

HP Nordic 2014-2015 Season



Early Thin Snow Throughout

Final Team Results - [Boys Girls](#)

Varsity Girls – Twin Cities Nordic Ski Conference Champions

Varsity Girls - 12th Place Finishers at State Championship

JV Boys and Girls – Twin Cities Nordic Ski Conference Champions

Varsity Girls and Boys Gold Academic Award

[More State Meet Photos](#) - thanks to Gordy Meyers

[HP History at the Nordic Ski State Meet](#)

[State Meet Photos](#) - thanks to Amarah's dad

[Thinking about tying on the running shoes?](#)

[State Meet Results](#) - Girls finish 12th

Erin finished 4th overall, Harry finished 53rd.

[SkinnySki Photos](#)

[Charlie Banks Relay Results](#) Abram and Gabe finish in top 5

[Costume Race Photos](#) - thanks to Jim Johnson

Section Meet [Results](#)

Highlight [Video](#) - thanks to Maeve Moening

[Photos](#) - thanks to Laura Donovan

[Photos](#) - thanks to Amarah's dad

[Photos](#) - thanks to Nancy Wagner

[more conference photos](#) thanks to the Pfeiffers

2015 Academic Awards

Gold Award - Boys and Girls Section Teams

All State Individual Academic Winners - Annika Haley, Mimi Mejia, Julia Connly

Individual award to seniors on section team with GPA >3.9

Team award - top five skiers on section team average GPA > 3.75

fixed - Get your [competitive juices flowing](#)

[How to properly finish a skate race](#)

All Sections Skiers - [a must read about how to not get DQ'd for skating in a classic race](#)

JV Conference Championship - [Results will be here](#)

Congrats - JV Boys and Girls Conference Champs

1st Place - Linnea, Joey and Paul

[Photos](#) - thanks to Jim Johnson

Klister - [good read](#)

Hats: We ordered a few extra [Highland Merino Wool Jytte hats](#)

Bring in a check \$20 made out to Highland Park. Give it to Coach Moening.

Conference Championship [Results](#) - congrats to the Girl's Varsity

[Photos](#) - thanks to Laura Donovan

[Photos](#) - thanks to Joey T - password is "hpns"

[more conference photos](#) thanks to the Pfeiffers

[Pursuit Race Guidelines -- What to do between races](#)

Wirth Relays and 5K -Results will be [here](#).

Wirth [Photos](#) (fixed)- thanks to Joel Chirhart (Erin's dad)

Missing: Black and Orange Yoko Skate Poles. If found please tell Isak.

Black Yoko lobster gloves. If found please tell Abram

If you are going to race at the [Twin Cities Junior Nationals Qualifier](#) - registration closes on Tuesday.

Thinking about skiing junior nationals? [Read this](#). And some more [information from Endurance United](#)

HP 6K Pursuit Results - [Boys Girls Pursuit Video](#) (transition at 50:00 mark)

Elm Creek Race results will be posted [here](#). [Photos](#) - thanks to Sandy Gross

New - Elm Creek [Photos](#) - thanks to Jim Johnson
Loppet Invite [Results](#) - [Photos](#) - thanks to Leslie Dwight
[More Photos](#) - thanks to Nancy Wagner
Loppet Video - [hill carnage](#) [hill carnage2](#)

[Link to Team Photo](#)

[Competing at the State Meet](#)

[Race results from Tuesday at HP](#)
[Photos from Como Championships](#) (in the cold on Sunday)
[Maplelag Photos](#) [Resort Photos](#)
[Maplelag 3K Double Pole Time Trial](#)
2 mile time trial - [results](#)
[JV V2/V2 Alt technique video](#)
[Gear West 20 Second Video Contest](#)
Conference Relay [Results](#)
JV/B-Squad Relay Time Trial [Results](#)
HP/Central [Race Results posted here.](#)
[Photos](#) - thanks to Laura Donovan

[Varsity Technique V2/V2 Alt Video](#)

Skier of the Week: up to two skiers per team (B, JV, Varsity) may be awarded Skier of the Week. Criteria: competitive race, work ethic, team spirit.

Skiers - [here is the most basic glide wax kit you can buy.](#)

Team Jobs (email brad.moening to volunteer)

- Bib Master - get bibs, distribute and collect bibs for every race - (TK/Mimi)
- Wax Stand Supervisor - responsible for getting it around on race day - (Ben, Anna)
- Race Day Kick Wax - get the wax box on the bus and back into the shack on race day - (Henry)
- Gear Bag Protectors- get the green bags to the start line for warmup collection - (Isak and Annika)
- Kick Wax Wizard - at practice - select kick wax, get out on table, put away (Erin and Abram)
- Wax Room Dictator - after practice - inspect wax room - fix/clean problems (Harry, Gabe, Erica)
- Photo Roster Maker - create a photo roster for the team (Julia)

Parent Volunteer Opportunities

- Design a new HP wool hat with [Jytte](#) - Coach Moening will order the hats (filled)
- Banquet Coordinator - collect banquet RSVPs, collect checks at Degidios, pay Degidios (filled)
- Photos - show up at a race, take photos, send brad.moening@spps.org a link to photos
- Chaperone - go on the Maplelag Trip - more details to follow
- Race Day Start line - show up at a race with a sleeping bag - wrap skier in bag prior to race
- Conference Championship/Section Race Waxing Assistance

[How to Wax Skis](#)

[Time Trial Results - Nov 19](#)

Nordic Skiers - To Do List - first day of practice is Tuesday Nov 11

1. Read this [Basic Ski Team Info](#) (new skiers read it twice)
2. Turn in your [MSHSL form](#) (once per year), [physical](#), and \$80 fee to the high school athletics director before the first day of practice.
3. Fill out your [emergency contact information here](#).
4. If you want to rent school skis - give [ski rental form and fee](#) to Coach Moening (high school room 3303)
5. [Maplelag Trip](#) is Dec 19, 20, 21

[Thursday Practice Video](#)

[Ski Swap Info](#)

Skiers - it is that time of year to start [visualizing good technique](#).

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