

2016



1

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2016 Schedule
Participating Teams
Past Tournament Results

For more information and stats go to www.asaa.org





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Welcome from ASAA

On behalf of the Alaska School Activities Association Board of Directors and ASAA's corporate partners, welcome to the 2016 First National Bank Alaska State High School Nordic Skiing Championships!

Student-athletes, we applaud your dedication to doing your best for yourself and for your school. 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, Executive Director

Table of Contents

- 2016 Championship Schedule & Scoring 3
- Nordic Ski Scoring 4
- 2017 Team Profiles 9-17
- 2014 Boys State Championship Results 27
- 2014 Girls State Championship Results 29

Sportsmanship Creed

"This contest is being played under the authority of the Alaska School Activities Association. ASAA rules provide for fair play and good sportsmanship among athletes and coaches. Since booing and jeering do not support anyone, we expect fans to be positive in supporting their favorite team with encouraging comments and cheers. Please refrain from words or actions that would reflect negatively on your school and team. In other words, BE A FAN—NOT A FANATIC."

About the Cover: Photos taken during the 2015 ASAA/First National Bank State High School Nordic Skiing Championships.

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Tournament Schedule



First National Bank
ALASKA

ASAA/FNBA 2016 NORDIC SKIING STATE CHAMPIONSHIPS

Kincaid Park Anchorage / February 25-27, 2016

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

2016 SCHEDULE OF EVENTS

Wednesday, February 24

- 10:00am Facilities open for inspection
- 3:00pm ASD Middle School Ski Meet
- 6:00pm Coaches Meeting at Dimond High School in MPR 1

Thursday, February 25

- 7:00am Kincaid Park Wax Bunker open
- 11:40pm Presentation of Colors
- 12:00pm Girls 5k Interval Start Freestyle Technique Race
- 1:00pm Boys 7.5K Interval Start Freestyle Technique Race
- 6:00pm Coaches Meeting at Dimond High School in MPR 1

Friday, February 26

- 7:00am Kincaid Park Wax Bunker open
- 10:40pm Presentation of Colors
- 11:00am Boys 10k Mass Start Classic Technique Race
- 12:00pm Girls 7.5k Mass Start Classic Technique Race
- 4:00pm Coaches Meeting at Dimond High School in MPR 1
- 5:00pm Awards at Dimond High School Cafeteria (Thursday and Friday Awards)

Saturday, February 27

- 7:00am Kincaid Park Wax Bunker open
- 10:40pm Presentation of Colors
- 11:00am Girls 4 x 3 K Mixed Technique (Classic-Classic-Free-Free)
- 12:30pm Boys 4 x 5 K Mixed Technique (Classic-Classic-Free-Free)
- 2:30pm Awards

Scoring Skiing

Individual Awards

Racers are awarded medals based on their order of finish in the race - in the state meet, the top 10 in each event will receive an award.

In addition, there will be individual medals awarded members of the 1st and 2nd place relay teams, and members of the teams placing 1st and 2nd place overall.

An All-State team composed of the top ten individuals

overall will receive a certificate and the top skier will be declared "Skimeister".

Team Awards

There will be 1st and 2nd place team trophies awarded for both boys and girls. A first place plaque for the highest scoring 2A/3A team for boys and girls.

Other Awards

ASAA recognizes a Good Sport Team, chosen from among participating schools

with at least four skiers. This award recognizes the good citizenship and sportsmanship demonstrated throughout the whole season. Good Sport Team members are selected by each qualifying team's head coach.

An Academic Award is presented to the team with the highest GPA.



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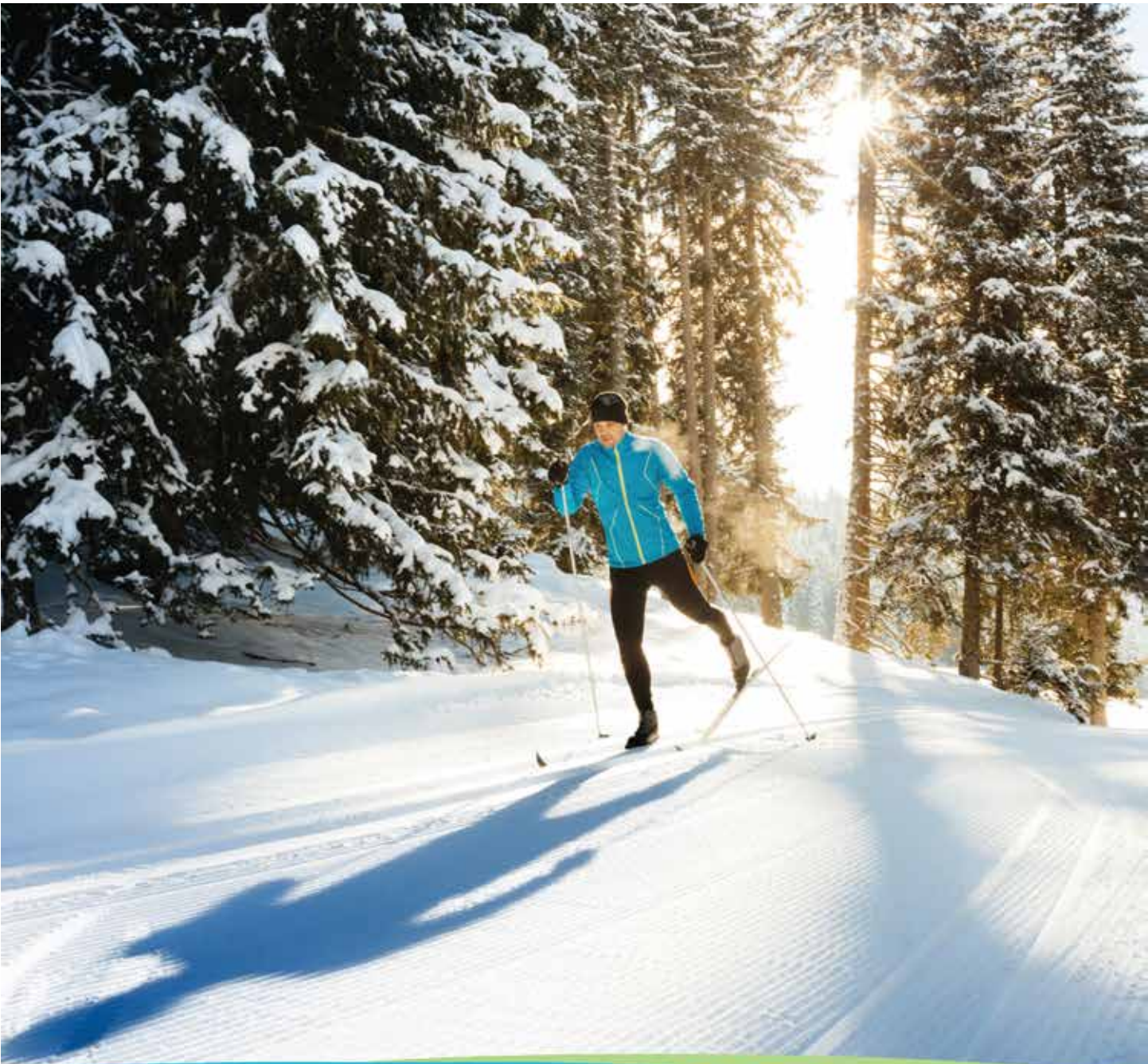
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“Thanks to ASAA
and Princess Cruises,
my future has been
on the right track for
years!”

- Kathi Porter

I was born and raised in Alaska, but in high school, I was just as uncertain about the future as my classmates.

Thankfully, I was blessed to participate in several ASAA activities and sports that helped put my future on the right track.

As a participant of East High School Student Government and soccer team, I learned the value of teamwork and proactive participation. Today, as Princess Guest Services Manager for the Anchorage Transportation and Guest Services Division, my life is still right on track.

I'm proud to work for a company who sponsors the Alaska School Activities Association (ASAA), providing today's young Alaskans with 22 sports and activities to enrich their lives and ensure Alaska's future.

- Kathi Porter
Manager, Guest Services

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Team Rosters

Bartlett Golden Bears



Name	Grade	Seeding
Sarah Tucker	10	1
Cheyenne Bolan	9	2
Carolynn Pype	11	3
Grace Lilly	11	4
Declan Reid	11	1
Mua Vang	11	2
Andrew Lear	10	3
Jacob Obrigewitch	12	4
David Magrath	10	5
Robert Magrath	12	6

School Colors Blue, Gold, White	Athletic Administrator David Little	Assistant Coaches Kelly Fitzgerald Tom Grenier
Principal Sean Prince	Head Coach Mark Larsen	

Chugiak Mustangs



Name	Grade	Seeding
Hannah Booher	12	1
Clare Cook	12	2
Emma Nelson	10	3
Heidi Booher	10	4
Emma Sees	9	5
Grace Gilliland	10	6
Reilly Hall	9	Alternate
Roan Hall	12	1
Brian Wing	10	2
Jack Ginter	12	3
Quinton Perham	9	4
Miles Dennis	9	5
Chris Fueg	10	6
James Anderson	12	Alternate

School Colors Black, Aqua	Athletic Administrator Carrie Fleischhacker	Assistant Coaches Andy Hall Benjamin Smith Stan Carrick Gretchen Carrick
Principal David Legg	Head Coach Cody Priest	

Colony Knights



Name	Grade	Seeding
Izabella Block	10	1
Jana Jenkins	11	2
Alyson Kopsack	10	3
Cathelyne Powers	11	4
Lisbeth Olsen	12	5
Jordyn Block	12	6
Nathan Kristich	9	1
Brad Grover	12	2
Tim Farring	12	3
Dakota Peterson-Thompson	12	4
Tracen Knopp	11	5
Dawson Knopp	11	6

School Colors Green, Black, White	Athletic Administrator Michael Boyd	Assistant Coaches David Knopp Justin Aulie
Principal Justin Ainsworth	Head Coach Mark Strabel	

Dimond Lynx



Name	Grade	Seeding
Kinsey Denton	12	1
Ruth Cvancara	11	2
Liesel Von Imhof	11	3
Ally Carney	10	4
Cora Berbig	12	5
Jasmine Langmann	11	6
Micah Barber	10	1
Dax Cvancara	12	2
Jack Wright	11	3
George Cvancara	9	4
Kaden Denton	10	5
Scott Morton	11	6

School Colors Maroon and Gold	Athletic Administrator Holly Morris	Assistant Coaches Shelly Laws Sarah Freistone Kyle Whisenant	Managers Jenna Epke
Principal Tina Johnson-Harris	Head Coach Nate Normandin		

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50/50 Raffle



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Benton Bay Athletic Lions, dressed in gold, will be circulating among you during the game, selling tickets for the 50/50 Raffle. Buy a chance and you could win one-half (50%) of the total proceeds from ticket sales at each contest. You will also become part of a major source of revenue support for Alaska School Activities Association activities - 25% of the proceeds goes directly to ASAA.

The 50/50 Raffle is simple and easy to play. One raffle ticket costs just \$1 and \$5 buys six tickets. Or purchase 13 chances to win for just \$10! The winning ticket will be announced during the final minutes of the game. Join thousands of fans who support ASAA athletics. Play the Benton Bay Athletic Lions 50/50 Raffle each game. *You could take home the Green!*

Team Rosters

Eagle River Wolves



Name	Grade	Seeding
Lacie Bleeker	12	1
Tamara Brabson	10	2
Myah Smith	9	3
Summer Frazier	12	4
Annie Connelly	12	5
Helen Wilson	9	6
Luke Mouracade	10	1
Bradán Tobin	12	2
Nick Carl	9	3
Torsten Renner	9	4
Adam Blackley	12	5
Jacob Walsh	12	6

School Colors Navy Blue and Silver	Athletic Administrator Vikki McConnell	Assistant Coaches Chris Morhain Matt Johnson
Principal Martin Lang	Head Coach Liz Turner	

East Anchorage Thunderbirds



Name	Grade	Seeding
Allison Gonzales	11	1
Mary Robicheaux	11	2
Ariana O'Harra	9	3
Rachael Schick	11	4
Sarah Freeman	10	5
Annie Gonzales	9	6

School Colors Red and blue	Athletic Administrator Megan Hatswell	Assistant Coaches Galen Johnston Katie Porter Janice Crawford
Principal Sam Spinella	Head Coach Doug Spurr	

Grace Christian Grizzlies



Name	Grade	Seeding
Charlee Demientieff	9	2
Abigail Beveridge	10	3
Josh Roach	12	1
Ty Mumford	12	2
Avi Johnson	9	3
John Cosgrave	12	4
Luke Fritzel	9	5
Trent Fritzel	11	6

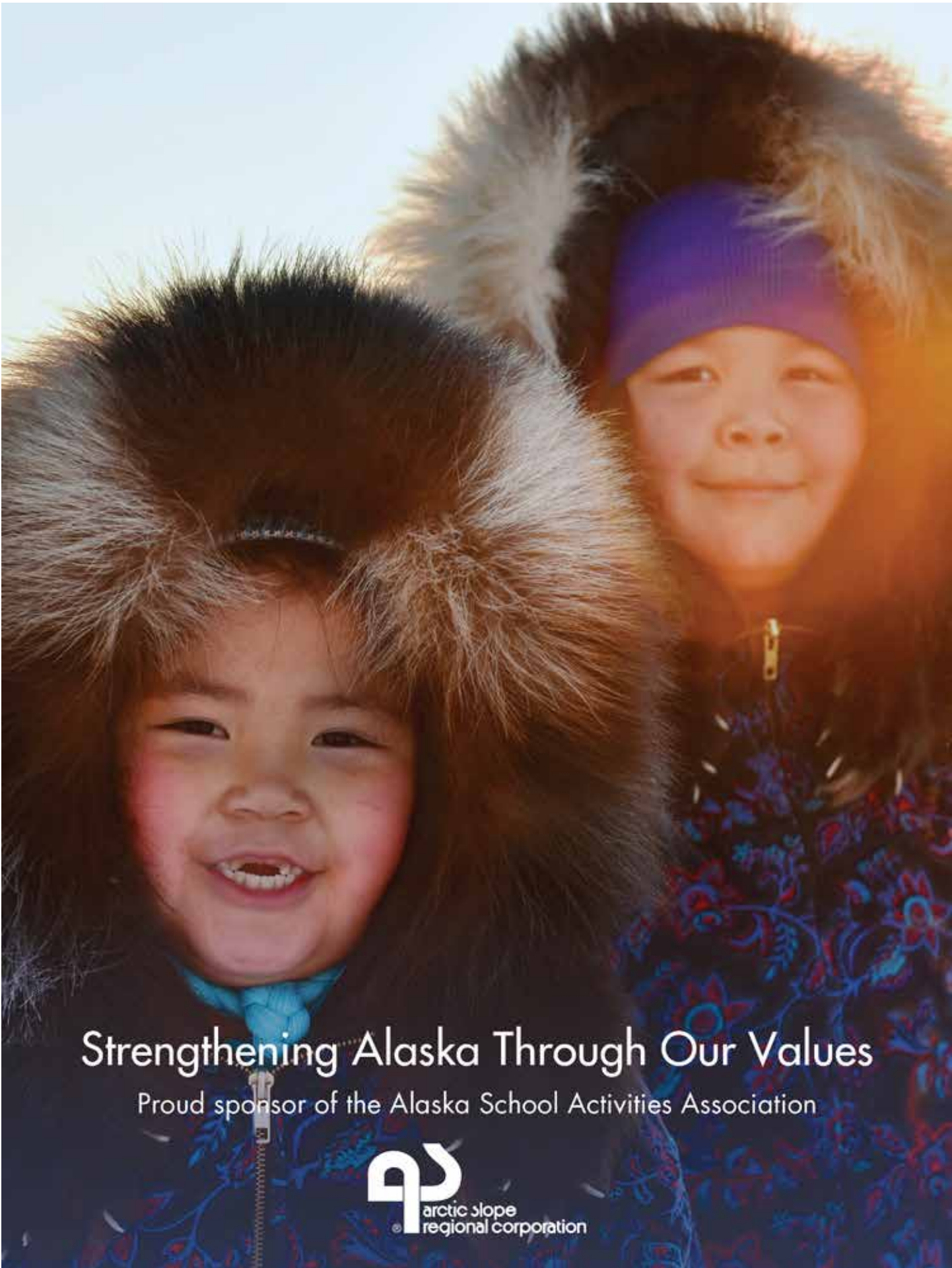
School Colors Maroon and Gold	Athletic Administrator Pete Johnson	Assistant Coaches Amy Anderson	Managers Shawn Gannon
Principal Chris Gionet	Head Coach Nicole De Yong	Jenna De Yong Robert Arnold	

Homer Mariners



Name	Grade	Seeding
Rachel Ellert	12	1
Sarah Wolf	10	2
Katie Davis	9	3
Katia Holmes	9	4
Mariah Vantrease	12	5
Mia Alexson	10	6
Jacob Davis	10	1
Hoxie Parks	11	2
Caleb Rauch	9	3
Tadhg Scholz	11	4
Quinn Alward	12	5
Joshua Wisner	10	6

School Colors Navy Blue & Gold	Athletic Administrator Chris Perk	Assistant Coaches Allison O'hara Aleta Phelps	Managers Ella Parks
Principal Doug Waclawski	Head Coach Alan Parks		



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Team Rosters

Hutchison Hawks



Name	Grade	Seeding
Gabriel Rueter	12	

School Colors Columbia Blue, Black, Silver	Athletic Administrator Beth Reagin	Assistant Coaches Robert Marcotte
Principal Robyn Taylor	Head Coach Greg Whisenant	

Kenai Cardinals



Name	Grade	Seeding
Lindsay Floyd	12	1
Ithaca Bergholtz	10	2
Mikaela Salzetti	9	3
Katie Cooper	11	4
Riana Boonstra	10	5
Addison Gibson	10	6
Trevor Debnam	9	1
Eric Kempf	11	2
Patrick Michels	11	3
Liam Floyd	12	4
James Butler	12	5
Karl Danielson	10	6

School Colors Red and Black	Athletic Administrator Chris Hanson	Assistant Coaches Christine Bergholtz	Managers Lisa Krol
Principal Alan Fields	Head Coach Brad Nyquist	Kaily Mucha	

Lathrop Malemutes



Name	Grade	Seeding
Beverly Bross	9	1
Lupua Oba	11	2
Grace Burrell	12	3
Clare Hanneman	9	4
Abigail Arens	9	5
Jolie Magelky	11	6
Adelaide Clarke	11	Alt
Logan Mowry	11	1
Kevin Brune	12	2
Jonathan Burrell	9	3
Andrew Hanneman	11	4
Nathan Sanches	10	5
Chandler Wappet	10	6

School Colors Purple & Gold	Athletic Administrator Steve Zanazzo	Assistant Coaches Kristan Kelly Donovan Granger
Principal Bob Meade	Head Coach Brandy Harty	

Palmer Moose



Name	Grade	Seeding
Sidney Feige	11	1
Morgen Lundin	12	2
Ana Taylor	11	3
Eva Bingham	12	4
Ruby Woodings	11	5
Rya Berrigan	11	6
Manveer Singh	10	1
Ben Swalling	12	2
Jeremy Houston	11	3
Josiah Alverts	11	6

School Colors Blue and White	Athletic Administrator Dale Ewart	Assistant Coaches Shelli Franckowiak
Principal Reese Everett	Head Coach Mikey Evans	

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Team Rosters

Service Cougars



Name	Grade	Seeding
Emma Tarbath	12	1
Ryan Terry	12	2
Caitlin Gohr	10	3
Julia Ditto	12	4
Nadia Dworian	10	5
Amanda Moore	10	6
Canyon Tobin	11	1
Zach Bassett	11	2
Eli Hermenson	9	3
Jastin Carpenter	11	4
Duncan Wright	12	5
Ryan Brubaker	11	6

School Colors Gold/green	Athletic Administrator James Hancock	Assistant Coaches Cole Talbot Kelsey Coolidge Jake Todd Rebecca Haviland
Principal John Gaskins	Head Coach Jan Buron	

Seward Seahawks



Name	Grade	Seeding
Ruby Lindquist	10	1
Sadie Lindquist	9	2
Logan Smith	11	2
Alex Estes	12	2
Jedediah Christianson	10	2

School Colors Green and Gold	Athletic Administrator Albert Plan	
Principal Trevan Walker	Head Coach Luke Rosier	

Soldotna Stars



Name	Grade	Seeding
Kealey Hendrick	10	1
Selby Hill	10	2
Brianna Bennett	12	3
Mieka Chythlook	12	4
Kellie Arthur	10	5
Hannah Pothast	12	6
Josh Shuler	10	1
Addison Downing	11	2
Jeremy Kupferschmid	9	3
Koby Binson	10	4
John-Mark Pothast	10	5
Levi Michael	12	6

School Colors Blue & White	Athletic Administrator Kyle McFall	Assistant Coaches Isaac Erhardt
Principal Tony Graham	Head Coach Dan Harbison	

South Anchorage Wolverines



Name	Grade	Seeding
Maggie Meeds	10	Group 6
Naomi Kiekintveld	12	Group 5
Jenni Grunblatt	12	Group 4
Kaylee Heck	10	Group 3
Sadie Oswald	10	Group 2
Savannah Ulrich	11	Group 1
Alice Michaelson	12	Alternate
Hamish Wolfe	11	Group 6
Matthew Hoefler	12	Group 5
Will Balcao	12	Group 4
Andrew Hull	11	Group 3
Grant Klug	12	Group 2
Chip Schoff	12	Group 1
Kai Meyers	9	Alternate

School Colors Black and Gold	Athletic Administrator Kern McGinley	Assistant Coaches Elizabeth Brewster Erika Klaar Davis Dunlap Shasta Miller
Principal Kersten Johnson-Struempler	Head Coach Sam Sterling	



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Team Rosters

Valdez Buccaneers



Name	Grade	Seeding
Taylor Huston	11	2
Angie Alfaro	11	3
Rylee Norris	11	4
Josie McNelly	12	5
Stu Relay	12	1
Colton Prevost	11	2
Isaiah Amberg	9	3
Ben Swanson	10	4
Chris Cummins	11	5
James Hancock	11	6

School Colors Columbia Blue & White	Athletic Administrator Lea Cockerham	Assistant Coaches Lydia Lardy	Managers Mark Prevost
Principal Rod Schug	Head Coach Pete Toye		

Wasilla Warriors



Name	Grade	Seeding
Eli Ickes	12	3

School Colors Red and Black	Head Coach Jeff Kase		
Athletic Administrator Stacia Rustad			

West Anchorage Eagles



Name	Grade	Seeding
Magdalen York	11	6
Alejandra Legate	11	5
Avery Mozen	10	3
Aubrey LeClair	9	4
Fiona Fick	10	1
Elizabeth Mans	11	2
Katja Grumman	12	Alt
Luke Jager	10	6
Jack Consenstein	12	5
Ryan Bickford	10	3
Sam York	10	4
Tristan Wiese	11	2
Garrett Alderman	12	1
Noah Ravens	10	Alt

School Colors Orange and Black	Athletic Administrator Brian Hosken	Assistant Coaches Branden Fontana Meghan Dooley Otto Gilbert Rachelle Kanady	Scott Elmore
Principal Rick Stone	Head Coach Anson Moxness		

West Valley Wolfpack



Name	Grade	Seeding
Jenna Difolco	11	6
Zoe Ratzlaff	10	5
Amber Hajdukovich	9	4
Emma Jerome	9	3
Peyton Presler	11	2
Pearl Wyatt	9	1
Ben Koenig	11	6
Ti Donaldson	10	5
Sam Hiltenbrand	12	4
Colin Lease	11	3
Rhys Swingle-Yates	9	2
Finn Swingle-Yates	11	1

School Colors Red and Gold	Athletic Administrator Missy Poeschel	Assistant Coaches Robert Colles Jerome Jackson Robert Marcotte Anna Rix	Jose Rueter Donna Difolco
Principal Shaun Kraska	Head Coach Greg Whisenant		

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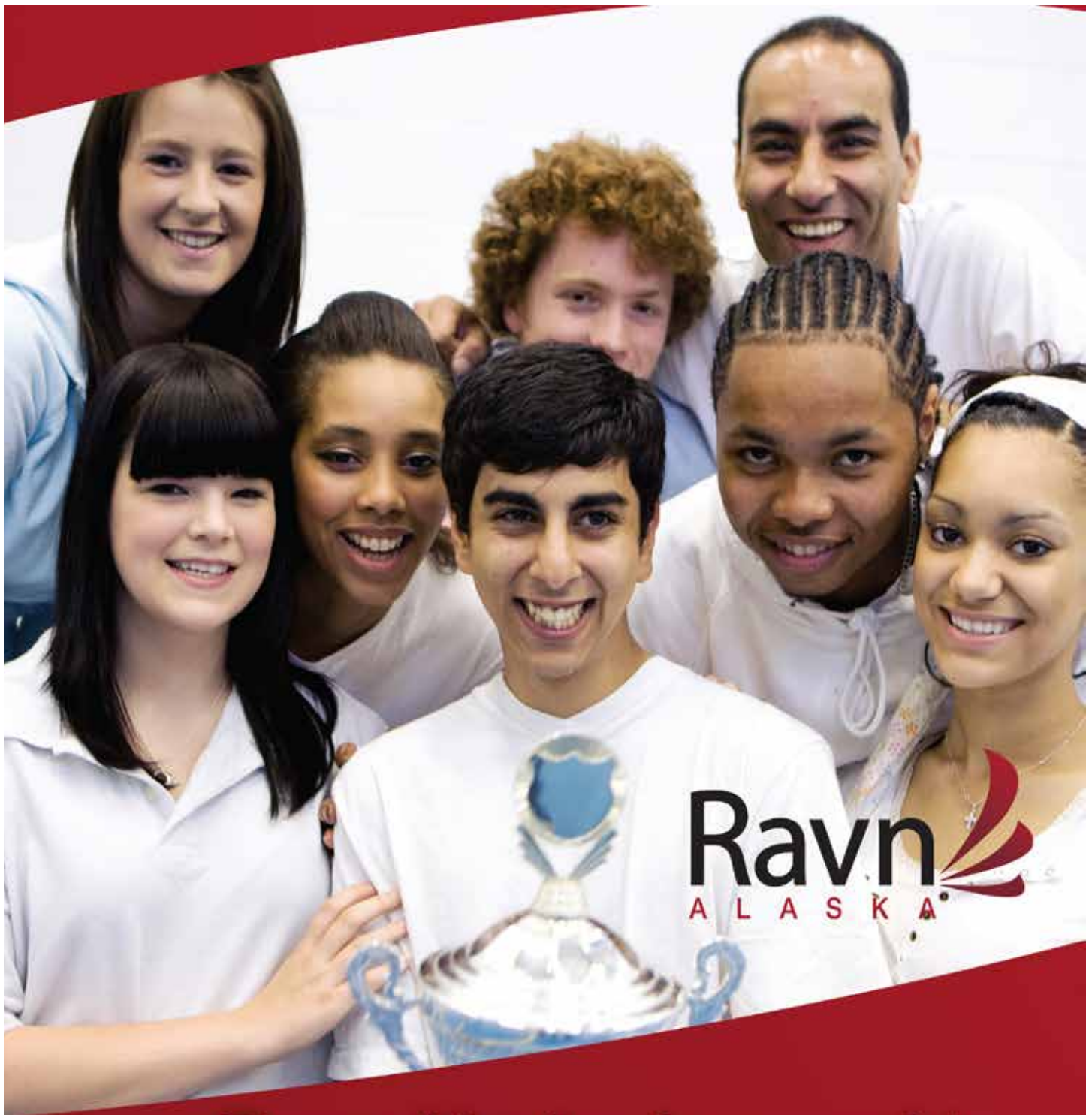
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Providence supports Alaska's teens and role models like Kikkan Randall by providing programs and services that encourage healthy lifestyles for all Alaskans.

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- 11,769 impaired drivers **DIED** in 2009, over 700,000 injured.
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2015 Boys Tournament Results

CHAMPION: SERVICE 3:50:37

Runner-up: South Anchorage 3:51:03

Academic Award: Service (3.97)

Skimeister Award: Max Donaldson (West Valley)

1st Place 2A/3A: Grace 4:14:55

ALL-STATE TEAM

1. Max Donaldson	West Valley	45:11
2. Hunter Wonders	South Anchorage	45:23
3. Gus Schumacher	Service	45:36
4. Conner Truskowski	Service	45:52
5. Travis Cooper	Kenai	45:54
6. Canyon Tobin	Service	46:25
7. Will Balcao	South Anchorage	46:31
8. Matthew Hoefler	South Anchorage	46:34
9. Luke Jager	West Anchorage	46:51
10. Will Mans	West Anchorage	47:00

TOP TEN CLASSIC (7.5K)

1. Travis Cooper	Kenai	20:24
2. Max Donaldson	West Valley	20:44
3. Hunter Wonders	South Anchorage	20:48
4. Gus Schumacher	Service	20:52
5. Canyon Tobin	Service	20:59
6. Conner Truskowski	Service	21:03
7. Will Balcao	South Anchorage	21:03
8. Kelson Denton	Dimond	21:15
9. Matthew Muffoletto	Service	21:21
10. Riley Bickford	West Anchorage	21:22

TOP 2A/3A CLASSIC

1. Trent Fritzel	Grace	22:04
2. Wyatt Brown	Grace	23:50
3. John Cosgrave	Grace	23:50

TOP TEN FREESTYLE (10K)

1. Max Donaldson	West Valley	24:26
2. Hunter Wonders	South Anchorage	24:35
3. Gus Schumacher	Service	24:44
4. Conner Truskowski	Service	24:49
5. Matthew Hoefler	South Anchorage	25:09
6. Benjamin Koenig	West Valley	25:17
7. Luke Cvancara	Dimond	25:23
8. Canyon Tobin	Service	25:26
9. Will Balcao	South Anchorage	25:27
10. Luke Jager	West Anchorage	25:29

TOP 2A/3A FREESTYLE

1. Trent Fritzel	Grace	25:36
2. John Cosgrave	Grace	28:20
3. Josh Roach	Grace	28:21

TOP TEN RELAY TEAMS

1.	SOUTH ANCHORAGE Wolfe, Hoefler, Balcao, Wonders	44:47
2.	SERVICE Truskowski, Muffoletto, Tobin, Schumacher	44:48
3.	WEST VALLEY Koenig, Mayo, Koenig, Donaldson	44:49
4.	WEST ANCHORAGE Jager, Mans, Weise, Consenstein	45:59
5.	DIMOND Denton, Cvancara, Cvancara, Barber	47:34
6.	KENAI Danielson, Butler, Theisen, Cooper	47:58
7.	COLONY Knopp, Knopp, Peterson, Harrison	48:21
8.	SOLDOTNA Pothast, Shuler, Vinson, Michael	49:37
9.	GRACE Fritzel, Cosgrave, Brown, Roach	49:48
10.	EAST ANCHORAGE Robicheaux, Matyas, Hickey, Jones	50:00

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TOURNAMENT RESULTS GO TO:
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2015 Girls Tournament Results



CHAMPION: WEST ANCHORAGE 2:56:06

Runner-up: South Anchorage 3:01:11
 Academic Award: Homer (3.94)
 Skimeister Award: Lydia Blanchet (West)

1st Place 2A/3A: Homer 3:31:10

ALL-STATE TEAM

1. Lydia Blanchet	West Anchorage	33:39
2. Emma Tarbath	Service	34:50
3. Taryn Hunt-Smith	Service	35:10
4. Annika Flynn	South Anchorage	35:15
5. Molly Gellert	West Anchorage	35:30
6. Magdalen York	West Anchorage	35:36
7. Anna Darnell	South Anchorage	35:54
8. Abby Amick	East Anchorage	35:58
9. Sadie Fox	Soldotna	36:09
10. Addison Gibson	Kenai	36:14

TOP TEN CLASSIC (5K)

1. Lydia Blanchet	West Anchorage	14:40
2. Taryn Hunt-Smith	Service	15:02
3. Emma Tarbath	Service	15:08
4. Sadie Fox	Soldotna	15:22
5. Annika Flynn	South Anchorage	15:27
6. Magdalen York	West Anchorage	15:32
7. Molly Gellert	West Anchorage	15:34
8. Addison Gibson	Kenai	15:45
9. Ryan Terry	Service	15:46
10. Abby Amick	East Anchorage	15:49

TOP 2A/3A CLASSIC

1. Stephanie Allen	Valdez	18:05
2. Aspen Daigle	Homer	18:18
3. Sarah Cosgrave	Grace	18:40

TOP TEN FREESTYLE (7.5K)

1. Lydia Blanchet	West Anchorage	18:58
2. Anna Darnell	South Anchorage	19:27
3. Emma Tarbath	Service	19:41
4. Annika Flynn	South Anchorage	19:48
5. Molly Gellert	West Anchorage	19:55
6. Morgan Flynn	East Anchorage	20:00
7. Magdalen York	West Anchorage	20:03
8. Abby Amick	East Anchorage	20:08
9. Taryn Hunt-Smith	Service	20:08
10. Addison Gibson	Kenai	20:29

TOP 2A/3A FREESTYLE

1. Stephanie Allen	Valdez	22:27
2. Sarah Cosgrave	Grace	22:37
3. Rylee Norris	Valdez	22:38

TOP TEN RELAY TEAMS

1.	WEST ANCHORAGE Gellert, York, Hancock, Blanchet	34:37
2.	SOUTH ANCHORAGE Grunblatt, Kiekintveld, Flynn, Darnell	35:19
3.	EAST ANCHORAGE Jager, Fink, Amick, Flynn	35:26
4.	CHUGIAK Booher, Nelson, Booher, Cook	36:13
5.	SERVICE Hunt-Smith, Terry, Romey, Tarbath	36:18
6.	KENAI Gibson, Bergholtz, Salzetti, Boonstra	37:33
7.	DIMOND Cvancara, Denton, Von Imhof, Carney	38:04
8.	WEST VALLEY Ratzlaff, Presler, Hediger, Difolco	38:11
9.	SOLDOTNA Fox, Hutchings, Pothast, Arthur	38:20
10.	COLONY Jenkins, Block, Olsen, Geraghty	39:44

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