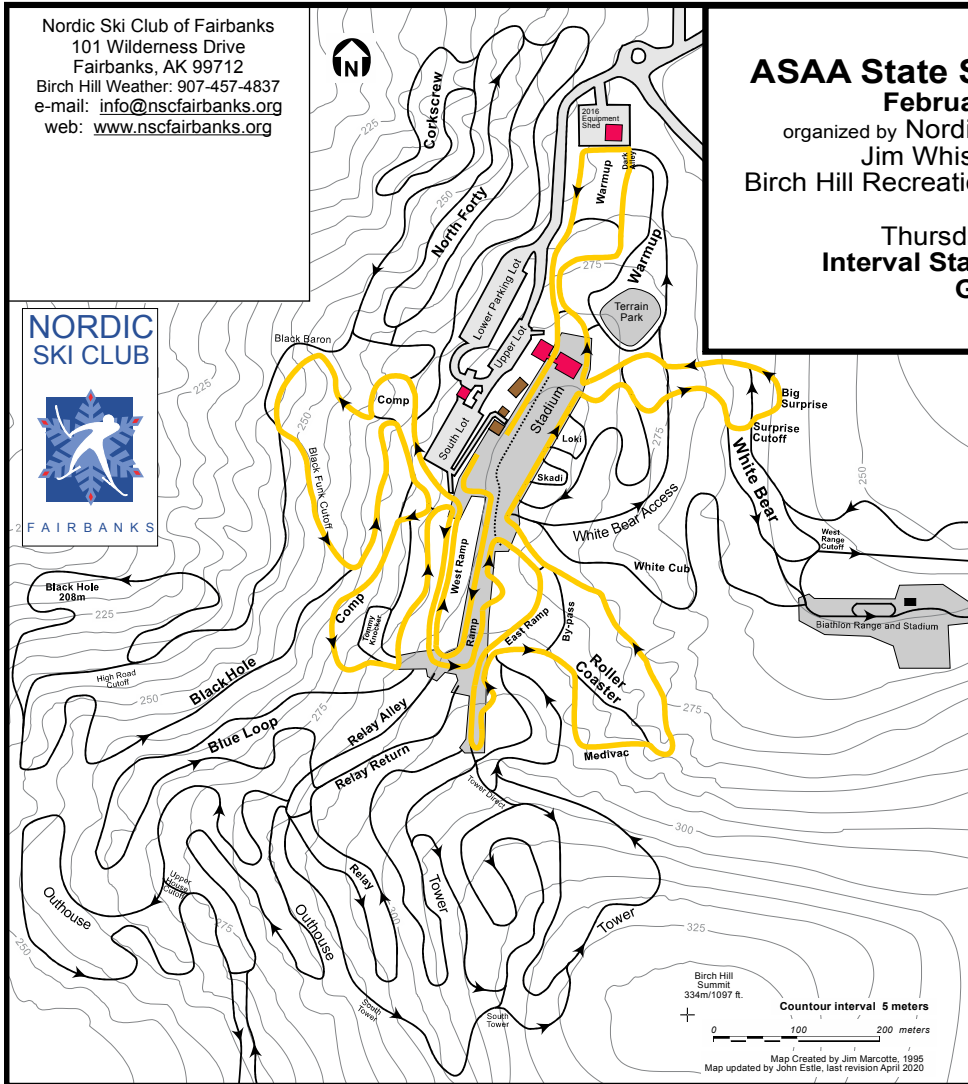
Course Length: 5139m
 Height Difference (HD): 67m
 Maximum Climb (MC): 50m
 Total Climb (TC): 195m
 Climb per Km: 37.9m/km
 2 x A Climb: 50m, 31m
 5x B Climb: 18m, 13m, 20m, 12m, 18m

Competition Committee

Chief of Competition-John Estle
 Chief of Course-Bill Husby
 Head Groomer-Tom Helmers
 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-
 Volunteer Coordinator-Norma Haubenstock

Competition Jury

Chief of Competition-John Estle
 Technical Delegate-Lin Hinderman
 Assistant Tech. Del-Scott Jerome
 Jury Member-Greg Whisenhant
 USSA/CCAK Rep-Lauri Bassett



THURSDAY TRAIL MAP | BOYS 7.5KM

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



ASAA State Ski Championships February 24-26, 2022

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

Thursday, February 24
Interval Start / Free Technique
Boys 7.5Km (5Km + 2.5Km)
 Second lap skiers bear left at the bottom of the Ramp
 (blue arrow on map) and ascend East Ramp

Technical Information for **Black Funk 5Km Gold Course**

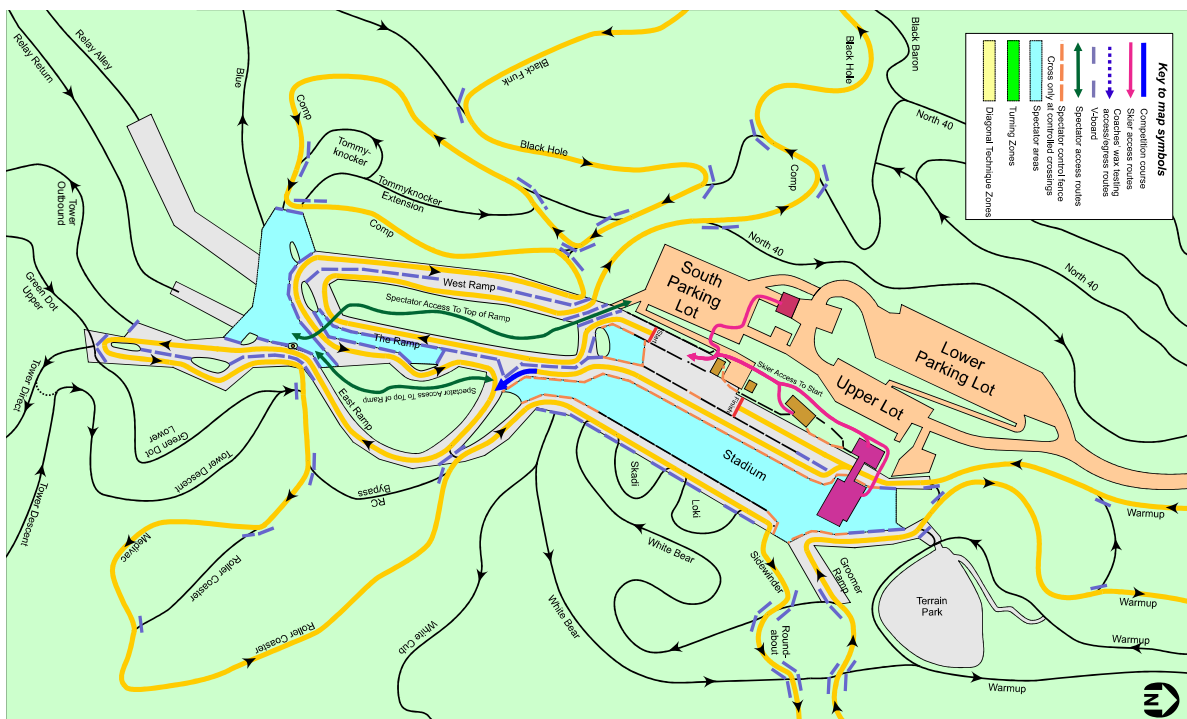
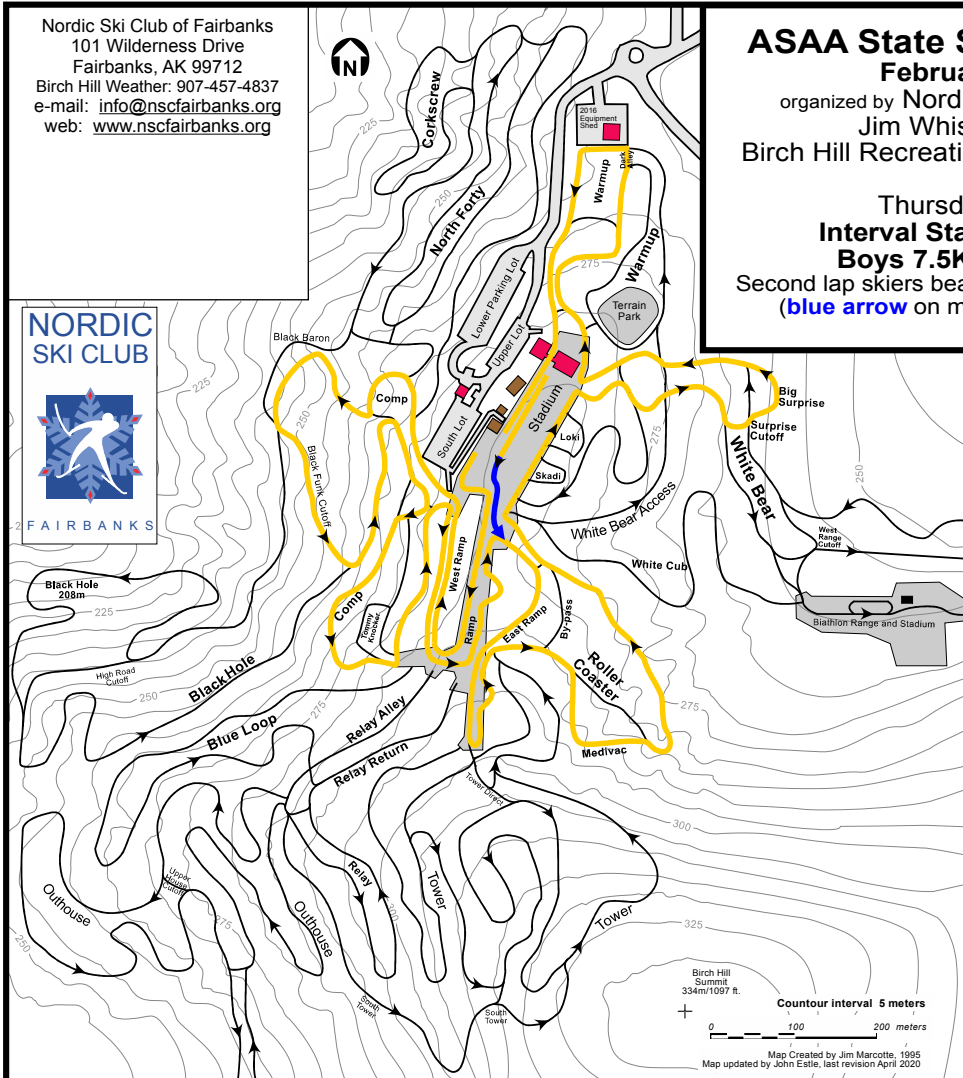
+ 2.5Km of Gold Course
 Course Length: 7997m
 Height Difference (HD): 67m
 Maximum Climb (MC): 50m
 Total Climb (TC): 294m
 Climb per Km: 36.8m/km
 3 x A Climb: 50m, 31m, 31m
 8 x B Climb: 18m, 13m, 20m, 12m,
 18m, 20m, 12m, 18m

Competition Committee

Chief of Competition-John Estle
 Chief of Course-Bill Husby
 Head Groomer-Tom Helmers
 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-
 Volunteer Coordinator-Norma Haubenstock

Competition Jury

Chief of Competition-John Estle
 Technical Delegate-Lin Hinderman
 Assistant Tech. Del-Scott Jerome
 Jury Member-Greg Whisenhant
 USSA/CCAK Rep-Lauri Bassett





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Alaska

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Programs and Benefits Subject to Change



FRIDAY TRAIL MAP | GIRLS 7.5KM

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 101 Wilderness Drive
 Fairbanks, AK 99712
 Birch Hill Weather: 907-457-4837
 e-mail: info@nscfairbanks.org
 web: www.nscfairbanks.org



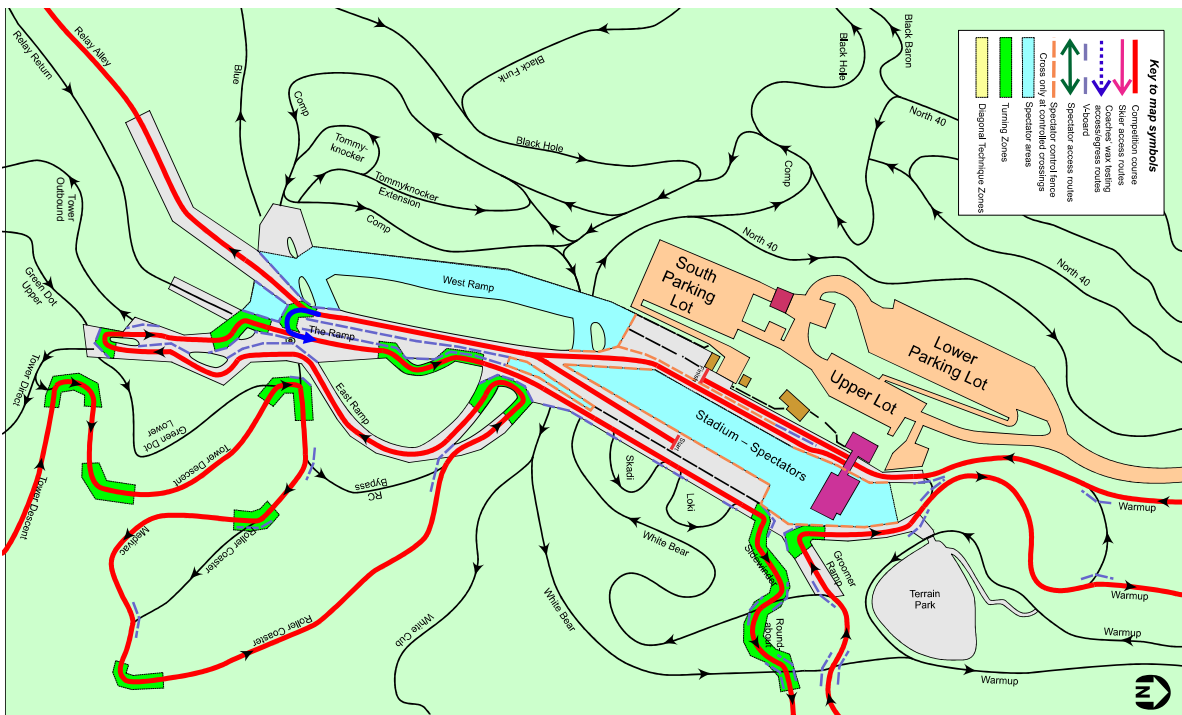
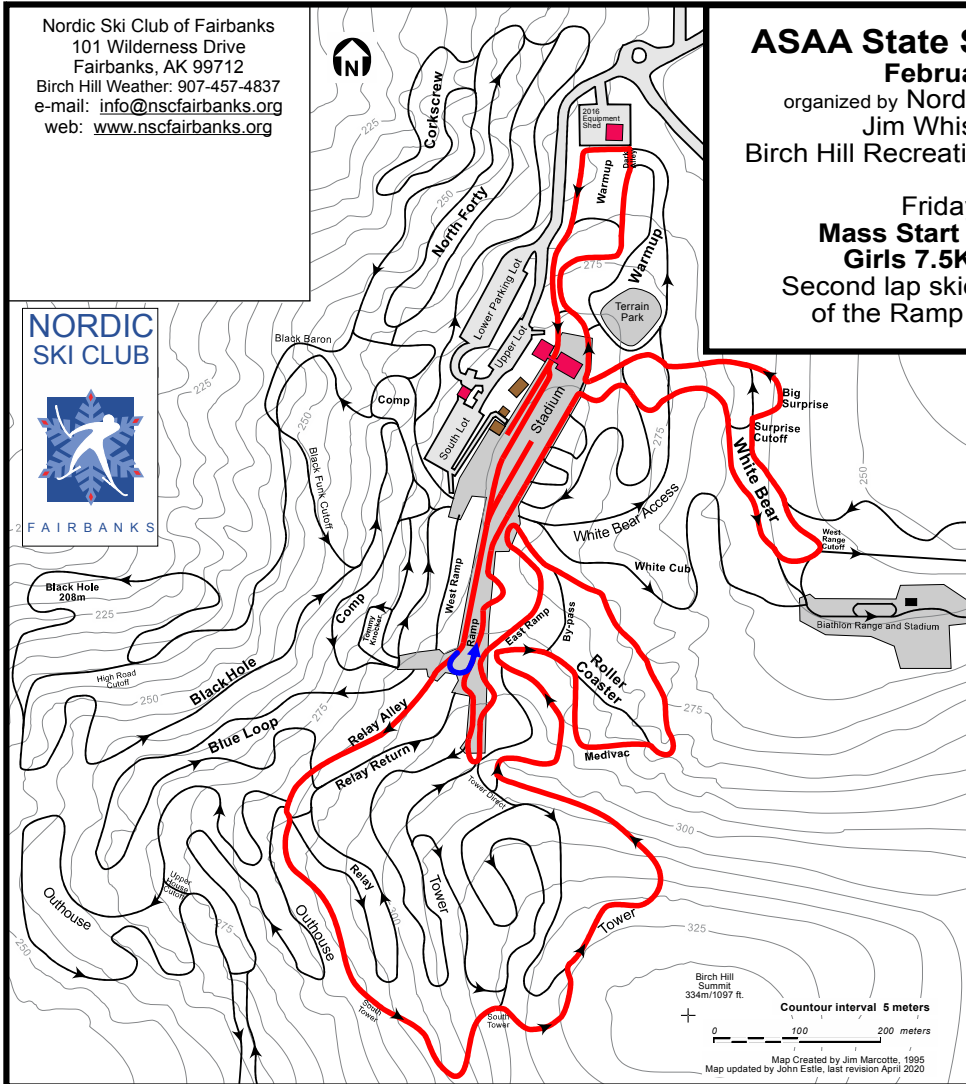
ASAA State Ski Championships
February 24-26, 2022
 organized by Nordic Ski Club of Fairbanks
 Jim Whisenant Ski Trails
 Birch Hill Recreation Area, Fairbanks, Alaska

Friday, February 25
Mass Start / Classic Technique
Girls 7.5Km (5Km + 2.5Km)
 Second lap skiers take cutoff at the top of the Ramp (**blue arrow** on map)

Technical Information
 for
South Tower-and-a-Half
7.5Km Course:
 Course Length: 7468m
 Height Difference (HD): 73m
 Maximum Climb (MC): 39m
 Total Climb (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
 Chief of Competition-John Estle
 Chief of Course-Bill Husby
 Head Groomer-Tom Helmers
 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-Volunteer Coordinator-Norma Haubenstock

Competition Jury
 Chief of Competition-John Estle
 Technical Delegate-Lin Hinderman
 Assistant Tech. Del-Scott Jerome
 Jury Member-Greg Whisenant
 ASAA Representative-



FRIDAY TRAIL MAP | BOYS 10KM

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



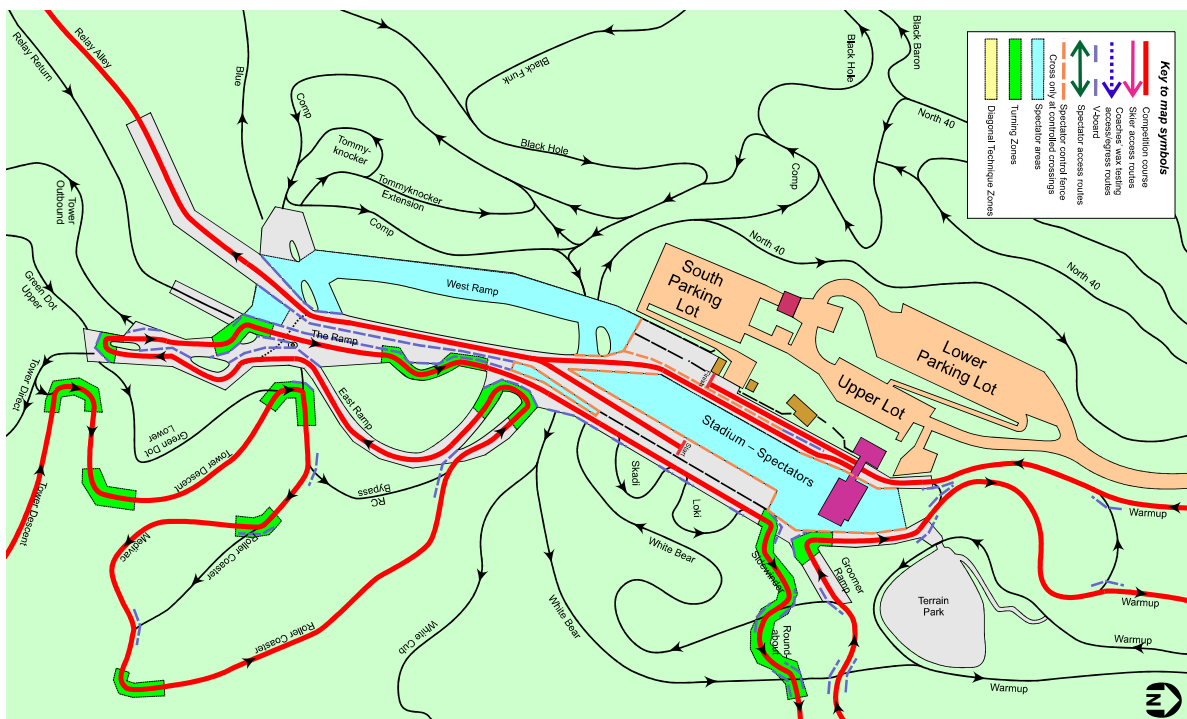
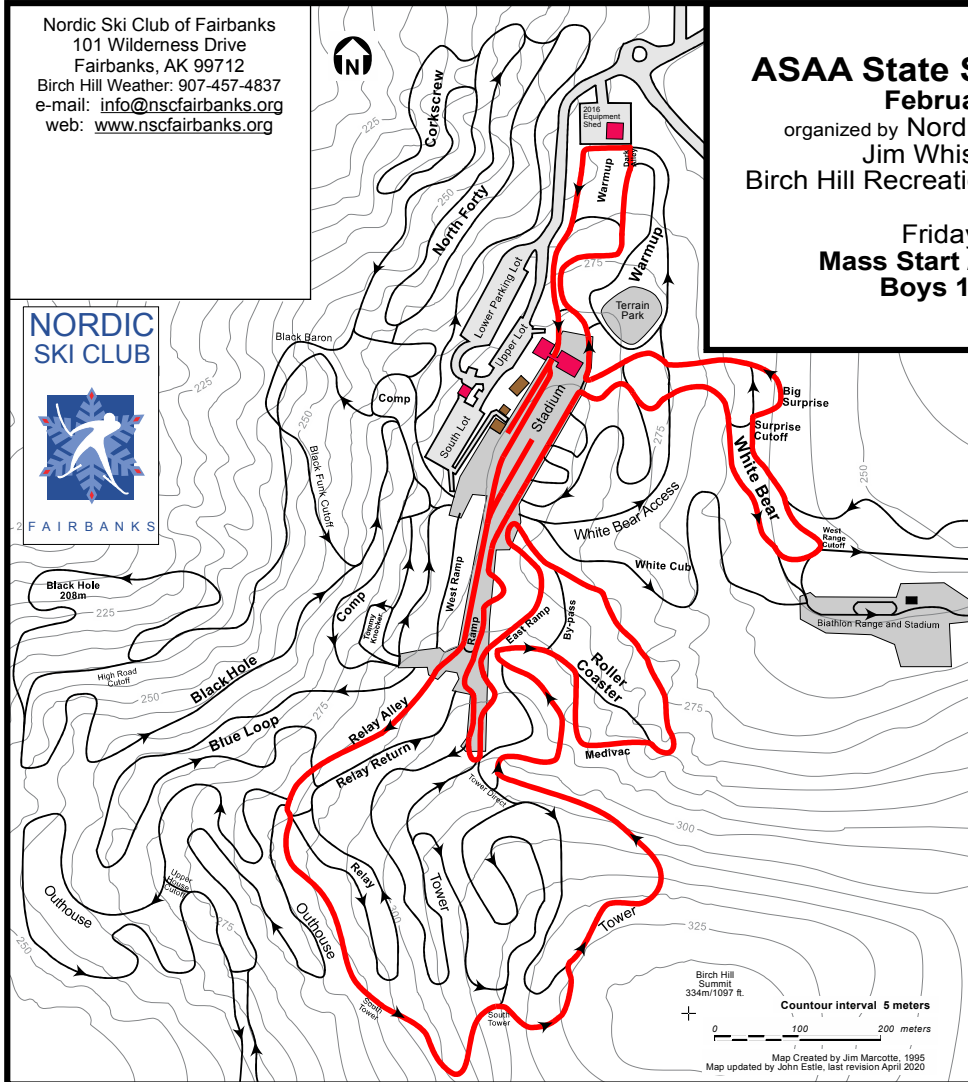
ASAA State Ski Championships
February 24-26, 2022
 organized by Nordic Ski Club of Fairbanks
 Jim Whisenant Ski Trails
 Birch Hill Recreation Area, Fairbanks, Alaska

Friday, February 25
Mass Start / Classic Technique
Boys 10Km (2 x 5Km)

Technical Information
 for
**South Tower 5K/
 Red Course:**
 Course Length: 5048m
 Height Difference (HD): 73m
 Maximum Climb (MC): 39m
 Total Climb (TC): 167m
 10Km: TC = 334m
 Climb per Km: 33.1m/km
 2 x A Climb: 39m, 31m
 3 x B Climb: 12m, 20m, 18m

Competition Committee
 Chief of Competition-John Estle
 Chief of Course-Bill Husby
 Head Groomer-Tom Helmers
 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-Volunteer Coordinator-Norma Haubenstock

Competition Jury
 Chief of Competition-John Estle
 Technical Delegate-Lin Hinderman
 Assistant Tech. Del-Scott Jerome
 Jury Member-Greg Whisenant
 ASAA Representative-



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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.

Learn more at OPAlaska.com/athletic-training



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.

SATURDAY TRAIL MAP | GIRLS 3KM

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



ASAA State Ski Championships February 24-26, 2022

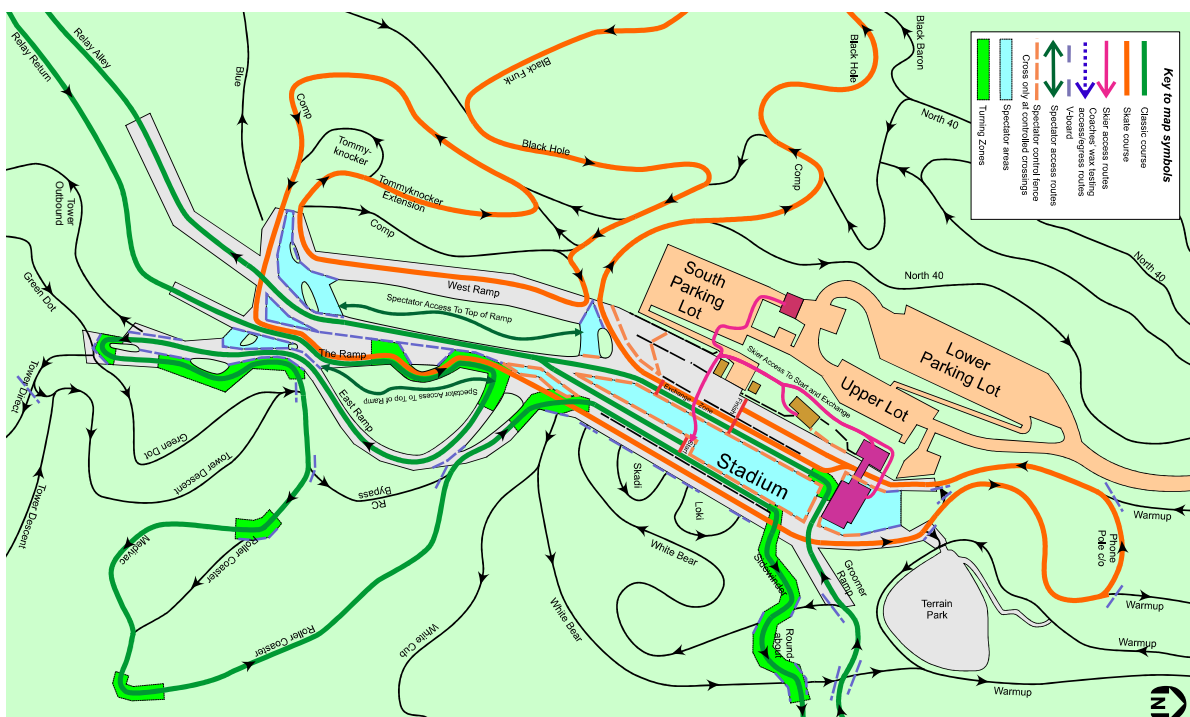
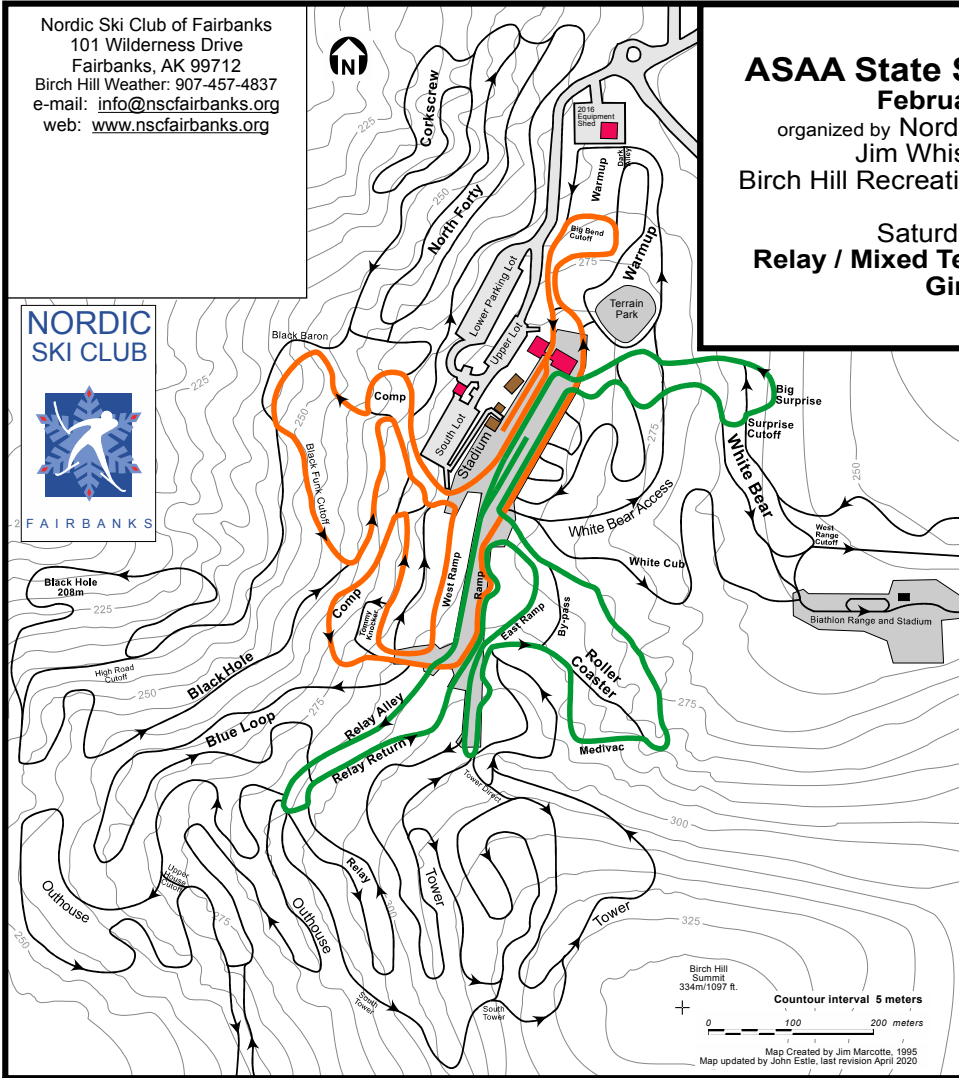
organized by Nordic Ski Club of Fairbanks
 Jim Whisenant Ski Trails
 Birch Hill Recreation Area, Fairbanks, Alaska

Saturday, February 26
Relay / Mixed Technique (CL-CL-FR-FR)
Girls 4 x 3Km

Technical Information for 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 for 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
 Chief of Competition-John Estle
 Chief of Course-Bill Husby
 Head Groomer-Tom Helmers
 Co-Chief of Stadium-Susan Faulkner
 Co-Chief of Stadium-Gary Knuepfer
 Chief of Timing-Anna Sorensen
 Volunteer Coordinator-Norma Haubenstock



SATURDAY TRAIL MAP | BOYS 5KM

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



ASAA State Ski Championships

February 24-26, 2022

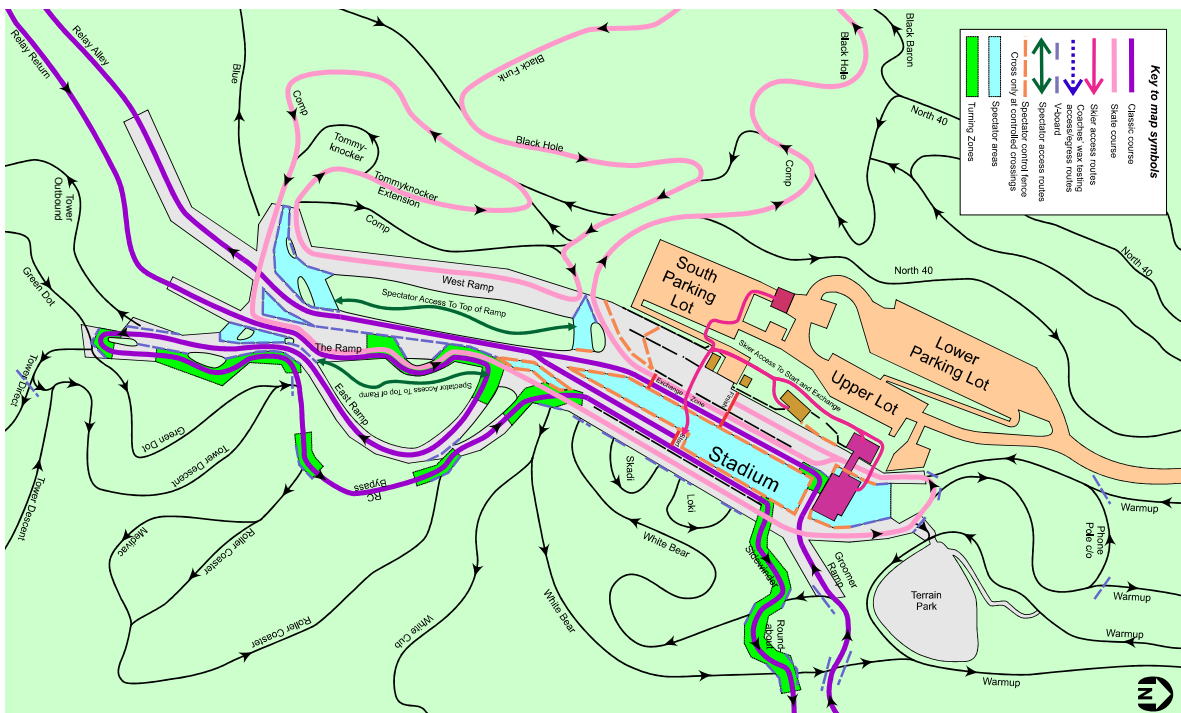
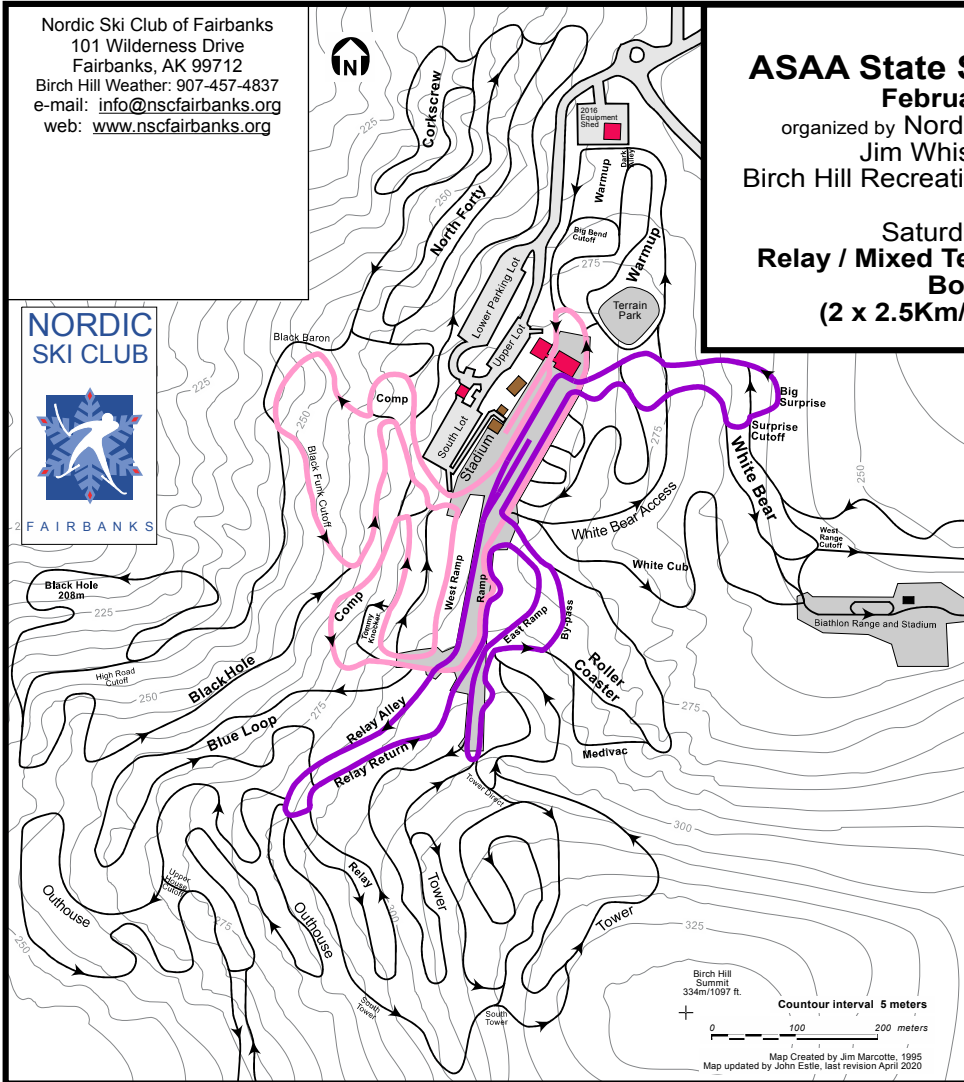
organized by Nordic Ski Club of Fairbanks
 Jim Whisenant Ski Trails
 Birch Hill Recreation Area, Fairbanks, Alaska

Saturday, February 26
Relay / Mixed Technique (CL-CL-FR-FR)
Boys 4 x 5Km
(2 x 2.5Km/CL + 2 x 2.5Km/FR)

Technical Information
 for
Purple Course (Classic):
 Course Length: 2581m
 Height Difference (HD): 51m
 Maximum Climb (MC): 31m
 Total Climb (TC): 75m
 Climb per Km: 29.1m/km
 1 x A Climb: 31m
 2 x B Climb: 11m, 20m

Technical Information
 for
Pink Course (Skate):
 Course Length: 2544m
 Height Difference (HD): 59m
 Maximum Climb (MC): 50m
 Total Climb (TC): 92m
 Climb per Km: 36.2m/km
 1 x A Climb: 50m
 1 x B Climb: 27m

Competition Committee
 Chief of Competition-John Estle
 Chief of Course-Bill Husby
 Head Groomer-Tom Helmers
 Co-Chief of Stadium-Susan Faulkner
 Co-Chief of Stadium-Gary Knuepfer
 Chief of Timing-Anna Sorensen
 Volunteer Coordinator-Norma Haubenstock





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Sealaska is proud to support the student athletes competing in the ASAA State Championships.

Sealaska.com

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 [@sealaska](https://twitter.com/sealaska)

 [@sealaska](https://www.instagram.com/sealaska)



BARTLETT GOLDEN BEARS



Girls Entries

First	Last	Grade	Group
Anna	Thomas	12	1
Samantha	Bushman	10	2
Lucy	Atkinson	12	3
Beverly	Ferris	9	4
Haley	Chadwick	11	5

Boys Entries

First	Last	Grade	Group
Holten	Reid	11	1
Samuel	Paskin	11	2
Mackenzie	Tracey	12	3
Logan	Wilkins	12	4
Porter	Heitt	11	5

SCHOOL & TEAM INFORMATION

PRINCIPAL	Sean Prince
ACTIVITIES PRINCIPAL	Leif Jacobsen
HEAD COACH	Caitlin Marine

BETTIE DAVIS EAST THUNDERBIRDS



Girls Entries

First	Last	Grade	Group
Marley	Ireland	11	5
Brynn	Rathert	9	4
Svea	Thomas	9	2
Maddie	Sivils	10	1
Natalie	Bader	10	3
Wren	Mowery	9	6

First	Last	Grade	Group
Miles	Numme-Worrell	9	1
Noah	Rehberg	12	3
Elias	Stierwalt	12	2
Ethan	Howe	11	5
Walker	Battreall	9	6
Nathan	Rehberg	9	4

SCHOOL & TEAM INFORMATION

PRINCIPAL	Ron Brown
ACTIVITIES PRINCIPAL	Michael Thompson
HEAD COACH	Gary Snyder
ASSISTANT COACHES	Germaine Thomas

CHUGIAK MUSTANGS



Girls Entries			
First	Last	Grade	Group
Zoe	Beiergrohlein	12	1
Patricia	Casey	12	2
Addison	Capozzi	11	3
Jillian	Gavalya	11	4
Kaleigh	Amundson	11	5
Kiley	Dennis	11	6

Boys Entries			
First	Last	Grade	Group
Evan	Sosinski	11	1
Samuel	Cryder	11	2
Brian	Weatherby	10	3
Ryan	Urbanus	10	4
Rylan	Allwright	11	5
Porter	Blei	12	6

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Megan Hatswell
ATHLETIC DIRECTOR	Travis Morgan
HEAD COACH	Brett Schimmack
ASSISTANT COACHES	Hagen Atkins
	Stan Carrick
	Miles Dennis

COLONY KNIGHTS



Girls Entries			
First	Last	Grade	Group
Abby	Novak	12	1
Lucy	Shea	11	2
Anna	Bell	11	3
Nicole (Niki)	Riz	11	4
Kajia	Backus	10	5
Rachel	Danz	9	6

Boys Entries			
First	Last	Grade	Group
Jack	Klayum	10	1
Coby	Marvin	9	2
Jayden	Rice	11	3
Tobias	Buchanan	10	4
Layne	Buchanan	12	5
Isaac	Kristich	10	6

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Brendon McMahon
ATHLETIC DIRECTOR	Kristy Johnston
HEAD COACH	Mark Strabel
ASSISTANT COACH	David Knopp



We support our 2022 ASAA
State Championship athletes.



CALISTA CORPORATION
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Your Coaches Association is invited to

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The National High School Athletic Coaches Association is dedicated to serving High School Coaches and Athletic Directors throughout the United States through education, recognition, and support.

EDUCATION

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- Annual National Multi-Sport Clinic
- Educational Resources
- Coach & AD Magazine
 - Exclusive Annual Digital Subscription
 - Podcasts
 - 2021-2022 Content Series *Coaching for Significance* by Proactive Coaching

NATIONAL RECOGNITION

- Hall of Fame
- Coach of the Year Awards
- Distinguished Service Awards
- Coaching Leadership Awards
 - Carey E. McDonald National Citation Award
 - Dwight T. Keith Award
 - Kathy Holloway Women of Inspiration Award

SUPPORT

- Regional Leadership Network
- State Leadership Network
- National voice for coaches in education-based athletics



We're just missing YOU!

We would love to share MORE with you on how we can partner with your association and bring so many benefits to YOUR coaches. TOGETHER we are better. Please reach out to your REGIONAL DIRECTOR with questions. For more information visit:

nhsaca.org

DIMOND LYNX



Girls Entries			
First	Last	Grade	Group
Emily	Erickson	11	6
Amaeli	Kam-Magruder	11	5
Anna	Halsey	11	4
Gwen	MacLean	11	3
Emily	Taylor	12	2
Lauren	Gaskill	11	1
Teagan	Halsey	9	alternate

Boys Entries			
First	Last	Grade	Group
Jacob	Johnson	11	6
Owen	Saltzman	11	5
Noa	Kam-Magruder	9	4
Jared	Gardiner	12	3
AJ	Glover	10	2
Paul	Cvancara	11	1
Thomas	Erickson	9	alternate

SCHOOL & TEAM INFORMATION

PRINCIPAL	Tina Johnson-Harris
ATHLETIC DIRECTOR	Chris Kleckner
HEAD COACH	Nate Normandin
ASSISTANT COACHES	Shelly Laws Morgan Hartley
Sarah Freistone	Linsley Klueber

EAGLE RIVER WOLVES



Girls Entries			
First	Last	Grade	Group
Linnea	Gray	10	1
Ina	Kraus	10	2
Anita	Walsh	11	3
Riley	Wilson	12	4
Charlotte	Toole	9	5
Jacey	Spencer	10	6

Boys Entries			
First	Last	Grade	Group
Dean	Toole	10	3
Henry	Michener	11	1
Jack	Molloy	11	2
Matthew	Watson	10	4
Keenan	Vedros	11	5
Gabriel	Clingingsmith	11	6

SCHOOL & TEAM INFORMATION

PRINCIPAL	Tim Helvey
ACTIVITIES PRINCIPAL	Vikki McConnell
HEAD COACH	Christopher Morhain
ASSISTANT COACHES	Katie Gardner & Cameron Johnson

GRACE CHRISTIAN GRIZZLIES



Girls Entries			
First	Last	Grade	Group
Georgia	Thatcher	11	1
Marah	Lane	12	1
Brook	Lentfer	9	1
Boys Entries			
First	Last	Grade	Group
Ben	Thatcher	12	1
Andrew	Pounds	10	1
Colton	Merriner	9	1
Max	Wallace	9	1
Caleb	Spence	9	1
Dylan	Kodama	11	1

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Chris Gionet
ATHLETIC DIRECTOR	Paul Salima
HEAD COACH	Chris Gionet
ASSISTANT COACHES	Libby Gionet & Seth Kniegge



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Girls Entries			
First	Last	Grade	Group
Ireland	Styvar	10	6
Eryn	Field	11	5
Sienna	Hardyman	11	4
Elena	Badajos	10	3
Jaela	Marchbanks	9	2
Leah	Dunn	11	1

Boys Entries			
First	Last	Grade	Group
Jody	Goodrich	9	5
Seamus	McDonough	11	4
Garrett	Briscoe	11	3
Leif	Jaworski	9	1

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Doug Waclawski
ATHLETIC DIRECTOR	Chris Perk
HEAD COACH	Katie Miller
ASSISTANT COACH	Will Anderson

HUTCHISON HAWKS



Boys Entries			
First	Last	Grade	Group
Felix	Primm	10	1
Seth	Burke	11	2
Ian	Tragis	11	3

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Robyn Taylor
ACTIVITIES PRINCIPAL	Lynn Bernheim
HEAD COACH	Donna DiFolco

KENAI CENTRAL KARDINALS



Girls Entries			
First	Last	Grade	Group
Madison	McDonald	11	1
Gabriella	Tews	12	2
Summer	Foster	12	3
Leah	Fallon	12	4
Emily	Moss	10	5
Jayna	Boonstra	11	6

Boys Entries			
First	Last	Grade	Group
George	Wright	12	1
Zane	Tews	10	2
Ben	Boersma	11	3
Gregory	Fallon	10	4
Jack	Laker	10	5
Tyler	Hippchen	12	6

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Will Chervenak
ATHLETIC DIRECTOR	Jesse Settlemyer
HEAD COACH	Brad Nyquist
ASSISTANT COACHES	Mike Bergholtz
	Mitch Michaud
	Christine Bergholtz

LATHROP MALEMUTES



Girls Entries			
First	Last	Grade	Group
Abigail	Haas	12	6
Emma	Lyons	9	4
Inga	Peterson	10	3
Mateya	Koch	11	2
Maddie	Wonderlich	12	1

Boys Entries			
First	Last	Grade	Group
Wells	Wappett	9	6
Justin	Oestrich	10	5
Ian	Lee	12	2
John	Haas	10	1

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Carly Sween
ATHLETIC DIRECTOR	Steve Zanazzo
HEAD COACH	Morgan Hough



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MONROE CATHOLIC RAMS



Girls Entries			
First	Last	Grade	Group
Kaylee	Collins	10	1
Boys Entries			
First	Last	Grade	Group
Nelson	Hays	11	5
Ben	Vanderlugt	11	4
Oliver	Pender	12	2
Gabe	Angaiak	11	3

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Patrick Riggs
ATHLETIC DIRECTOR	Frank Ostanik
HEAD COACH	Morgan Hough

NORTH POLE PATRIOTS



Girls Entries			
First	Last	Grade	Group
Halle	Dearth	9	1
Jocelyn	Umphenour	9	2
Boys Entries			
First	Last	Grade	Group
Noah	Connolly	11	4
Jacob	Dawley	11	2
Alex	Smith	10	3
Aiden	Summers	9	1

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Michelle Spillane
ATHLETIC DIRECTOR	Robyn Myrum
HEAD COACH	Kyle Whisenhant
ASSISTANT COACHES	Anita Koelsch
Matthew Johnson	Wayne Koelsch

PALMER MOOSE



Girls Entries			
First	Last	Grade	Group
Julia	Watkins	12	1
Josie	Peace	11	2
Emersyn	LaRousse	10	3
Elizabeth	Hennemann	12	4
Katie	Houser	12	5
Rosie	Whittington-Evans	12	6
Boys Entries			
First	Last	Grade	Group
Joseph	Foutz	12	1
Carson	Deans	10	2
Alex	Adams	10	3
London	Lee	10	4
Ziven	Witczak	12	5
Remi	Venema	11	6

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Paul Reid
ATHLETIC DIRECTOR	Dale Ewart
HEAD COACH	Tegan Thorley
ASSISTANT COACHES	Jeff Kase & Joseph Bentel

SERVICE COUGARS



Girls Entries			
First	Last	Grade	Group
Maddy`	Reckmeyer	10	1
Heidi	Schumacher	9	2
Zoe	Chang	12	3
Neena	Brubaker	12	4
Meredith	Schwartz	11	5
Marit	Flora	12	6
Boys Entries			
First	Last	Grade	Group
Paul	Hlasny	11	1
Logan	Cuddy	9	2
Oskar	Flora	9	3
Elias	Soule	10	4
Justin	Lucas	11	5
Aaron	Power	11	6

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Imtiaz Azzam
ATHLETIC DIRECTOR	James Bell
HEAD COACH	Jan Buron
ASSISTANT COACH	Seiji Takagi



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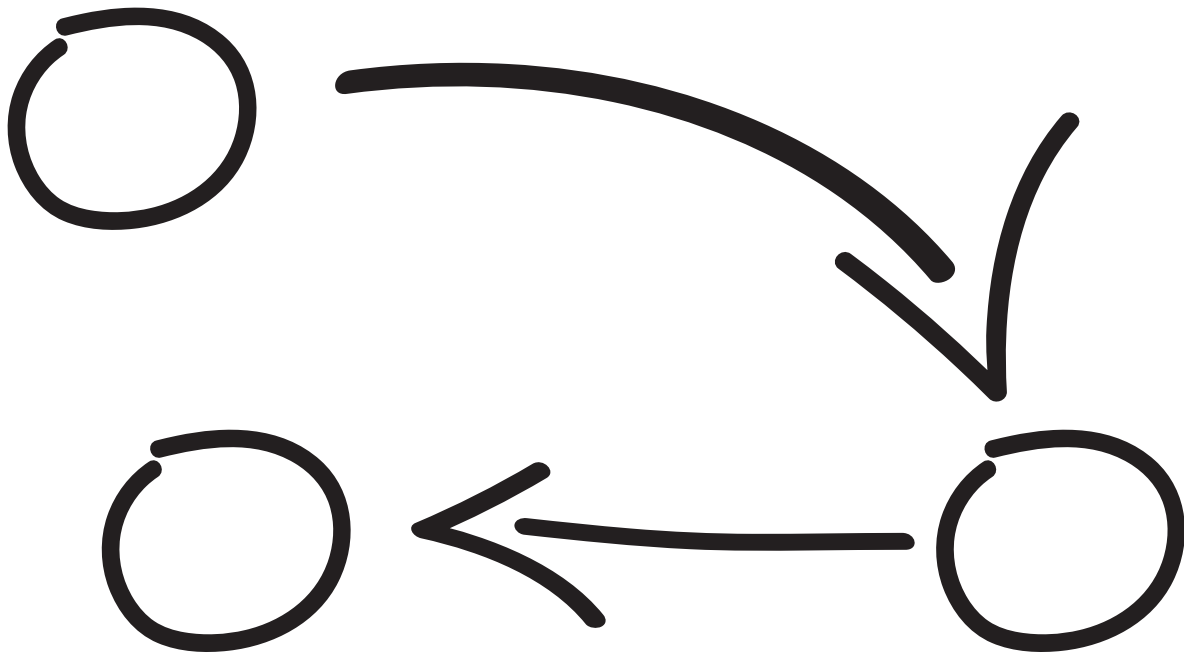
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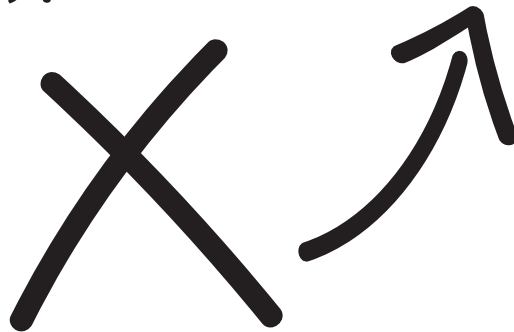
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SEWARD SEAHAWKS



Girls Entries			
First	Last	Grade	Group
Aly	Guernsey	11	4
Boys Entries			
First	Last	Grade	Group
Trevor	Guernsey	10	3

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Henry Burns
ATHLETIC DIRECTOR	Al Plan
HEAD COACH	Brooke Estes

SOLDOTNA STARS



Girls Entries			
First	Last	Grade	Group
Emmy	Reese	12	1
Avery	Cuifo	10	2
Jordan	Ruffner	12	6
Jordan	Strausbaugh	12	4
Ariana	Cannava	9	5
Ashley	Dahlman	11	3
Boys Entries			
First	Last	Grade	Group
Quinn	Cox	12	6
Andrew	Cox	11	5
Trenton	Boots	12	1
Bennjamin	Able	10	2
Levi	Mickelson	10	4
Jonathan	Gordon	11	3

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Sargent Truesdell
ATHLETIC DIRECTOR	Kyle McFall
HEAD COACH	Issac Erhardt
ASSISTANT COACHES	Dan Harbison Steve Milliron

SOUTH ANCHORAGE WOLVERINES



Girls Entries			
First	Last	Grade	Group
Robyn	Miller	11	3
Maggie	Keffalos	12	4
Kintla	Penn	12	1
Elizabeth	Page	10	2
Elise	Matthews	9	5
Julia	Thomas	12	6

Boys Entries			
First	Last	Grade	Group
Owen	Young	11	3
Nolan	Miller	11	4
Kyle	Fischer	11	1
Scott	Johnson	11	2
James	Peot	12	5
Lucas	Berry	12	6

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Luke Almon
ATHLETIC DIRECTOR	Chris Ruggles
HEAD COACH	Naomi Kiekintveld
ASSISTANT COACHES	Tristan Ziegler Stephanie Dow Emily Schwing

VALDEZ BUCCANEERS



Girls Entries			
First	Last	Grade	Group
Grace	Rodgers	9	3
Elaina	Hanson	11	4

Boys Entries			
First	Last	Grade	Group
Blake	Roosma	9	1
Blake	Morrison	12	2
Cole	Wadsworth	11	3
Barrett	McCumby	10	4
William	Benes	12	5
Rafe	Caruthers	10	6

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Jon Berkeley
ATHLETIC DIRECTOR	Todd Wegner
HEAD COACH	Cole Beck
ASSISTANT COACH	Ryan Good

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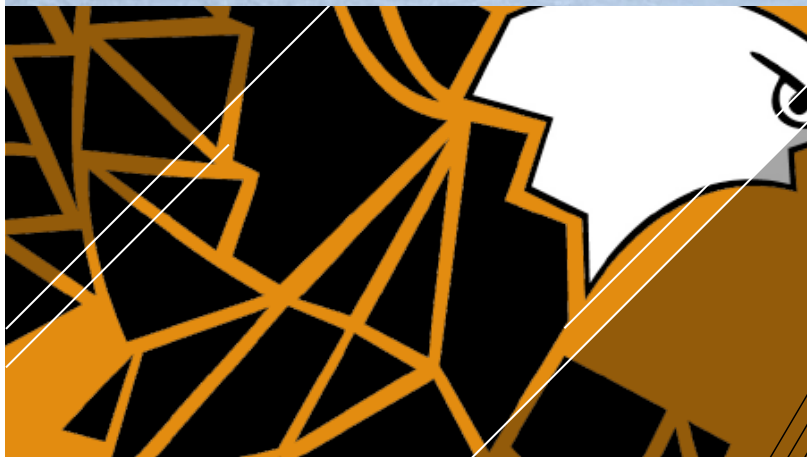
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WEST ANCHORAGE EAGLES



Girls Entries			
First	Last	Grade	Group
Natalie	Hood	12	2
Samantha	Legate	11	3
Piper	Sears	9	1
Lily	Pannkuk	12	4
Zoe	Rodgers	9	5
Berit	Meyers	10	6

Boys Entries			
First	Last	Grade	Group
Liam	Chisholm	11	6
Ethan	Eski	11	2
Cole	Flowers	10	1
Murphy	Kimball	10	5
Blake	Hanley	10	4
Hatcher	Menkens	10	3

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Sven Gustavsen
ACTIVITIES PRINCIPAL	Ja Dorris
HEAD COACH	Joey Caterinichio
ASSISTANT COACHES	Everett Cason & Eliza Rorobough
Brandon Fontana	Byron Kim & John Columbus

WEST VALLEY WOLFPACK



Girls Entries			
First	Last	Grade	Group
Riley	Whisler	12	1
Sonja	Truffer	11	2
Ingrid	Baurick	9	3
Leni	Stolz	11	4
Kjelle	Personius	12	5
Zarah	Laker-Morris	10	6
Pirada	Anderson	11	ALT-1

Boys Entries			
First	Last	Grade	Group
Ezra	West	12	1
Nicholas	Buth	11	2
PJ	Bragonier	9	3
Eli	Merrill	12	4
Caleb	Peterson	11	5
Josh	Baurick	12	6
Kasper	Bennedsen	10	ALT-1

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Sarah Gillam
ATHLETIC DIRECTOR	Wayne Sawchuk
HEAD COACH	Donna DiFolco
ASSISTANT COACHES	Sven Grage & Anna Rix
Wendy Boger & Kristen Rozell & Greg Whisenant	



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Program Coordinator
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- Paid to the institution on student's behalf

Entry Requirements

1. An essay providing details about the applicant's sports activities, community involvement, and grades. The essay must include the student's post high school education plans including the student's plans for college or trade school.
2. A teacher, coach, or counselor must verify in writing the statements about the criteria: grades, involvement and future plans. This verification must also include details of the teams the student played on during their senior year.

Questions

Email Scholarship@BentonBayLions.org

Entry Deadline April 15, 2022

Please submit your entry to
Benton Bay Athletic Lions Club
Attn: Scholarship Committee
PO Box 91395
Anchorage, AK 99509

2022 GIRLS STATE CHAMPIONSHIP RESULTS

TEAM AWARDS

Champion	Service	3:25:05
Runner-up	West Anchorage	3:30:58
3 rd	West Valley	3:43:27
4 th	Dimond	3:47:14
5 th	Palmer	3:48:08
6 th	Kenai	3:52:45
7 th	South Anchorage	3:56:13
8 th	Colony	3:58:15
9 th	Betty Davis East	3:58:51
10 th	Chugiak	3:58:57
1 st Place D II	Kenai	3:52:45

Academic Award: South, Kenai (4.00)

Sportsmanship Award:

INDIVIDUAL AWARDS

TOP TEN FREESTYLE (5K)

1.	Marit Flora	Service	15:04
2.	Katie Houser	Palmer	15:35
3.	Natalie Hood	West	15:46
4.	Abigail Haas	Lathrop	15:47
5.	Meredith Schwartz	Service	15:49
6.	Rosie Whittington-Evans	Palmer	15:50
7.	Lily Pannkuk	West	15:51
8.	Samantha Legate	West	15:59
9.	Neena Brubaker	Service	16:00
10.	Zarah Laker-Morris	West Valley	16:12

TOP D II	Jayna Boonstra	Kenai
	Ireland Styvar	Homer
	Emily Moss	Kenai

TOP TEN CLASSIC (7.5K)

1.	Marit Flora	Service	24:07
2.	Meredith Schwartz	Service	24:42
3.	Katie Houser	Palmer	24:52
4.	Robyn Miller	South	24:55
5.	Lily Pannkuk	West	25:03
6.	Abigail Haas	Lathrop	25:06
7.	Emily Erickson	Dimond	25:15
8.	Zarah Laker-Morris	West Valley	25:52
9.	Neena Brubaker	Service	26:00
10.	Natalie Hood	West	26:15

TOP D II	Jayna Boonstra	Kenai
	Emily Moss	Kenai
	Georgia Thatcher	Homer

ALL-STATE TEAM

1.	Marit Flora	Service	39:11
2.	Katie Houser	Palmer	40:27
3.	Meredith Schwartz	Service	40:32
4.	Abigail Haas	Lathrop	40:54
5.	Lily Pannkuk	West	40:55
6.	Robyn Miller	South	41:49
7.	Neena Brubaker	Service	42:01
8.	Natalie Hood	West	42:02
9.	Zarah Laker-Morris	West Valley	42:04
10.	Emily Erickson	Dimond	42:11

Skimeister Award: Marit Flora

TOP TEN RELAY TEAMS

1.	Service	38:06
	Brubaker, Schwartz, Chang, Flora	
2.	West Anchorage	39:17
	Legate, Sears, Pannkuk, Hood	
3.	West Valley	40:47
	Stolz, Baurick, Personius, Laker-Morris	
4.	Palmer	40:48
	Whittington, Hennemann, Peace, Houser	
5.	Dimond	42:23
	Erickson, Halsey, Kam-Magruder, Taylor	
6.	Kenai Central	42:45
	Boonstra, Moss, Foster, Falcon	
7.	Betty Davis East	43:39
	Ireland, Thomas, Rather, Sivils	
8.	Chugiak	43:51
	Amundson, Casey, Gavalya, Dennis	
9.	South Anchorage	44:04
	Kettalos, Penn, Matthews, Miller	
10.	Colony	44:11
	Bell, Novak, Riz, Shea	



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2022 BOYS STATE CHAMPIONSHIP RESULTS

TEAM AWARDS

Champion	Service	4:25:16
Runner-up	West Valley	4:27:13
3 rd	West Anchorage	4:31:24
4 th	South Anchorage	4:46:40
5 th	Bettye Davis East	4:47:42
6 th	Dimond	4:51:03
7 th	Colony	4:51:17
8 th	Kenai	5:02:04
9 th	Chugiak	5:15:25
10 th	Eagle River	5:18:43
1 st Place D II	Kenai	5:02:04

Academic Award: South, Homer (3.92)

Sportsmanship Award:

INDIVIDUAL AWARDS

TOP TEN FREESTYLE (7.5K)

1.	Aaron Power	Service	21:05
2.	Elias Soule	Service	21:08
3.	Oskar Flora	Service	21:26
4.	Hatcher Menkens	West	21:32
5.	Josh Baurick	West Valley	21:46
6.	Caleb Peterson	West Valley	21:48
7.	Justin Lucas	Service	21:56
8.	Eli Merrill	West Valley	22:07
9.	Ethan Howe	East	22:10
10.	Liam Chisholm	West	22:13

TOP D II	Jack Laker	Kenai
	Tyler Hippchen	Kenai
	Jody Goodrich	Homer

TOP TEN CLASSIC (10K)

1.	Aaron Power	Service	28:52
2.	Josh Baurick	West Valley	28:54
3.	Murphy Kimball	West	30:27
4.	PJ Bragonier	West Valley	30:41
5.	Hatcher Menkens	West	30:43
6.	Justin Lucas	Service	30:46
7.	Eli Merrill	West Valley	30:48
8.	Nicholas Buth	West Valley	30:55
9.	Ethan Howe	East	30:58
10.	Owen Young	South	31:04

TOP D II	Tyler Hippchen	Kenai
	Gregory Fallon	Kenai
	Ben Thatcher	Grace

ALL-STATE TEAM

1.	Aaron Power	Service	49:57
2.	Josh Baurick	West Valley	50:41
3.	Hatcher Menkens	West	52:15
4.	Elias Soule	Service	52:33
5.	Justin Lucas	Service	52:42
6.	Eli Merrill	West Valley	52:55
7.	Oskar Flora	Service	52:58
8.	Murphy Kimball	West	53:00
9.	Caleb Peterson	West Valley	53:08
10.	Ethan Howe	East	53:09

Skimeister Award: Aaron Power

TOP TEN RELAY TEAMS

1.	Service	57:04
	Lucas, Power, Flora, Soule	
2.	West Valley	57:35
	Baurick, Bragonier, Merrill, Peterson	
3.	West Anchorage	58:15
	Menkens, Kimball, Hanley, Chisholm	
4.	Bettye Davis East	1:02:02
	Howe, Numme-Worrell, Rehberg, Stierwalt	
5.	South Anchorage	1:02:13
	Fischer, Miller, Johnson, Young	
6.	Dimond	1:02:26
	Saltzman, Magruder, Johnson, Cvancara	
7.	Colony	1:02:45
	L Buchanan, Marvin, T Buchanan, Rice	
8.	Kenai Central	1:03:55
	Fallon, Boersma, Laker, Hippchen	
9.	Chugiak	1:06:15
	Allwright, Urbanus, Sosinski, Cryder	
10.	Eagle River	1:07:26
	Vedros, Molloy, Mischener, Toole	



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Athletes As Leaders

AthletesAsLeaders.org

Athletes As Leaders (AAL) is a program for high school athletes on girls' sports teams. The program aims to empower youth to take an active role in challenging stereotypes, promoting healthy relationships and creating a safe and welcoming community for all.

AAL is based on research and best practices in the field of sexual assault prevention. Athletes are encouraged to be leaders in changing peer norms and school climate to a culture of safety and respect.



KATHLEEN NAVARRE
Program Coordinator
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BOYS

GIRLS

TARA HAMILTON (Service)	
1998	1999
2000	2001

3 TIME SKIMEISTER

BOYS

GIRLS

ERIC STRABEL (Colony)	
1998	1999
2000	

HANNAH BOYER (West Valley)	
2010	2011
2012	

SCOTT PATTERSON (South)	
2008	2009
2010	

KENDALL KRAMER	
2018	2019
2020	

MAX DONALDSON (West Valley)	
2013	2014
2015	

2 TIME SKIMEISTER

BOYS

GIRLS

TODD MONTALBO (Dimond)	
1991	1992

MARA RABINOWITZ (West Valley)	
1981	1982

ROB WHITNEY (Service)	
1996	1997

NINA KEMMPEL (West)	
1985	1986

JUSTIN SINGLETON (Chugiak)	
2002	2003

D'ANNA DORRIS (West)	
1987	1988

MIKE HINCKLEY (Service)	
2004	2005

AELIN PETERSON (West Valley)	
1991	1992

PATRICK JOHNSON (Service)	
2006	2007

KATE PEARSON (Lathrop)	
1996	1997

GUS SCHUMACHER (Service)	
2017	2018

PAIGE BRADY (Service)	
2002	2003

LYDIA BLANCHET (West)	
2013	2015



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