



2023 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.



**100**  
**1** First National Bank  
ALASKA  
MEMBER FDIC  
1922-2022



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

NMLS# 640297

# TABLE OF CONTENTS

ASAA Mission & Vision	3
State Championship Schedule	5
Meet the Personnel	7
History of ASAA	9
Thursday Race Map	12
Friday Race Map	15
Saturday Race Map	18
Team Rosters & Pictures	21-48
ASAA Corporate Sponsors	51
2023 Championship Results	54-56
Skimeister Past Winners	59

## WELCOME

On behalf of the Alaska School Activities Association (ASAA) Board of Directors and ASAA's corporate partners, welcome to the 2023 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 you being part of this statewide championship event.

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

#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  
Alaska, donating \$2 million in cash, products, scholarships,  
and grants to Alaska organizations each year.

800.800.4800 | [gci.com](http://gci.com)



**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**

**Provide and promote opportunities through activities for all Alaska students.**

## **VISION STATEMENT**

**Alaska students become life long learners who are engaged in their communities and active contributors in society. #winforlife**

## **ASAA VALUES**

**Integrity, respect, perseverance, leadership, teamwork, inclusivity**



# 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 2023 ASAA/First National Bank Alaska Nordic Ski State Championships. Don't forget to thank mom and dad.

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

*Alaska*  
AIRLINES





# 2023 ASAA/FIRST NATIONAL BANK ALASKA NORDIC SKIING STATE CHAMPIONSHIPS

Kincaid Park - Anchorage / February 23-25

Hosted by: ASAA, Dimond High School & Nordic Skiing Association of Anchorage

## SCHEDULE OF EVENTS

### Wednesday, February 22

- 10:00am Official Training on Competition Courses (10:00am to 4:00pm)
- 12:00pm Facilities open for inspection
- 5:00pm Coaches Meeting virtual
- 9:45pm Kincaid Park Gate Closes

### Thursday, February 23

- 7:00am Gates Open/Kincaid Park Wax Bunker open
- 9:30am Bib Pick-Up & Coaches Packets (by Coach only) in Chalet
- 10:40am Presentation of Colors
- 11:00am Boys 7.5K Interval Start Classic Technique Race
- 1:00pm Girls 5K Interval Start Classic Technique Race
- 5:00pm Coaches Meeting virtual
- 9:45pm Kincaid Park Gate Closes

### Friday, February 24

- 7:00am Gates Open/Kincaid Park Wax Bunker open
- 9:30am Bib Pick-Up (by Coach only) in Chalet
- 10:40am Presentation of Colors
- 11:00am Girls 7.5K Mass Start Freestyle Technique Race
- 1:00pm Boys 10K Mass Start Freestyle Technique Race
- 5:00pm Awards at Dimond High School Cafeteria
- 9:45pm Kincaid Park Gate Closes

### Saturday, February 25

- 7:00am Gates Open/Kincaid Park Wax Bunker open
- 9:30am Bib Pick-Up (by Coach only) in Chalet
- 10:00am Relay team changes due in timing building
- 10:40am Presentation of Colors
- 11:00am Girls 4 x 3K Mixed Technique (Classic-Classic-Free-Free)
- 1:00pm Boys 4 x 5K Mixed Technique (Classic-Classic-Free-Free)
- TBD Awards at Kincaid Park





# 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 2023 ASAA/First National Bank Alaska Nordic Ski State Championship a success.



- Municipality of Anchorage
- Dimond High School
- Nordic Skiing Association of Anchorage
- Nordic Skiing Association - Tim Brabets, Entry Coordination
- Anchorage School District

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

*Thank you*





# **DONLIN** **GOLD**

**Proud Supporter  
& Sponsor of**





## 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!**



# 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 a great opportunity to extend that same dedication to the youth of our villages.



# Coaching Boys INTO MEN

CoachesCorner.org

Athletic coaches play an extremely influential and unique role in the lives of young men. Because of these relationships, coaches are poised to positively influence how young men think and behave, both on and off the field.

Coaching Boys Into Men (CBIM) is the only evidence-based prevention program that trains and motivates high school coaches to teach their young male athletes healthy relationship skills and that violence never equals strength.

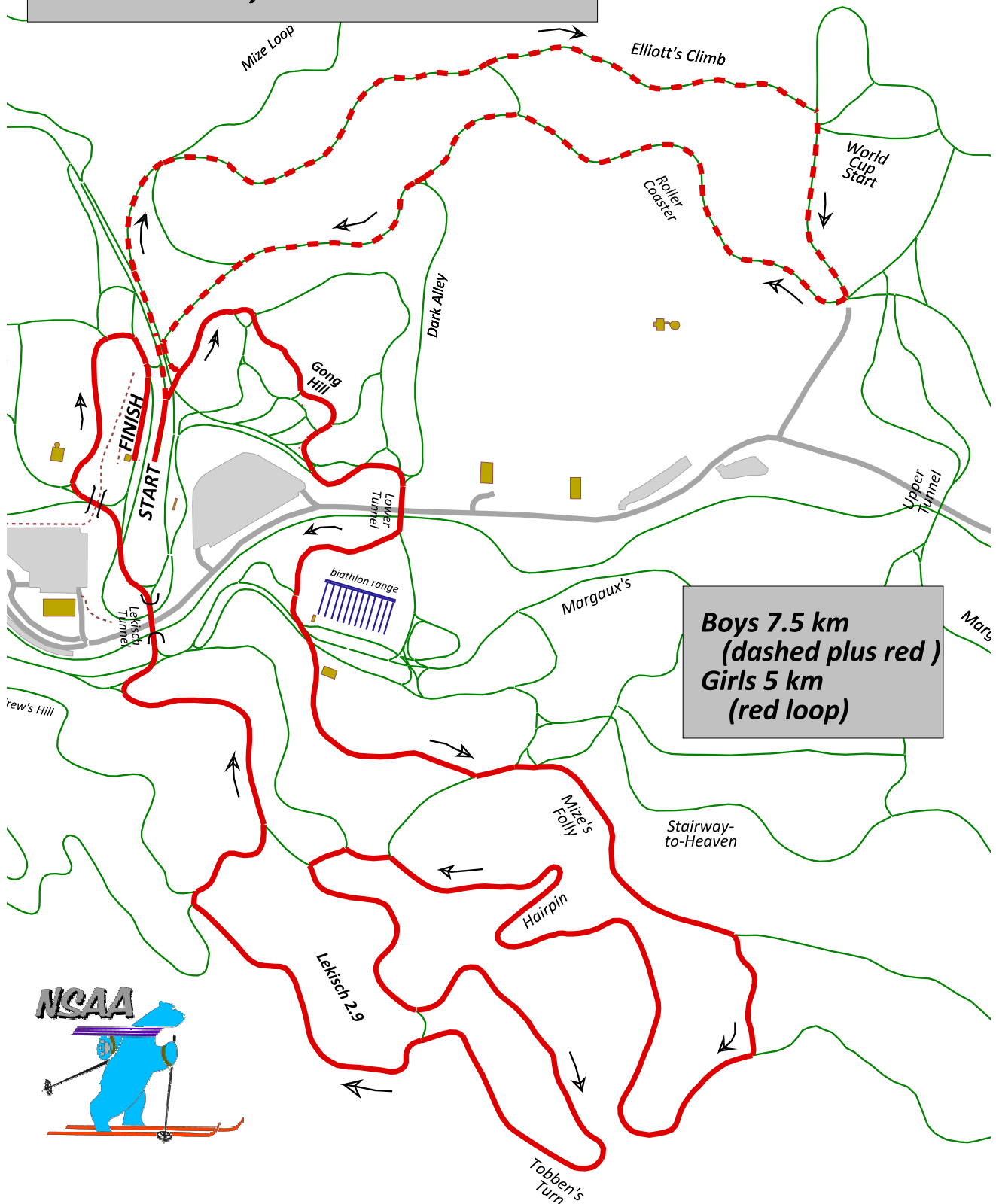


**BRIAN HOSKEN**  
**Program Coordinator**  
**Email: [brian@asaa.org](mailto:brian@asaa.org)**  
**Phone: 907-375-4402**



# THURSDAY TRAIL MAP

**ASAA Nordic Ski Championships**  
**Thursday, 23 Feb 2023**  
**CLASSIC, interval starts**





**ConocoPhillips**  
Alaska

**Proud Supporter  
& Sponsor of**



Over  
**4,000**  
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.

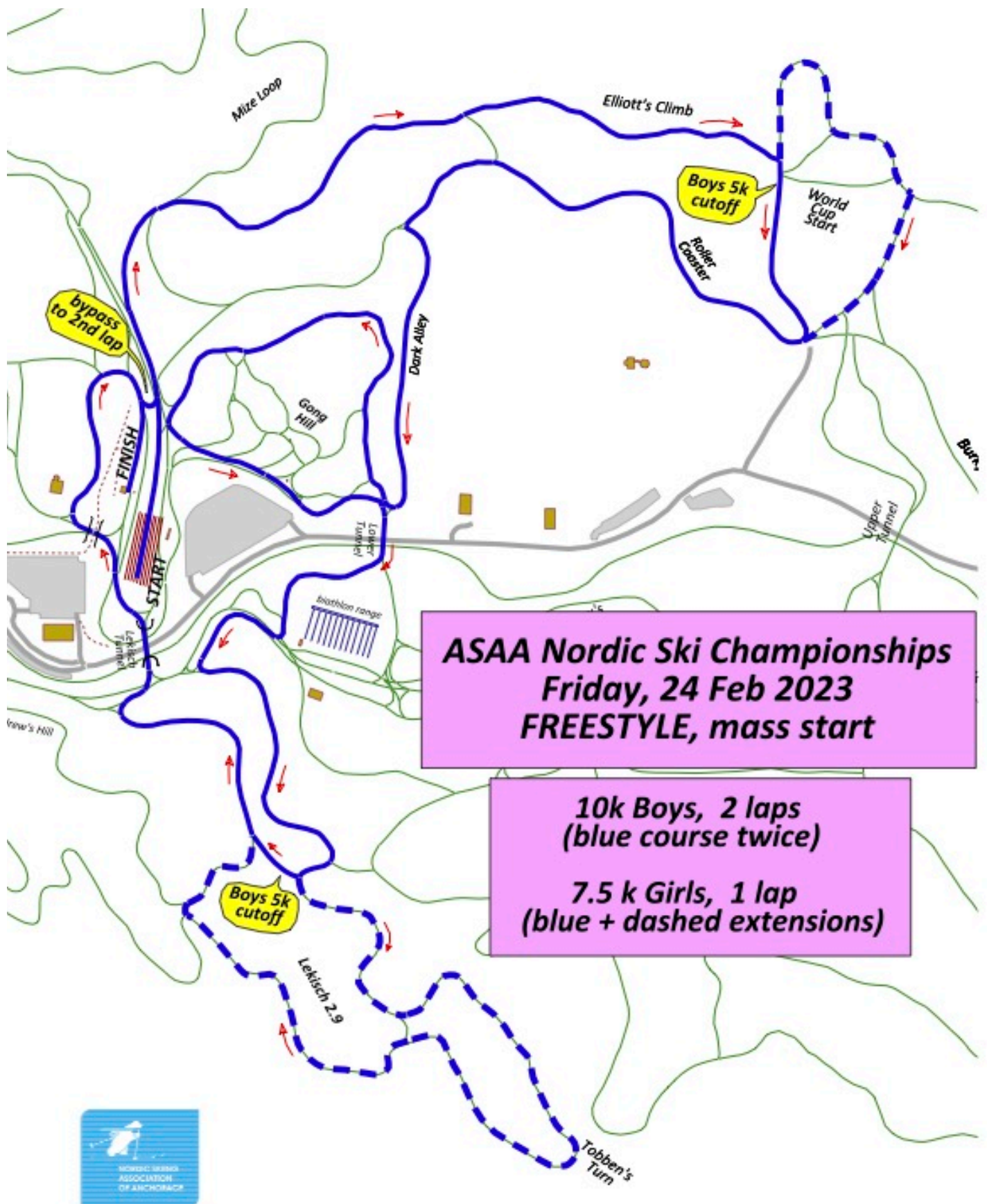
**Learn more at [OPAlaska.com/athletic-training](https://OPAlaska.com/athletic-training)**



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.



# FRIDAY TRAIL MAP



Chantelle, Operations Superintendent

ConocoPhillips  
Alaska Inc.

ConocoPhillips Alaska  
proudly supports ASAA  
and all Alaska students

ConocoPhillips  
Alaska

Partnering with Alaska Communities



We support our 2022 ASAA  
State Championship athletes.

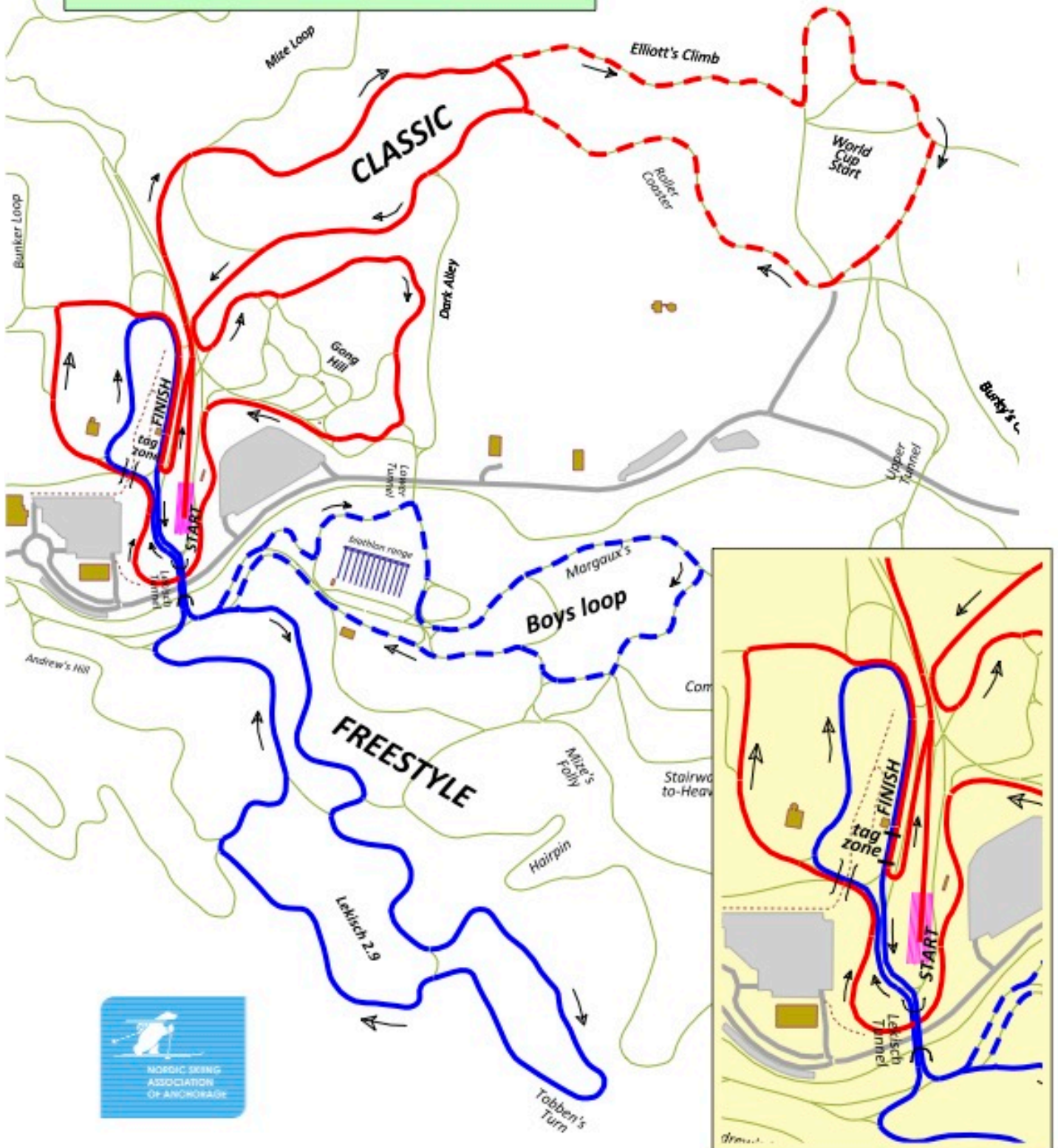


CALISTA CORPORATION  
[www.calistacorp.com](http://www.calistacorp.com)

# SATURDAY TRAIL MAP

**ASAA Nordic Ski Championships**  
**Saturday, 25 Feb 2023**  
**Boys 4 x 5 k Relay**  
**Girls 4 x 3.5 k Relay**

*mixed technique*  
*(classic-classic-free-free)*





# SALTCHUK

## FAMILY OF COMPANIES

# Proud Supporter & Sponsor of





**LET'S START SOMETHING GREAT  
WITH KENDALL AUTO ALASKA.**

**PROUD TO SPONSOR THE ALASKA  
SCHOOL ACTIVITIES ASSOCIATION.**



Shop our brands and experience car-buying the Kendall Way.



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



# BARTLETT GOLDEN BEARS



## Girls Entries

First	Last	Grade	Group
Samantha	Bushman	12	1
Siera	Chadwick	9	2
Haley	Chadwick	12	3
Eiley	Reid	9	4
Autumn	Harley	9	5
Katherine	Mackin	9	6

## Boys Entries

First	Last	Grade	Group
Holten	Reid	12	1
Samuel	Paskin	12	2
Porter	Hielt	12	3
Trivette	Cosper	10	4

## SCHOOL & TEAM INFORMATION

<b>PRINCIPAL</b>	Sean Prince
<b>ACTIVITIES PRINCIPAL</b>	Leif Jacobsen
<b>HEAD COACH</b>	Caitlin Marine
<b>ASSISTANT COACHES</b>	Brian Gornick & Joe Reid

# BETTIE DAVIS EAST THUNDERBIRDS



## Girls Entries

First	Last	Grade	Group
Marley	Ireland	12	1
Brynn	Rathert	10	2
Rose	Conway	9	3
Svea	Thomas	10	4
Beatrice	Brogan	9	5
Abigail	Howe	9	6

## Boys Entries

First	Last	Grade	Group
Ethan	Howe	12	1
Miles	Numme-Worrel	10	2
Walker	Battreall	10	3
Bryce	Herda	10	4
Gareth	LeCrone	12	5
Liam	Cleary	9	6

## SCHOOL & TEAM INFORMATION


<b>PRINCIPAL</b>	Ron Brown
<b>ACTIVITIES PRINCIPAL</b>	Michael Thompson
<b>HEAD COACH</b>	Gary Snyder
<b>ASSISTANT COACHES</b>	Germaine Thomas Conner Scher, Annie Brownlee, Gino Graziano





# STRENGTHENING *PEOPLE, CULTURE, AND HOMELANDS*

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

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

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

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

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





# CHUGIAK MUSTANGS



Girls Entries			
First	Last	Grade	Group
Katie	Christenson	9	1
Addison	Eldridge	10	2
Hannah	Stepetin	9	3
Addison	Capozzi	12	4
Jillian	Gavalya	12	5
Kaleigh	Amundson	12	6

Boys Entries			
First	Last	Grade	Group
Kohen	Galloway	9	1
Ryan	Urbanus	11	2
Samuel	Cryder	12	3
Rylan	Allwright	12	4
Brian	Weatherby	11	5
Eli	Lammers	11	6

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Megan Hatswell
ATHLETIC DIRECTOR	Travis Morgan
HEAD COACH	Jason Wall
ASSISTANT COACHES	Stan Carrick, Joe Lammers Mary Lammers Daniel Ogden

# COLONY KNIGHTS



Girls Entries			
First	Last	Grade	Group
Adrianna	Ramirez	10	1
Kaija	Backus	11	2
Lucy	Shea	12	3
Anna	Bell	12	4
Stella	Rose	10	5
Sophia	Kristich	11	6

Boys Entries			
First	Last	Grade	Group
Isaac	Kristich	11	1
Jayden	Rice	12	2
Coby	Marvin	10	3
Clayton	Steer	12	4
Weston	Sensabaugh	9	5
Tobias	Buchanan	11	6

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

ONLY A FEW HAVE WHAT IT TAKES  
TO CONQUER THE ENEMIES WITHIN.





## Seize the moment.

ASAA athletes' families get special car rental rates using promo code **210756**.\*

**Hertz. Let's Go!**



\*Regular rental restrictions apply. Rates available from 8/15/22-5/31/23. Must show Alaska Driver's License. Floyd & Sons Inc., an independent licensee of Hertz System, Inc.

# DIMOND LYNX



Girls Entries			
First	Last	Grade	Group
Emily	Erickson	12	6
Amaeli	Kam-Magruder	12	5
Anna	Halsey	12	4
Gwendolyn	MacLean	12	3
Madelin	Lowen	9	2
Lauren	Gaskill	12	1
Boys Entries			
First	Last	Grade	Group
Noa	Kam-Magruder	10	6
Owen	Saltzman	12	5
Jacob	Johnson	11	4
Alexander	Glover	11	3
Drake	McGinley	10	2
Thomas	Erickson	10	1

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Tina Johnson-Harris
ATHLETIC DIRECTOR	Chris Kleckner
HEAD COACH	Nate Normandin
ASSISTANT COACHES	Shelly Laws
	Sarah Freistone
	Linsley Klueber

# EAGLE RIVER WOLVES



Girls Entries			
First	Last	Grade	Group
Linnea	Gray	12	6
Sawa	Miyauchi	11	3
Kylee	Dietz	11	2
Anita	Walsh	12	5
Moira	Lathrop	12	1
Charlotte	Toole	10	4
Boys Entries			
First	Last	Grade	Group
Dean	Toole	11	2
Henry	Michener	12	5
Jack	Molloy	12	4
Ben	Vanderlugt	12	1
Nathan	Vanderlugt	9	3
Keenan	Vedros	12	6

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Tim Helvey
ACTIVITIES PRINCIPAL	Jacklyn Larson
HEAD COACH	Christopher Morhain
ASSISTANT COACH	Logan Platz

THE ORIGINAL

OFTEN IMITATED

NEVER DUPLICATED



Est. 1983

**MAKE SURE TO GRAB  
YOUR OFFICIAL**



**STATE SWAG**



*If you missed us at the event you can still get official event apparel through our website for up to one year*

**[HTTPS://NWD.INK/S/ASAASTORE](https://nwd.ink/s/asaaastore)**

# GLENNALLEN PANTHERS



Girls Entries			
First	Last	Grade	Group
Grace	Rogers	10	1
Boys Entries			
First	Last	Grade	Group
Andrew	Severs	10	1

## SCHOOL & TEAM INFORMATION

<b>PRINCIPAL</b>	Jason Williams
<b>ATHLETIC DIRECTOR</b>	Ben Dolgner
<b>HEAD COACH</b>	Bruce Rogers

# GRACE CHRISTIAN GRIZZLIES



Girls Entries			
First	Last	Grade	Group
Chang	Zara	9	1
Adelaide	Bell	9	2
Cate	Merriner	9	3
Brook	Lentfer	10	4
Boys Entries			
First	Last	Grade	Group
Dylan	Kodama	12	1
Easton	Roads	9	2
Caleb	Miller	10	3
Caleb	Spence	10	4
Andrew	Pounds	11	5
Colton	Merriner	10	6

## SCHOOL & TEAM INFORMATION

<b>PRINCIPAL</b>	Chris Gionet
<b>ATHLETIC DIRECTOR</b>	Paul Salima
<b>HEAD COACH</b>	Nancy Spence
<b>ASSISTANT COACHES</b>	Nancy Pounds & Chip Metzger



**WATCH HIGH SCHOOL SPORTS LIVE ON THE NFHS NETWORK**



Stream **LIVE** or On Demand from any device



Desktop



Mobile



Tablet



Connected Apps



[WWW.NFHSNETWORK.COM](http://WWW.NFHSNETWORK.COM)

SUBSCRIBE | FOLLOW | WATCH

# HOMER MARINERS



Girls Entries			
First	Last	Grade	Group
Beatrix	McDonough	10	1
Leah	Dunn	12	2
McKenna	Black	10	3
Daisy	Walker	10	5
Eryn	Field	12	6
Beatrix	McDonough	10	1

Boys Entries			
First	Last	Grade	Group
Leif	Jaworski	10	1
Johannes	Bynagle	9	2
Seamus	McDonough	12	3
Ethan	Styvar	9	4
Garrett	Briscoe	12	5
Jody	Goodrich	10	6

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Doug Waclawski
ATHLETIC DIRECTOR	Justin Zank
HEAD COACH	Jessica Goodrich

# HUTCHISON HAWKS



Boys Entries			
First	Last	Grade	Group
William	Jordan	9	1
Jameson	Morris	12	2
Seth	Burke	12	3
Ian	Tragis	12	4

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



**NEW  
YORK  
LIFE**

**Proud Supporter  
& Sponsor of**

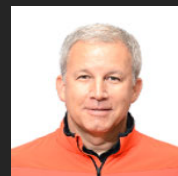




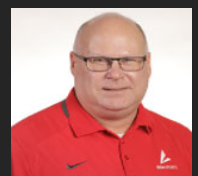
**We can outfit your team, school, and community.  
Ask us about a FREE online store.**



**CAMPUS  
BRANDING**



Jay Kane  
206.300.5554  
jkane@bsnsports.com



Curt Fosse  
206.979.2893  
cfosse@bsnsports.com

# KENAI CENTRAL KARDINALS



Girls Entries			
First	Last	Grade	Group
Emily	Moss	11	6
Madison	McDonald	12	5
Lynnea	Hack	11	4
Mya	Taylor	10	3
Xinlan	Tanner	10	2
Audrey	McDonald	10	1

Boys Entries			
First	Last	Grade	Group
Jack	Laker	11	6
Chase	Laker	9	5
Ben	Boersma	12	4
Zane	Tews	11	3
Owen	Smith	11	2
Robert	Carson	11	1
Logan	Cartwright	9	Alt

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Dan Beck
ATHLETIC DIRECTOR	Jesse Settlemeier
HEAD COACH	Brad Nyquist
ASSISTANT COACHES	Mike Bergholtz
	Kristin Davis
	Bill Cartwright



# KUSPUK ESSS



Girls Entries			
First	Last	Grade	Group
Kiley	Hayden	9	1

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Steven Reese
ATHLETIC DIRECTOR	Severin Gardner
HEAD COACH	Angela Hayden



# CHAMPIONSHIP PROGRAMS



Souvenir ASAA Championship Programs complete with results and award information are available to order via The Book Patch print on-demand service. Programs are available to order approximately 30 days after the event has finished.

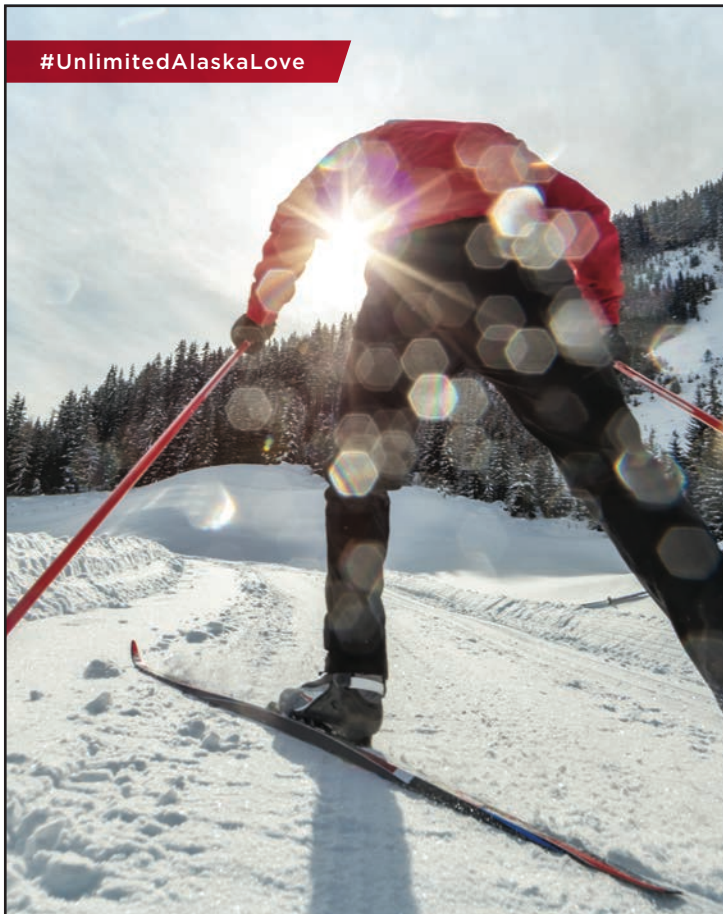
**ORDER ONLINE**  
<http://asaa.org/go/programs>

# LATHROP MALEMUTES



Girls Entries			
First	Last	Grade	Group
Daria	Mentei	9	1
Helena	Peterson	9	2
Inga	Peterson	12	3
Emma	Lyons	10	4
Boys Entries			
First	Last	Grade	Group
James	Shawcroft	11	1
Emmet	Schneider	9	3
Justin	Oestreich	11	5
Wells	Wappett	10	6

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Carly Sween
ATHLETIC DIRECTOR	Clarice Mingo
HEAD COACH	Morgan Hough



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 Alaska, donating \$2 million in cash, products, scholarships, and grants to Alaska organizations each year.

800.800.4800  
 gci.com



## DISCOVER OUR WORLD

When your team is in Anchorage take advantage of our special ASAA room rates!

*From September 15 – May 14, 2022  
The Lakefront Anchorage is offering a special rate to all of our Alaska School Activities Association friends.*

**\$101.00**

per night plus 12% bed tax  
Rate includes 1 complimentary breakfast voucher per person.

- *Completely remodeled guest rooms*
- *Free Wi-Fi*
- *Two-on-site restaurants*
- *Free Parking*
- *Free Airport Shuttle*

For reservations, call + 1 907.243.2300 or email [LakefrontTourGroup.US@millenniumhotels.com](mailto:LakefrontTourGroup.US@millenniumhotels.com) and ask for the ASAA room rate.

4800 Spenard Road, Anchorage, Alaska USA  
T +907.243.2300 E [anchorage@millenniumhotels.com](mailto:anchorage@millenniumhotels.com)  
W [www.millenniumhotels.com](http://www.millenniumhotels.com)





**Lynden is a proud sponsor of ASAA**





**STOP SPEEDING**  
**BEFORE IT STOPS YOU**





# MONROE CATHOLIC RAMS



Girls Entries			
First	Last	Grade	Group
Kaylee	Collins	11	1
Anya	Simard	10	2
Boys Entries			
First	Last	Grade	Group
Nelson	Hays	12	4

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Patrick Riggs
ATHLETIC DIRECTOR	Frank Ostanik
HEAD COACH	Donna DiFalco



# NORTH POLE PATRIOTS



Girls Entries			
First	Last	Grade	Group
Taylor	Kado	11	1
Jaymarie	Mercer	10	2
Cecelia	Long	10	3
KaeLynne	Martin	10	4
Boys Entries			
First	Last	Grade	Group
Jackson	Mollenhauer	10	1
Devon	Edwin	9	2
Liam	Wade	9	3
Noah	Connolly	12	4
Aiden	Summers	10	5

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Michelle Spillane
ATHLETIC DIRECTOR	Mark Oppe
HEAD COACH	Kyle Whisenant
ASSISTANT COACHES	Anita Koelsch





# 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*.



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM

Learn more at [anthc.org](https://anthc.org)

# PALMER MOOSE



Girls Entries			
First	Last	Grade	Group
Katie	Everett	10	1
Abbey	Wardaugh	11	2
Ava	Moore-Smith	10	3
Josie	Peace	12	4
Alder	Deal	9	5
Natalee	Zahrt	9	6
Sophie	Adams	9	Alternate
First	Last	Grade	Group
Brayden	Licht	10	1
London	Lee	11	2
Remy	Venema	12	3
Alex	Adams	11	4
Carson	Deans	11	5
Teigan	Copp	9	6
Daniel	Hennemann	9	Alternate

SCHOOL & TEAM INFORMATION	
<b>PRINCIPAL</b>	Paul Reid
<b>ATHLETIC DIRECTOR</b>	Dale Ewart
<b>HEAD COACH</b>	Joseph Bentel
<b>ASSISTANT COACH</b>	Jeff Kase

# SERVICE COUGARS



Girls Entries			
First	Last	Grade	Group
Alana	Lim	12	1
Talia	Day	10	2
Haley	Finch	10	3
Heidi	Schumacher	10	4
Olivia	Soderstrom	9	5
Meredith	Schwartz	12	6
Boys Entries			
First	Last	Grade	Group
Paul	Hlasny	12	1
Skyler	Amy	11	2
Oskar	Flora	10	3
Elias	Soule	11	4
Justin	Lucas	11	5
Aaron	Power	12	6

SCHOOL & TEAM INFORMATION	
<b>PRINCIPAL</b>	Allen Wardlaw
<b>ATHLETIC DIRECTOR</b>	James Bell
<b>HEAD COACH</b>	Jan Buron
<b>ASSISTANT COACH</b>	Rich Suddock



# ASAA WANTS TO KNOW WHAT YOU THINK

## BECOME INVOLVED IN IMPROVING ASAA STATE CHAMPIONSHIP EVENTS

Fill out the ASAA State Tournament  
Evaluation Form on our website

<http://asaa.org/go/eval>

# SEWARD SEAHAWKS



Girls Entries			
First	Last	Grade	Group
Aly	Guernsey	12	
Kathryn	Van Buskirk	10	

Boys Entries			
First	Last	Grade	Group
Trevor	Guernsey	11	
Oliver	Trobaugh	10	

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Henry Burns
ATHLETIC DIRECTOR	Ronn Hemstock
HEAD COACH	Brooke Estes



# SOLDOTNA STARS



Girls Entries			
First	Last	Grade	Group
Tania	Boonstra	9	5
Ariana	Cannava	10	4
Leanne	Gordon	10	3
Avery	Ciufo	11	2
Danika	Winslow	10	1
Callie	Babitt	11	A

Boys Entries			
First	Last	Grade	Group
Andrew	Cox	12	6
Jonathan	Gordon	12	2
Levi	Mickelson	11	5
Bennjamin	Abel	11	4
Carter	Cannava	12	3
Michael	Davidson	9	1
Parker	Richards	9	A

SCHOOL & TEAM INFORMATION	
PRINCIPAL	Sargent Truesdell
ATHLETIC DIRECTOR	Phil Leck
HEAD COACH	Issac Erhardt
ASSISTANT COACHES	Dan Harbison Alex Serventi Steve Milliron





NANA  | **50**  
CELEBRATING 50 YEARS  
Est. 1972

Celebrating **50 years**  
of Alaska Native leadership and unity.



nana.com |    



Pursuing excellence in  
**CHARACTER,  
LEARNING,  
and SERVICE**  
as followers of Christ.



[alaskacc.edu](http://alaskacc.edu)

Alaska Christian College is a proud sponsor  
of the Alaska School Activities Association

# SOUTH ANCHORAGE WOLVERINES



Girls Entries			
First	Last	Grade	Group
Mia	Stiassny	9	1
Maya	Tirpack	9	2
Robyn	Miller	12	3
Lilian	Coy	9	4
Adele	Matthews	9	5
Elise	Matthews	10	6
Tahlia	Carroll	11	Alternate

First	Last	Grade	Group
Vebjørn	Flagstad	9	1
Owen	Young	12	2
Nolan	Miller	12	3
Kyle	Fischer	12	4
Scott	Johnson	12	5
Grayson	Stanek-Alward	9	6
Erik	Jones	12	Alternate

<b>PRINCIPAL</b>	Luke Almon
<b>ATHLETIC DIRECTOR</b>	Chris Ruggles
<b>HEAD COACH</b>	Naomi Kiekintveld
<b>ASSISTANT COACHES</b>	Tristan Ramey-Ziegler
	Stephanie Dow
	Emily Schwing
	Morgan Hartley, Miles Dennis, Jared Haberman

# VALDEZ BUCCANEERS



Girls Entries			
First	Last	Grade	Group
Elaina	Hanson	12	5
Morgan	Hamilton	10	6

Boys Entries			
First	Last	Grade	Group
Gabe	Caruthers Caruthers	9	1
Ian	Tiura	12	2
Elias	Wisner	10	3
Blake	Roosma	10	4
Rafe	Caruthers	11	5
Cole	Wadsworth	12	6

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





# Hilcorp

Dedicated to safe, responsible and  
innovative operations in Alaska & beyond.

**Proud Sponsor of ASAA**

# WEST ANCHORAGE EAGLES



Girls Entries			
First	Last	Grade	Group
Lauren	Dorris	12	1
Merridy	Littell	10	2
Berit	Meyers	11	3
Piper	Sears	1"	4
Zoe	Rodgers	10	5
Samantha	Legate	12	6

Boys Entries			
First	Last	Grade	Group
Ethan	Eski	12	1
Cole	Flowers	11	2
Hatcher	Menkens	11	3
Liam	Chisolm	12	4
Murphy	Kimball	11	5
Blake	Hanley	11	6

SCHOOL & TEAM INFORMATION	
<b>PRINCIPAL</b>	Ja Dorris
<b>ACTIVITIES PRINCIPAL</b>	Kelsey Romig
<b>HEAD COACH</b>	Joey Caterinichio
<b>ASSISTANT COACHES</b>	Jenny Kimball & Eliza Rorobough
Brandy Bland & Jenny Fayette	Byron Kim & John Columbus

# WEST VALLEY WOLFPACK



Girls Entries			
First	Last	Grade	Group
Sonja	Truffer	12	1
Anna	Rozell	10	2
Adah	Decker	9	3
Ingrid	Baurick	10	4
Leni	Stolz	12	5
Zarah	Laker-Morris	11	6

Boys Entries			
First	Last	Grade	Group
Owen	Wooller	10	1
Wade	Harry	9	2
Basile	Plattet	9	3
Nicholas	Buth	12	4
PJ	Bragonier	10	5
Kiernan	Kaufman	9	6

SCHOOL & TEAM INFORMATION	
<b>PRINCIPAL</b>	Sarah Gillam
<b>ATHLETIC DIRECTOR</b>	Greg Gibson
<b>HEAD COACH</b>	Donna DiFolco
<b>ASSISTANT COACHES</b>	Kristen Rozell



**Northern Lights  
Sound & Video is a  
full service lighting,  
sound, & video  
production company.**

**FOR MORE INFORMATION CALL  
907-980-9065**



**CVRF IS PROUD TO SPONSOR AND SUPPORT ASAA**



# ASAA CORPORATE SPONSORS

## GOLD SPONSORS

Alaska Airlines  
Alaska Commercial Company  
Conoco Phillips  
Kendall Auto Alaska  
Orthopedic Physicians Alaska

## SILVER SPONSORS

Calista Corporation  
Hertz  
Saltchuk Family of Companies  
Sealaska Corporation  
United States Marine Corps

## BRONZE SPONSORS

Alaska Business  
Alaska Christian College  
Alaska Highway Safety Office  
Alaska Native Heritage Center  
Alaska Native Tribal Health Consortium  
Bristol Bay Native Corporation  
Coastal Village Region Fund  
Hilcorp  
The Lakefront Anchorage  
Little Caesars  
Lynden  
New York Life  
NANA Regional Corporation  
Signature Championship Rings  
USAF Alaska Recruiting Office  
Visit Anchorage

## TITLE SPONSOR



**First National Bank**  
**ALASKA** MEMBER FDIC

We Believe in Alaska

## PLATINUM SPONSORS



## TECHNOLOGY SPONSOR



ASAA would like to thank our generous corporate sponsors. ASAA State Championships could not be what they are without them. Please patron our sponsors and thank them for their sponsorship & support!

*Thank you*



VISIT  
**anchorage**<sup>TM</sup>  
ALASKA

# Proud Supporter & Sponsor of




# 360° OF FITNESS



THE ALASKA CLUB

THE WAY  
fitness SHOULD BE

**ANCHORAGE 365-7384**

South • East • West  
Club for Women • The Summit  
Downtown • Eagle River  
Studio  STUDIO

**MAT-SU 365-7384**

Wasilla • Palmer

**FAIRBANKS 458-1790**

South • West

**JUNEAU 364-4398**

Valley • Downtown

THEALASKACLUB.COM



# 2023 GIRLS STATE CHAMPIONSHIPS RESULTS

## TEAM AWARDS

Champion	West Anchorage	3:20:31
Runner-up	Service	3:25:48
3 <sup>rd</sup>	Bettye Davis East	3:30:46
4 <sup>th</sup>	Dimond	3:31:58
5 <sup>th</sup>	South Anchorage	3:33:41
6 <sup>th</sup>	West Valley	3:35:01
7 <sup>th</sup>	Colony	3:47:15
8 <sup>th</sup>	Soldotna	3:53:35
9 <sup>th</sup>	Chugiak	3:54:17
10 <sup>th</sup>	Kenai	4:08:41
1 <sup>st</sup> Place D II	Kenai	4:08:41

**Academic Award:** Bettye Davis East (4.00)

**Sportsmanship Award:** Bettye Davis East

## INDIVIDUAL AWARDS

### TOP TEN CLASSIC (5K)

1.	Emily Erickson	Dimond	18:53
2.	Marley Ireland	East	19:08
3.	Meredith Schwartz	Service	19:23
4.	Olivia Soderstrom	Service	19:27
5.	Amaeli Kam-Magruder	Dimond	19:45
6.	Samantha Legate	West	19:58
7.	Berit Meyers	West	20:02
8.	Piper Sears	West	20:06
9.	Rose Conway	East	20:11
10.	Zoe Rodgers	West	20:21

TOP D II	Emily Moss	Kenai
	Daisy Walker	Homer
	Eryn Field	Homer

### TOP TEN FREESTYLE (7.5K)

1.	Olivia Soderstrom	Service	19:45
2.	Meredith Schwartz	Service	19:50
3.	Merridy Littell	West	20:10
4.	Berit Meyers	West	20:28
5.	Piper Sears	West	20:33
6.	Zoe Rodgers	West	20:41
7.	Zarah Laker-Morris	West Valley	20:46
8.	Rose Conway	East	20:53
9.	Lauren Dorris	West	20:55
10.	Emily Erickson	Dimond	20:56

TOP D II	Emily Moss	Kenai
	Daisy Walker	Homer
	Eryn Field	Homer

## ALL-STATE TEAM

1.	Olivia Soderstrom	Service	39:13
2.	Meredith Schwartz	Service	39:13
3.	Emily Erickson	Dimond	39:49
4.	Berit Meyers	West	40:30
5.	Marley Ireland	East	40:30
6.	Piper Sears	West	40:39
7.	Merridy Littell	West	40:43
8.	Amaeli Kam-Magruder	Dimond	41:01
9.	Zoe Rodgers	West	41:03
10.	Rose Conway	East	41:05

**Skimeister Award:** Olivia Soderstrom

## TOP TEN RELAY TEAMS

1.	West Anchorage	38:08
	Legate, Sears, Littell, Meyers	
2.	Service	39:48
	Schwartz, Schumacher, Soderstrom, Finch	
3.	Bettye Davis East	40:18
	Conway, Ireland, Rathert, Thomas	
4.	Dimond	40:36
	Erickson, Halsey, Magruder, MacLean	
5.	West Valley	40:58
	Baurick, Stolz, Decker, Laker-Morris	
6.	South Anchorage	40:58
	Tirpack, Coy, Miller, Stiassny	
7.	Colony	44:13
	Backus, Rose, Shea, Bell,	
8.	Chugiak	44:27
	Amundson, Capozzi, Stepetin, Gavalya,	
9.	Soldotna	44:48
	Boonstra, Cannava, Ciufu, Gordon	
10.	Kenai	46:46
	Moss, Hack, Taylor, McDonald	



**TO SEE MORE RESULTS PRIOR TO 2023,  
PLEASE VISIT: [ASAA Nordic Ski Records](#)**





# The Playbook for Alaska's Decision Makers

---

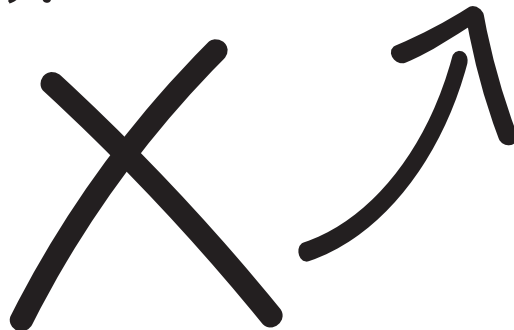
Alaska **Business**

---

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

Print Magazine | Digital Publication | Website | Career Center

*-Based on experience  
built on teamwork*



# 2023 BOYS STATE CHAMPIONSHIPS RESULTS

## TEAM AWARDS

Champion	West Anchorage	4:02:00
Runner-up	Service	4:03:53
3 <sup>rd</sup>	South Anchorage	4:15:07
4 <sup>th</sup>	Colony	4:19:37
5 <sup>th</sup>	West Valley	4:22:54
6 <sup>th</sup>	Bettye Davis East	4:26:50
7 <sup>th</sup>	Dimond	4:28:34
8 <sup>th</sup>	Homer	4:34:48
9 <sup>th</sup>	Eagle River	4:42:12
10 <sup>th</sup>	Chugiak	4:46:27
1 <sup>st</sup> Place D II	Homer	4:34:48

**Academic Award:** Service (3.94)

**Sportsmanship Award:** Eagle River

## INDIVIDUAL AWARDS

### TOP TEN CLASSIC (7.5K)

1.	Aaron Power	Service	22:19
2.	Justin Lucas	Service	23:18
3.	Wells Wappett	Lathrop	23:18
4.	Blake Henley	West	23:26
5.	Murphy Kimball	West	23:27
6.	Cole Flowers	West	23:40
7.	Ethan Howe	East	24:00
8.	Hatcher Menkens	West	24:05
9.	Kieran Kaufman	West Valley	24:09
10.	Vebjorn Flagstad	South	24:11

TOP D II	Garrett Briscoe	Homer
	Jody Goodrich	Homer
	Jack Laker	Kenai

### TOP TEN FREESTYLE (10K)

1.	Hatcher Menkens	West	24:50
2.	Vebjorn Flagstad	South	24:54
3.	Blake Henley	West	24:55
4.	Cole Flowers	West	24:57
5.	Murphy Kimball	West	25:00
6.	Owen Young	South	25:01
7.	Liam Chisolm	West	25:01
8.	Skyler Amy	Service	25:02
9.	Ethan Eski	West	25:02

10.	Ethan Howe	East	25:02
-----	------------	------	-------

TOP D II	Jack Laker	Kenai
	Garrett Briscoe	Homer
	Ethan Styvar	Homer

## ALL-STATE TEAM

1.	Aaron Power	Service	47:44
2.	Blake Henley	West	48:21
3.	Murphy Kimball	West	48:28
4.	Wells Wappett	Lathrop	48:30
5.	Cole Flowers	West	48:37
6.	Hatcher Menkens	West	48:56
7.	Vebjorn Flagstad	South	49:05
8.	Ethan Howe	East	49:05
9.	Liam Chisolm	West	49:17
10.	Justin Lucas	Service	49:37

**Skimeister Award:** Aaron Power

## TOP TEN RELAY TEAMS

1.	Service	47:36
	Lucas, Power, Skyler, Soule	
2.	West Anchorage	47:37
	Kimball, Hanley, Flowers, Menkens	
3.	South Anchorage	49:42
	Young, Miller, Fischer, Flagstad	
4.	Colony	51:23
	Sensabaugh, Steer, Marvin, Rice	
5.	West Valley	51:41
	Bragonier, Plattet, Buth, Kaufman	
6.	Dimond	52:04
	Magruder, Johnson, Saltzman, Erickson	
7.	Bettye Davis East	52:36
	Howe, Battreal, Worrel, Herda	
8.	Homer	53:55
	Briscoe, McDonough, Styvar, Goodrich	
9.	Eagle River	54:29
	Vedros, Molloy, Vanderlugt, Toole	
10.	Chugiak	54:34
	Weatherby, Allwright, Cryder, Lammers	



**TO SEE MORE RESULTS PRIOR TO 2023,  
PLEASE VISIT: [ASAA Nordic Ski Records](#)**



# Athletes As Leaders

[AthletesAsLeaders.org](https://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**  
**Email: [kathleen@asaa.org](mailto:kathleen@asaa.org)**  
**Phone: 907-375-4400**



**U.S. AIR FORCE**

**U.S. SPACE FORCE**

- 30 DAYS OF PAID VACATION**
- IMMEDIATE JOB PLACEMENT**
- UP TO \$40,000 SIGN-ON BONUS**
- \$83,000 IN EDUCATION BENEFITS**
- WORLDWIDE TRAVEL**



**GET QUALIFIED TODAY**

# CIVILIAN SCHOOLS VS AIR FORCE TECH. SCHOOL

Cost upwards of \$35,000

Housing, Healthcare, Tools  
**COST EXTRA**

May still require part or full-time employment

Can't always work in your field of study

Education is **FREE**

Housing, Healthcare, Tools are **FREE**

Full-time paycheck included with training

**Guaranteed to work in your field of study**



**AIRFORCE.COM 1-800-423-USAF**  
**USAF RECRUITING ALASKA: 1-907-201-1396**



**FIND US ON INSTAGRAM @ AIRFORCE\_ALASKA AIRFORCE\_WASILLA**

# ASAA NORDIC SKI SKIMEISTER PAST WINNERS

## 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



**TO SEE MORE RESULTS & RECORDS  
PLEASE VISIT: [ASAA Nordic Ski Records](#)**

# 2023 GOOD SPORT RECIPIENTS

Schools with 4 or more boys, or 4 or more girls, may select a student who exemplifies outstanding citizenship and sportsmanship through out the season. Coaches chose the following athletes. CONGRATULATIONS!

## **Bartlett**

Haley Chadwick  
Trivette Cosper

## **Bettye Davis East**

Beatrix Brogan  
Ethan Howe

## **Chugiak**

Hannah Stepetin  
Koheb Galloway

## **Colony**

Isaac Kristich  
Kaija Backus

## **Dimond**

Alexander Glover  
Gwendolyn MacLean

## **Eagle River**

Jack Molloy  
Moira Lathrop

## **Grace Christian**

Adelaide Bell  
Andrew Pounds

## **Homer**

Eryn Field  
Garrett Briscoe

## **Hutchison**

Ian Tragis

## **Kenai Central**

Owen Smith  
Xinlan Tanner

## **Lathrop**

Inga Peterson  
James Shawcroft

## **North Pole**

Noah Connolly  
Taylor Kado

## **Palmer**

Brayden Licht  
Josie Peace

## **Service**

Aaron Power  
Meredith Schwartz

## **Soldotna**

Ariana Cannava  
Benjamin Abel

## **South Anchorage**

Erik Jones  
Robyn Miller

## **Valdez**

Cole Wadsworth

## **West Anchorage**

Blake Haley  
Piper Sears

## **West Valley**

Elias Engman  
Pirada Anderson



**TO SEE MORE RESULTS & RECORDS  
PLEASE VISIT: [ASAA Nordic Ski Records](#)**

**SIGNATURE**  
CHAMPIONSHIP RINGS



P R O U D   P A R T N E R   O F   T H E   A S A A



📞 402-784-1653

✉️ nate@signaturechampions.com

💻 signaturechampions.com

ALCOHOL & DRUG FREE  
**TAD**  
TOBACCO

# Play for Keeps

ALASKA SCHOOL ACTIVITIES ASSOCIATION

**Play for Keeps is a statewide Tobacco, Alcohol and Controlled Substance program focused on students participating in high school interscholastic activities.**

**The program is designed to reinforce good decisions and a healthy lifestyle for young people.**

# **WIN FOR LIFE!**

Presented By:





# 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.



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

NMLS# 640297