

Nordic Season 2016_2017



2018 State Crew

Boys - 3rd at State Meet

Girls - 9th at State Meet

Boys and Girls Section and Conference Champions

Boys and Girls JV Conference Champions

Final Season Team Results [Boys](#) [Girls](#)

Skinny'ski's [State Meet Recap](#) [Detailed Results](#)

[History of HP Places at the State Meet](#) (updated)

Erica's Videos:

[Maplelag](#)

[State Recap](#)

[Seniors 2017](#)

Checking off a [couple goals](#)

State Meet Coverage at [Skinny'ski](#)

Pioneer Press [Coverage](#) and [Photos HP article](#)

Boy's take 3rd place at state!

Top 10 Finishers: Erin, Harry, and Gabe

[HP Photos](#) from Leslie Dwight

More [State Meet Photos](#) - from Amarah's Dad

Jack's State - [Boy's Photos](#) [Girl's Photos](#) [Miscellaneous Photos](#)

A Bunch of Great Section Photos and Videos from Gordy Meyers

[Sections Photos: Girls Skate, Boys & Girls Awards](#)

[Sections Videos: Boys Skate Start & Finish, Boys & Girls Awards](#)

[Conference Photos: Girls Post-race, Boys & Girls Awards](#)

[Conference Videos: Girls Classic, Girls Skate, Boys & Girls Awards](#)

[Boys Section Video](#) [Girls Section Video](#) (phone ran out of storage during girls' pursuit)

Costume Meet on Monday has been canceled. Not enough snow.

Congrats to the Boys and Girls Section Champions!Overall [Results](#)

SkinnySki Coverage (Section 3) - [results and photos](#) (coming soon)

Lisa Leo Classic Boy's [Photos](#) Girls [Photos](#)

Leslie Dwight - [Photos](#) Berit Nelson [Photos](#)

[Section Photos](#)

Amarah's Dads [Photos](#)

In an upset - the Boys Section Team win the Gold Academic Award! The Girls win Silver. Anna Engelhardt wins All State Academic!

Conference Championship video: [boys girls \(link fixed\)](#)

HP Nordic on the Prep45 Sports Show

<http://prepspotlight.tv/MSHSL/SpotlightShow>

starts at about 19:30

[Results from JV Championship](#) - Congrats to the boys and girls team and Ian Boylan and Lauren Mendoza

[Lisa Leo Photos](#)

[Photos from JV Championship](#) (not quite Lisa Leo quality)

The parent fundraising committee has an [update on our progress to date](#) and has created a [short parent survey](#) to help us gauge interest in our proposed fundraising opportunities. Please take a moment to read the update and then answer a few brief questions in the survey. We appreciate any feedback you can share with us by Feb. 6th.

Conference Championship [Results](#)

Congrats to the Boys and Girls Conference Champions.

A few [photos](#) starting to come in (link fixed)

Coaches were asked to put together a [team wish list](#) by the parent fundraising group

Read about [stone grinding](#). [Boulder Nordic](#) will be running a batch starting Monday, January 30. Varsity skiers may want to consider getting your skis looked at to see if they are due for a grind. Right now is the best time prior to sections and state.

[Rennet Results](#)

Boys and Girls Rennet teams were overall champions! Congrats to all Rennet skiers.

[Training when snow is lacking](#)

Henry Sibley [Results](#) Lisa Leo [Photos](#)

Henry Sibley Videos: [Varsity Girls Mix](#) [Boys V1](#) [Boys 2nd Finish](#)

Baker [Results](#)

Wirth - [Classic Striding Technique Video](#) (and no pole double pole)

Elm Creek Results - [Girls](#) [Boys](#)

HP Ski Team [featured in the news](#).

South Suburban 5K Skate at Hyland - [Results](#)

Congrats to Erica Meyers! She is Highland's Triple-A (Academics, Arts, Athletics) Winner.

Lisa Leo [Photos from the 5K](#) race at Hyland

Protect your lungs from the cold air - [these are cheap](#) and work great.

Thanks to all the parents that helped out at the Loppet Invite!

[Split sheet for the relay's](#) from Joey's dad

Gopher Events - [finish line photos](#)

Nice skiing at the Loppet Invite - Varsity boys win with a strong team effort.

Overall team results: [Boys Teams](#) [Girls Teams](#)

Top ten finishers include:

Harry - 2nd in skate 5K

Erin/Anna E 2nd in sprint relay

KJ and Joey 3rd in the sprint relay

Molly 4th in skate 5K

Ben EM and Henry 7/8 in classic 5K

Erica 8th in classic 5K

Skinny'ski coverage with [results and photos](#) here.

Hyland 5K Classic - [results](#) Team Results [Boys](#) [Girls](#)

[Photos](#) - thanks to Jon Sage-Martinson

[Racing on Artificial Snow](#)

Watch the Battle Creek Technique Videos

[Technique Video](#) thanks to Gordy Meyers

[Technique Video](#) - thanks to Berit Nelson

Battle Creek 5K Skate Race: Team Results [Boys](#) [Girls](#)

[Overall Results](#) Nice skiing!

[Photos](#) - thanks to MPJ

[Technique Video](#) thanks to Gordy Meyers

[Technique Video](#) - thanks to Berit Nelson

[Wax Clinics](#) at BNS

SEC Results [Girls](#) [Boys](#) - 9K Continuous Pursuit Elm Creek

Skinny'ski - [Girls](#) [Boys](#)

TCNSC Results - [5K Skate Como](#)

[Skinny'ski Rankings - Round 1](#)

Maplelag [photos](#).

[The Science of Snowflakes](#) - factor that into your next wax job

[The Thinking Person's Sport](#)

Highland Invite: Team Results [Boys](#) [Girls](#) [Overall results](#).

[Photos](#) from Lisa Leo

Coach Ristau selling some [ski gear](#).

[Rollerski Time Trial Results](#)

[Meet The Unknown Woman Taking The Ultra World By Storm](#)

[related article](#)

Nordic Skier Gear

Closeout on Merino Wool - HP Nordic Hats - in room 3303 - \$10

[Technique Video from Dec 5](#)

Watch this [double pole progression](#)

[Skate/Classic Rollerski Video](#) from Nov 29

World Cup - [Diagonal Stride V2](#)

Photos from the [Highland Turkey 5K](#)

Lisa Leo [Turkey 5K photos](#)

Time to start waxing skis. If you have never waxed skis this is a [good starter kit](#). The ski shack will be open for waxing next week and we will have waxing demonstrations. [How to wax skis](#). The team provides kick wax, skiers provide their own glide wax.

[Erin is a Wildcat?](#)

[Skate Rollerski Results](#)

[Time Trial Results](#) and [Photos](#)

Bubble Sort [Results](#)

[Erica's Video](#) - for the cross country season

[Nike Regional Photos](#) - thanks to Jon Sage-Martinson

[Fitness Test Results](#) will be posted here on Wednesday

[Banquet Photos](#) - thanks to Lisa Leo

[Banquet Slideshow](#)

[Results from Nike Regionals in South Dakota](#). We had boys in open invite #2, girls in open invite #2, and girls championship.

[2016 CC Results Filed Away](#)

Varsity/JV Skiers - thinking about adding JNQ races should read [this](#) and look at the [schedule](#). These races are great for skiers of all ages. [More info from EU](#).

Nordic Skier To Do - practice starts Monday, Nov 14 - brad.moening@spps.org

1. Read this [Basic Ski Team Info](#) and [Team Organization](#)
2. Turn in your athletic [forms](#) , physical and \$80 fee to the high school athletics director before the first day of practice. Bring yellow receipt to Coach Moening.
3. [\[\[#|Fill out\]\] your emergency contact information here.](#)
4. To rent school skis - give [ski rental form and fee](#) to Coach Moening (high school room 3303)
5. Go to Maplelag - our Winter Trip - [paperwork and info](#)
6. Figure out what we are doing the first week of practice - [Nordic Ski Weekly Schedule](#)
7. Nordic Ski Team Parent Meeting - Thursday Nov 10, 5:30 pm in Room 3303
8. Watch some [video](#) (everyday)

Minnesota State Cross Country Meet

[Boy's Results](#) [Girl's Results](#) [Pictures](#) from Laura Donovan

[Racing Effectively](#) - for nordic skiers, but works for runners too

Thinking about running or skiing in college?

<http://www.scholarshipstats.com/crosscountry.htm>

<http://www.scholarshipstats.com/skiing.html>

Shaping Your Future - [Bryan Fish US Ski Team Training Summary](#)

Two Unconventional Ways to [Improve Your Nordic Skiing](#)

[Core Strength Workout](#)[Nordic Strength Workouts](#)[Weightroom workouts](#) [Track Strength Workouts](#)