

WILLMAR CARDINALS NORDIC SKI BANQUET

February 26, 2023



WELCOME



COACH HAUGEN



COACH WINTER



COACH CHRISTENSON

NORDIC SKI TEAM 2022-23

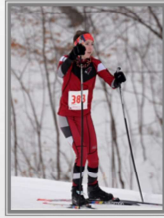


2022-23 CAPTAINS



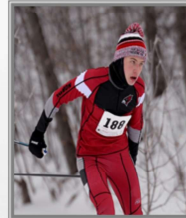
Emmie Larson

Junior



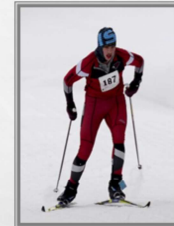
Elizabeth Haugen

Sophomore



Timothy Halvorson

Sophomore



Andrew Garcia

Junior

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.



AWARDS



○ Team Awards

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



○ Coaches' Awards/Write in/Attendance

○ CLC Senior Scholar Athlete (3.4 and Letter)

○ 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





Attendance

What you do is what you get



Be Dedicated!

Be Consistent!

Be a winner for yourself!



Amariya Pahl

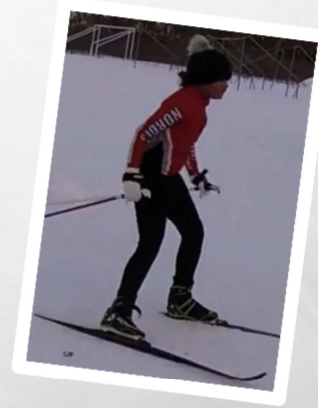


☐ **1st Year Skier**

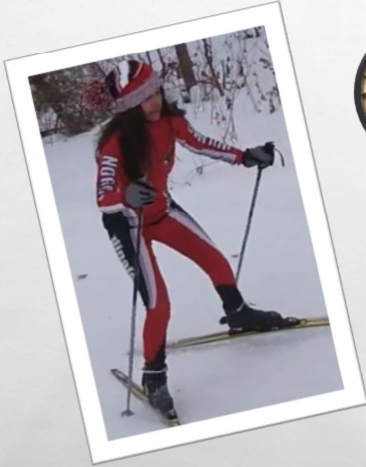


☐ **Attendance Award**

☐ **NORDIC SKI PARTICIPATION
AWARD**



Vianney Barrera

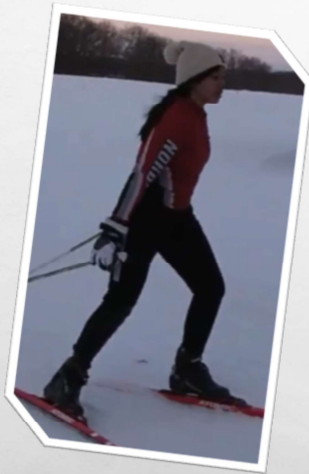


☐ 1st Year Skier

☐ Attendance Award

☐ NORDIC SKI PARTICIPATION
AWARD





Zaidy Vega



☐ **1st Year Skier**

☐ **NORDIC SKI PARTICIPATION
AWARD**





ELIANAH BRADSTEEN
"La La"

☐ 1ST Year Skier

☐ NORDIC SKI PARTICIPATION
AWARD



Crosby Pederson



☐ 1st Year Skier

☐ Hardest Worker

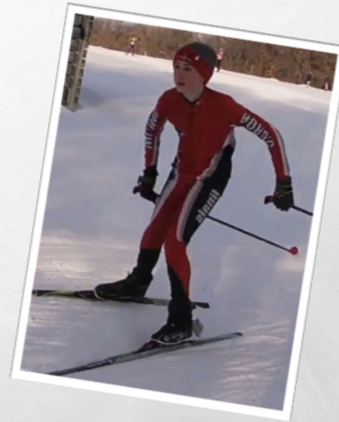
☐ Most Improved

☐ Rookie of the year

☐ Attendance Award



☐ NORDIC SKI PARTICIPATION
AWARD





Judah Van Horne

☐ 1st Year Skier

☐ NORDIC SKI PARTICIPATION
AWARD



Ethan Weatherby

 **1st Year Skier**

 **NORDIC SKI PARTICIPATION
AWARD**



Brandon Gomez

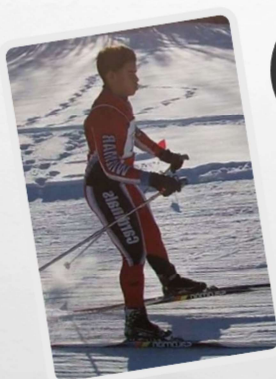


☐ **1st Year Skier**



☐ **NORDIC SKI PARTICIPATION
AWARD**





Virgilio Lainez

☐ 1st Year Skier

☐ Coaches Award

☐ Section Team GOLD

☐ Attendance Award



☐ **NORDIC SKI PARTICIPATION
AWARD**



Jacquelyn Lopez Maldonado



☐ 1st Year Skier

☐ Most Improved

☐ Rookie of the year

☐ Hooray Award

☐ Section Team GOLD

☐ Attendance Award

☐ NORDIC SKI VARSITY LETTER





Luis Swanson



☐ 1st Year Skier

☐ Amazing Award

☐ Section Team GOLD

☐ Attendance Award

☐ NORDIC SKI VARSITY LETTER



Matthew Eystad



☐ 1st Year Skier

☐ Most Improved

☐ Most Amazing Race

☐ Section 8 meet

☐ Rookie of the year

☐ Boot Award

☐ Section Team GOLD

☐ Attendance Award

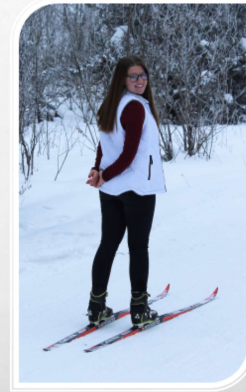
☐ NORDIC SKI VARSITY LETTER

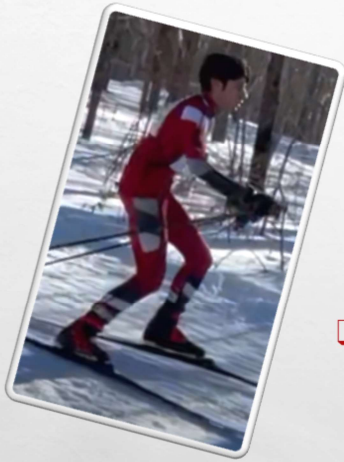


Manager Taylee Pahl



- ☐ One year skier, 1st year manager
- ☐ We appreciate all you did for us this year.
- ☐ We hope nothing but the best for you in the future.
- ☐ Possibly back next year managing
- ☐ NORDIC SKI VARSITY LETTER





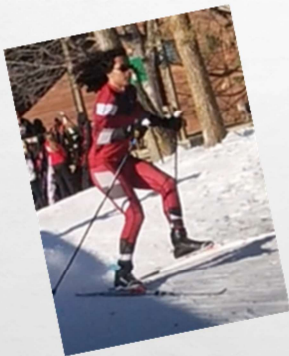
Brandon Zepeda

☐ 2nd Year Skier

☐ Section Team GOLD

☐ NORDIC SKI VARSITY LETTER





Saul Bustos

- ☐ **2nd Year Skier**
- ☐ **Spirit Award, 2nd year**
- ☐ **CLC Performer of the Week 1/23**
- ☐ **Section Team GOLD**
- ☐ **Attendance Award**



☐ **NORDIC SKI VARSITY LETTER**



Abby Marcus



☐ 2nd Year Skier



☐ Section Team GOLD

☐ NORDIC SKI PARTICIPATION
AWARD





JULIETTE HAUGEN

☐ 3rd Year Skier

☐ Hardest Worker

☐ Most Improved

☐ CLC Performer of the Week 1/9

☐ Section Team GOLD

☐ Attendance Award

☐ NORDIC SKI VARSITY LETTER



Jared Barrera



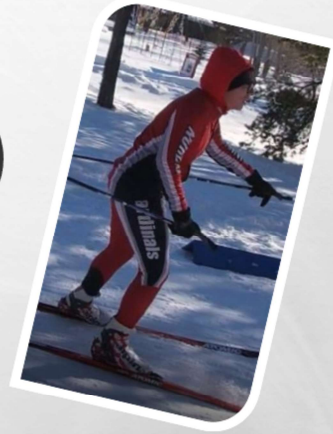
☐ 4th Year Skier

☐ Section Team GOLD

☐ Attendance Award



☐ NORDIC SKI PARTICIPATION
AWARD



EMMIE LARSON



☐ 4th Year Skier

☐ 22-23 Captain

☐ MVP

☐ Hardest Worker

☐ Most Improved

☐ CLC at Large-Classic

☐ CLC Performer of the Week 12/20

☐ Section Team GOLD

☐ Top Sectional Individual

☐ Attendance Award

☐ NORDIC SKI VARSITY LETTER



ANNIE MATHISON



☐ 5th Year Skier

☐ Most Amazing Race

☐ – Home meet 1st place,
Mesabi classic

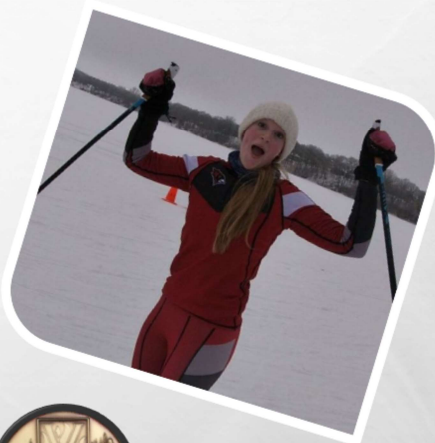
☐ Spirit Award

☐ Cardinal Award

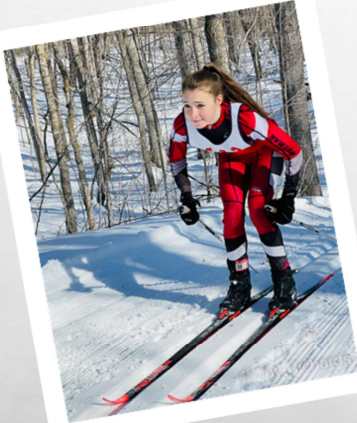
☐ Section Team GOLD

☐ Attendance Award

☐ NORDIC SKI PARTICIPATION
AWARD



ELIZABETH HAUGEN



☐ 5th Year Skier

☐ 22-23 Captain

☐ Coaches Award

☐ CLC at Large-Skate

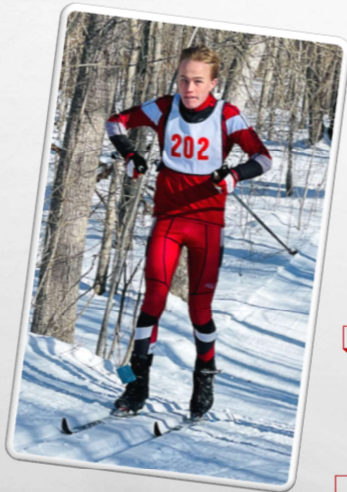
☐ CLC Performer of the Week 1/30

☐ Section Team GOLD

☐ Attendance Award

☐ NORDIC SKI VARSITY LETTER





TIMOTHY HALVORSON

☐ 5th Year Skier

☐ 22-23 Captain

☐ MVP

☐ Hardest Worker

☐ Cardinal Award

☐ CLC at Large-Skate

☐ CLC Performer of the Week 12/20 & 1/16

☐ Section Team GOLD

☐ Top Sectional Individual

☐ Attendance Award

☐ NORDIC SKI VARSITY LETTER



ANDREW GARCIA



☐ 6TH Year Skier

☐ 22-23 Captain

☐ CLC at Large-Classic

☐ CLC Performer of the Week 1/9

☐ Section Team GOLD



☐ NORDIC SKI VARSITY LETTER



Next Years 23-24 Captain



Andrew Garcia – 4th year

Elizabeth Haugen – 3rd year

Timothy Halvorson – 2nd year

Emmie Larson – 2nd year



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!



BE READY FOR NEXT SEASON

Upcoming Fundraisers

- Chili/Soup Fundraiser
- Coffee Fundraiser
- School wide Discount Card
- Mattress fundraiser
 - April 22nd at the MS

**BE
DEDICATED**

**BE
CONSISTENT**

- Skis for next year – Skate and/or 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!

End of year video

