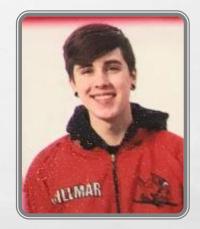
# WILLMAR CARDINALS NORDIC SKI BANQUET

February 27, 2022

# WELCOME







#### **COACH HAUGEN**

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#### **COACH O'CONNOR**

#### **COACH COOK**

No.

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# NORDIC SKI TEAM 2021-22









for **Biology** 

L.R.

# **2021-22 CAPTAINS**



**Elizabe** Fre

**Jary Santos Segovia** SENIOR Going to College Elizabeth Haugen

Freshman

CONTRACTOR OF



Andrew Garcia Sophomore

## WILLMAR STANDS FOR:

WORKING HARD BY GIVING YOUR BEST EFFORT AT ALL TIMES. INVOLVE YOUR TEAMMATES BY CHEERING THEM ON. LIFE LESSONS ARE LEARNED THROUGH DIGNITY, INTEGRITY, AND GRACE

LOVE THE SPORT.

MENTALLY PUSH YOURSELF TO DO BETTER, TO BE BETTER, AND TO OVERCOME DEFEAT.

**ATTITUDE BY KEEPING YOURSELF POSITIVE.** 

**REPRESENT THE RED BY RESPECTING YOURSELF AND OTHERS.** 



#### • Team Awards





- MVP
  - Hardest Worker
- Most Improved Most Amazing Race Rookie of the Year
- Spirit
- Cardinal



- Coaches' Awards/Write in
- CLC Senior Scholar Athlete (3.4)
- Section TEAM All State Academic
  - Gold is 3.75 or higher
  - Silver is above 3.5
- Section SENIOR Academic Award (3.9)
- Varsity Letters/Participation Awards





### **JULIETTE HAUGEN**

**2**<sup>nd</sup> Year Skier



Section Team Academic GOLD







### **ADELINE ENGAN**



Most Amazing Race – St. John's Prep





**NORDIC SKI PARTICIPATION AWARD** 

Section Team Academic GOLD



### **ANNIE MATHISON**

**4**<sup>th</sup> Year Skier

Most Amazing Race - CLC

Section Team Academic GOLD







4<sup>th</sup> Year Skier

21-22 Nordic Ski Captain





CLC Performer of the Week CLC HONORABLE MENTION AT LARGE SECTION TEAM ACADEMIC - Gold







**1**<sup>st</sup> Year Skier

Most Amazing Race – St. John's Prep

Spirit Award





4th Year Skier

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Hardest Worker

**CLC** Performer of the Week

#### **CLC HONORABLE MENTION AT LARGE**





Section Team Academic SILVER



### **Mindy Twedt**

#### **2**<sup>nd</sup> Year Skier

# SECTION TEAM ACADEMIC - Gold







**3**<sup>rd</sup> Year Skier



#### SECTION TEAM ACADEMIC - Gold







# Brandon Zepeda

**1**<sup>st</sup> Year Skier

**Coaches Award** 

Section Team Academic SILVER







1.3









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**5TH** Year Skier

#### **NORDIC SKI PARTICIPATION AWARD**







1.38

JACOB PETERSON

**5<sup>TH</sup> Year Skier** 



Section Team Academic SILVER





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21-22 Nordic Ski Captain









**1**<sup>st</sup> Year Skier

Most Improved

**Rookie of the Year** 

Section Team Academic GOLD







1.3



### **Jasmine Singsank**

**1**<sup>st</sup> Year Skier

#### Best Finish







**1**<sup>st</sup> Year Skier



Boot Award



**CLC Senior Scholar Athlete** 



### **JARY SANTOS SEGOVIA**

**3**<sup>rd</sup> Year Skier





Cardinal Award

**CLC Senior Scholar Athlete** 

SECTION TEAM ACADEMIC – Gold









**1**<sup>st</sup> Year Skier

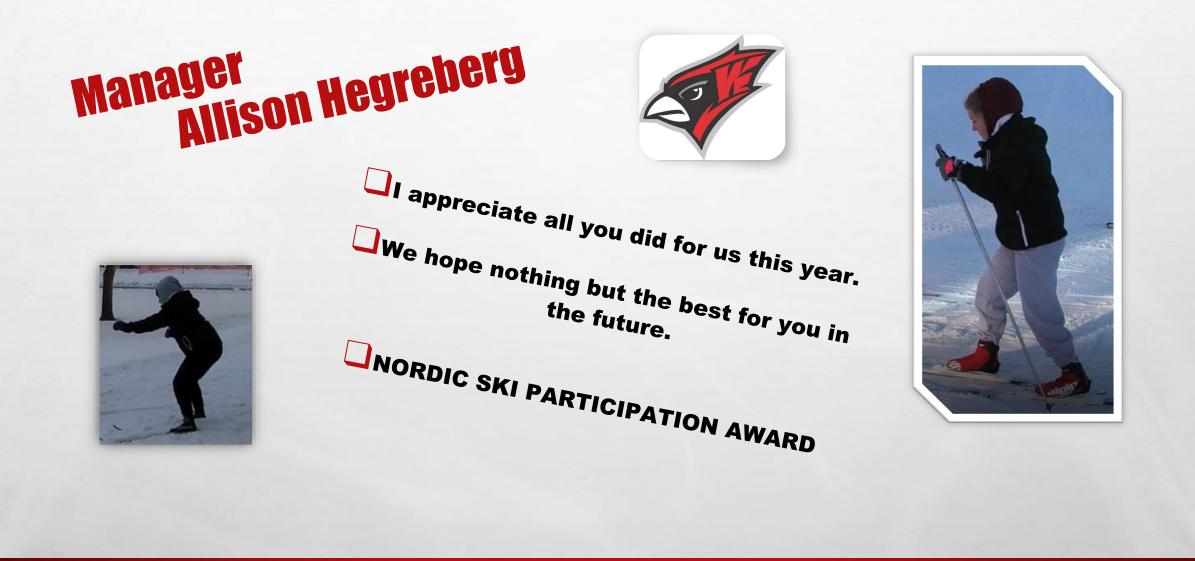
Most Improved

Rookie of the Year

**CLC Senior Scholar Athlete** 







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## Next Years 22-23 Captain

Andrew Garcia – 3<sup>rd</sup> year

Elizabeth Haugen – 2<sup>nd</sup> year

**Timothy Halvorson** 

**Emmie Larson** 

Congratulations!

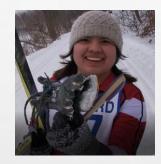




# To All: Thank you for a wonderful season!











Seniors we will miss you! Good luck in College or wherever life will take you, but remember to have fun!

### End of year video

L.R.

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# **BE READY FOR NEXT SEASON**

#### Upcoming Fundraisers

- **BE DEDICATED**
- Chili/Soup Fundraiser
- Coffee Fundraiser
- School wide Discount
  Card
- **Other fundraisers**

### **BE CONSISTENT**

- Skis for next year Skate and Classic
  - VCD Award
- Off season Summer
  - Camps
  - Team workouts cross training
  - Cardinal Conditioning

#### What are you doing to get stronger and faster

- 3+ times a week?
- Spring and Fall sport
- **Summer**
- Goals for next year!