



- WELLNESS
- SPORTSMANSHIP
- COACHES' EDUCATION
- LEADERSHIP
- COMMUNITY SERVICE

#OneTeamOneMIAA

Nordic Ski Tournament

*February 10, 2026
Prospect Mountain, Woodford, VT*

Growing Courageous Leaders™



Nordic Ski Tournament Information:

DATE:	Tuesday, February 10, 2026
SITE:	Prospect Mountain, Woodford, VT
REGISTRATION:	9:30 AM
COACHES' MEETING:	10:00 AM
COURSE OFFICIALS' MEETING:	10:30 AM
START OF RACES:	Boys' 11:00 AM / Girls' 12:15 PM
AWARD CEREMONY:	At conclusion of races

2025 Nordic Ski Team Champions



Mount Greylock Regional School



Mount Greylock Regional School

MASSACHUSETTS OLYMPIANS

26

MILANO CORTINA
2026



JULIA KERN
CROSS COUNTRY SKIER
WALTHAM, MA
WALTHAM HIGH SCHOOL



MATT WHITCOMB
COACH NORDIC SKI
WAHCONAH, MA
WAHCONAH REGIONAL HIGH SCHOOL



LAURA SPECTOR
BIATHLON
LENOX, MA
LENOX MEMORIAL HIGH SCHOOL



Nordic Ski State Champions Compiled by Mike Richard

Year	Boys	Girls
1983	Concord-Carlisle	Concord-Carlisle
1984	Concord-Carlisle	Concord-Carlisle
1985	Concord-Carlisle	Concord-Carlisle
1986	Concord-Carlisle	Concord-Carlisle
1987	Lenox	Lenox
1988	Lenox	Lenox
1989	Lenox	Mount Greylock
1990	Lenox	Lenox
1991	Lenox	Lincoln-Sudbury
1992	Mount Greylock	Mount Greylock
1993	Lenox	Lenox
1994	Mount Greylock	Lenox
1995	Wahconah	Mount Greylock
1996	Lenox	Lenox
1997	Mount Greylock	Lenox
1998	Mount Greylock	Lenox
1999	Lenox	Lenox
2000	Mount Greylock	Lenox
2001	Mount Greylock	Lenox
2002	Mount Greylock	Lenox
2003	Hoosac Valley	Lenox
2004	Hoosac Valley	Mohawk Trail
2005	Lenox	Lenox
2006	Mount Greylock	Lenox
2007	Mount Greylock	Lenox
2008	Mount Greylock	Mount Greylock
2009	Mount Greylock	Mount Greylock
2010	Lincoln-Sudbury	Mount Greylock
2011	Mount Greylock	Mount Greylock
2012	Mount Greylock	Mount Greylock
2013	Mount Greylock	Lincoln-Sudbury
2014	Mount Greylock	Lincoln-Sudbury
2015	Mount Greylock	Newton North
2016	Mount Greylock	Mount Greylock
2017	Mount Greylock	Mount Greylock
2018	Concord-Carlisle	Mount Greylock
2019	Concord-Carlisle	Mount Greylock/Concord-Carlisle
2020	Mount Greylock	Lenox
2021	COVID	COVID
2022	Mount Greylock	Concord Carlisle
2023	Mount Greylock	Concord Carlisle
2024	Newton South	Mount Greylock
2025	Mount Greylock	Mount Greylock



Nordic Ski State Champions, Teams & Individuals

Compiled by Mike Richard

Boys Skiing

Team Records

Most Championships

22 – Mount Greylock

9 – Lenox

6 – Concord-Carlisle

Consecutive Championships

7 – Mount Greylock (2011-17)

5 – Lenox (1987-91)

4 – Concord-Carlisle (1983-86), Mount Greylock (2006-09)

Individual Champions

Three-time winners

Isaac Hoenig, Lincoln-Sudbury (2008-10)

Two-time winners

Tod Niedeck, Pittsfield (1984-85)

Pat Weaver, Lenox (1986-87)

Art Sanders, Wahconah (1988-89)

Tim Weaver, Lenox (1990-91)

Jon Weaver, Lenox (1992-93)

Evan Dethier, Mount Greylock (2005,07)

Eli Hoenig, Lincoln-Sudbury (2011, 13)

Lewis Nottonson, Acton-Boxboro (2014-15)

Quinn McDermott, Mount Greylock (2022-23)

Girls Skiing

Team Records

Most Championships

17 – Lenox

14 – Mount Greylock

7 – Concord-Carlisle

Consecutive Championships

8 – Lenox (1996-2003)

5 – Mount Greylock (2008-12)

4 – Concord-Carlisle (1983-86), Mount Greylock (2016-19)

Individual Champions

Three-time winners

Suzy Svalek, Concord-Carlisle (1984-86)

Kate Whitcomb, Wahconah (1996-98)

Kate Crawford, Mohawk Trail (1999-2001)

Corey Stock, Lincoln-Sudbury (2009-11)

Two-time winners

Wendy Osterling, Lincoln-Sudbury (1989-90)

Laura Spector, Lenox (2002-03)

Rita Marcotte, Mohawk Trail (2005-06)

Sonya Jampel, Newton North (2013, 15)

Laura Appleby, Lincoln-Sudbury (2018-19)





Nordic Ski Individual Champions Compiled by Mike Richard

Year Boys

1983 Elliot Harvey, Concord 24:11
1984 Tod Niedeck, Pittsfield 24:03
1985 Tod Niedeck, Pittsfield 27:26
1986 Pat Weaver, Lenox 19:15
1987 Pat Weaver, Lenox 20:02
1988 Art Sanders, Wahconah 22:30
1989 Art Sanders, Wahconah 20:54
1990 Tim Weaver, Lenox 22:39
1991 Tim Weaver, Lenox 20:00
1992 Jon Weaver, Lenox 23:08
1993 Jon Weaver, Lenox 18:49
1994 P. J. Spina, Lenox 24:35
1995 Nik Kennedy, Lenox 25:04
1996 Matt Whitcomb, Wahconah 24:22
1997 Jason Lemieux, Wahconah 2:25
1998 Matt Holland, Mount Greylock 19:15
1999 Tom Keefe, Wahconah 19:02
2000 Peter Leonard, Wayland 17:34
2001 Bret Bedard, Hoosac Valley 19:00
2002 Lionel Welch, Wahconah 16:39
2003 Chris Ellis-Ferrara, Concord-Carl 23:43
2004 Zach Wetherell, Wahconah 19:48
2005 Evan Dethier, Mount Greylock 15:43
2006 Peter Rummel, Dover-Sherborn 19:08
2007 Evan Dethier, Mount Greylock 21:42
2008 Isaac Hoenig, Lincoln-Sudbury 21:30
2009 Isaac Hoenig, Lincoln-Sudbury 20:36
2010 Isaac Hoenig, Lincoln-Sudbury 22:38
2011 Eli Hoenig, Lincoln-Sudbury 19:17
2012 Gregory Holdman, Lincoln-Sudbury 20:57
2013 Eli Hoenig, Lincoln-Sudbury 19:41
2014 Lewis Nottonson, Acton-Boxboro 21:10
2015 Lewis Nottonson, Acton-Boxboro 19:13
2016 Will Rhatigan, Newton South 16:06
2017 Jacob Jampel, Newton North 23:00.1
2018 Henry Johnstone, Concord-Carlisle 13:45.4
2019 Ayden Nichols, Concord-Carlisle 25:34
2020 Lucas Bodkins, Dover-Sherborn 21:41
2021 No State Championships – COVID
2022 Quinn McDermott, Mount Greylock 18:06
2023 Quinn McDermott, Mount Greylock 18:24
2024 Liam Sakakeeny, Newton South 18:49
2025 Fritz Sanders, Wahconah 22:23

Girls

Kathy Maddock, Wayland 13:18
Suzy Svalek, Concord-Carlisle 24:41
Suzy Svalek, Concord-Carlisle 21:41
Suzy Svalek, Concord-Carlisle 17:22
Lindley Hall, Concord-Carlisle 18:57
Kim Airoidi, Lenox 20:59
Wendy Osterling, Lincoln-Sudbury 17:33
Wendy Osterling, Lincoln-Sudbury 18:30
Sarah Walker, Lincoln-Sudbury 20:18
Katie Gould, Mount Greylock 23:19
Michelle Spina, Lenox 15:33
Greta Facchetti, Hoosac Valley 24:40
Anna Filipczak, Mount Greylock 20:25
Kate Whitcomb, Wahconah 17:44
Kate Whitcomb, Wahconah 16:00
Kate Whitcomb, Wahconah 22:00
Kate Crawford, Mohawk Trail 23:55
Kate Crawford, Mohawk Trail 21:57
Kate Crawford, Mohawk Trail 22:05
Laura Spector, Lenox 19:47
Laura Spector, Lenox 25:50
Alyssa Sessions, Mohawk Trail 23:42
Rita Marcotte, Mohawk Trail 18:24
Rita Marcotte, Mohawk Trail 22:15
Katie Miller, Lenox 26:09
Janet Barry, Lenox 25:49
Corey Stock, Lincoln-Sudbury 23:41
Corey Stock, Lincoln-Sudbury 23:31
Corey Stock, Lincoln-Sudbury 21:58
Olivia Cannon, Dover-Sherborn 26:20
Sonya Jampel, Newton North 24:32
*Charlotte Cole, Brookline 24:45.4
Sonya Jampel, Newton North 23:33
Grace Smith, Mount Greylock 19:02
Isabel Cole, Brookline 23:47
Laura Appleby, Lincoln-Sudbury 16:20.9
Laura Appleby, Lincoln-Sudbury 30:58
Sofia Scirica, Wellesley 23:27

Isabella Synnestvedt, Conc.-Carlisle 20:20
Clara Lake, Newton North 21:30
Alexandria Taylor, Lincoln-Sudbury 21:47
Hannah Petersen, Brookline 26:50

*beat Sonya Jampel (24:45.9) by ½ second



2026 Nordic Ski Rosters

Acton-Boxborough / Nashoba

Matthew Krieger
Ian Li
Liam Garnett
David Krieger
Maximilian Kaufmann
Sean Hardt
Henry Garnett
Henry Gatesman
Kyle Li
Shaylin Bernard
Lucy Romeo
Liesel Kaufmann
Alicia Tang
Alyssa Morano
Emma Kolste
Anna Heinilouma
Dawn Li

Amherst-Pelham RHS

Calvin Miller
Otis Fairey
Ian Burns
Hunter Pete
Cyrus Arwade
Alexander Fitz-Gibbon
Ellis Rubin
Geoffrey Fitz-Gibbon
Ozzy Wolaver
Ella Workman
Elizabeth Woodruff
Leah Cunningham
Luna Paradis
Anna Kuhn
Eloise Schwabe
Talia Meir
Siga Sarr
Eliza Godfrey

Arlington HS

Syoma Vasilyev
Karl Bickmeier
Aiden Fraley
Alex Rego
Joey Pavey
Molly Dingley
Elizabeth Gregory
Tessa Fraley
Ella Sugarman
Ada Bickmeier
Abi Shapiro
Maddy Jurga

Brookline HS

Milo Roberts Ratnathicam
Daniel Leary
Jonas Donaldson zu
Ermgassen
Rain Carlile
Henry Idhaw
Yuta Yamada
Leigh Niedeck
Rachael Strock
Alexa Lieberman-Wingerter
Juliana Leary
Adelaide Stone
Daphne Spunt
Madelyn Bracken
Anna Katsman
Kaya Gomoll

Concord-Carlisle HS

Zachary Scopinich-Burgel
Tyler Abrams
Logan Keene
Roman Lin
Evan Hultgren
Beckett Johnson
Leo Paris
Lukas Bondensgaard
Samuel Hale
Theresa Green
Catherine Richardson
Elizabeth Schmidt
Marina Grein
Esmá Dirrane
Phebe Richardson
Tricia Cronin
Elsa Waters
Zoe Gryniwicz

Dover Sherborn HS

Francesco Arena
Nathan Primack
Alex Krafft
Madeleine Boudreau
Iman El-Hilali
Emily Van Rhijn
Anna Schneider
Audrey Ferry
Reese Hyde
Tess Hauser
Joy Suo
Allie Hefter

Lenox Memorial M/HSol

Everett Shepardson
William Keefe
Chase Candee
Noah Pinsonneault
Jackson Carhart
Jude Chiem
Caleb Ketchen
Gabe Weir
Ben Westlake
Jane Elliot
Cate Welch
Lila Kousch
Allie Lussier-Rivers
Hannah Carhart
Audie Tresp
Claire Welch
Sarah Chevalier
Libby Gop

Lincoln-Sudbury RHS

Blue Muir
Olivier Ouellet
Benjamin McKinney
James Neal
Eli Gavrilman
Will Mendelson
Alex Portelli
Connor Bonk
Shep Donnelly
Lucy Reiner
Sierra Smith
Emily Donnelly
Evie Nichols
Ella Varner
Abby Neal
Keziah Langille
Annabel Edmonston



2026 Nordic Ski Rosters

Mohawk Trail Reg. HS

Augustus Niswonger
Adam Muller
Luke Pickard
Aymeric Loucka
Lukas Manley
Ben Zajac
Aidan Gauthier
Malcolm Todd
Micah Marino
Ada Corner
Charlotte Niswonger
Claire Pickard
Corrine Somes
Anya Read
Phoebe Todd
Noa Nabut
Lucinda Corner

Mt. Greylock Regional School

Patrick Holland
Benjamin Mandel
Andrew Holland
Luke Irwin
Nathan Gill
Aidan Miller
Malcolm McKeough
Leo Slater Lee
Dai Constantine
Lauren Miller
Bridget Holland
Josephine Bay
Rachel Miller
Maya Filson
Lucy Gregg
Grace Irwin
Elizabeth Spelman
Ani KoaMaya

Natick HS

Bennett Farny
April Padilla-Hrones
June Verghese

Newton North HS

James Lake
James Sloan
Max Preston
Zyama Teytelman
Henry Pozen
Colin Kane
Justin Yee
Euan Badman
Colin Mcneil
Leyla Gustin
Madeline Rhine
Emerson Daly
Charlie Daly
Ella Wermer
Ellie Williams
Gabriella Moen
Lilah Zarwan
Orla Carey

Newton South HS

Dashiell Martin
Oiva Helenius
Elijah Eckholm-Jacobson
Oliver Glass
Ben Hong
Luke Schmidt
Tadhg O'Donohue
Brendan Corkery
Rohan Harrison
Hannah Leese
Charlotte Ottmer
Kalyna Konrad
Cecily Farrow
Linneas Shannon
Claire Bonner-Stewart
Daphne Martin
Sophie Hajjar

Pioneer Valley Chinese Immersion Charter School

Stephen Sims
Joseph Sims
Kristof Knyt
Dashiell Rendulic
Sebastian Jung
Owen Sup
Laszlo Hermann-Gwillam
Ella Maier
Astrid Knyt
Emma Bankert

Wahconah Regional HS

Beau Sanders
Owen Tucker
Chaz Mahar
Chris Hyatt
Noah Wesley
Logan Shannon
Jonah Rawson
Jack Smith
Megan Tucker
Ava Irene
Emma Wrinn
Aria Marcella
Brooke Thomas

Wayland HS

Ryan Young
Gavin Lloyd
Noah Goldstein
Elijah Maali-Pohl
Laura Narvaez
Elena Sacchetti
Ainsley Jay
Audrey Shen
Mabel Rothschild
Abigail Conley
Cecilia Tobin
Olivia Gao

Wellesley HS

Leo Ventimiglia
Wyatt Park
Parker Lee
Nico Buchbinder
Luca Buchbinder
Cooper Munroe
William Carroll
Antonio Romeo
Jason Chen
Ellery Gerhart
Angela Zhang
Brynn Franceschini
Sarah Yang
Dalya Bayulgen
Grace Zhao
Sarah Lindquist

Westford Academy

Jakoby Dickson
Lochlainn Stevenson
Matthew Skeya
Joshua Meldrum
Connor Billington
Gregory Hennessy
Perry Whitmore
Ayush Warke
Liam Kelley
Sophia Huesgen
Natalie Eckroth
Nina Pierson
Eliza Owens
Ella Raker
Abby Owens
Erin Driscoll
Isabel Huesgen
Mayhek Sule

Weston HS

Thomas Huemmer
Gus Raymond
Cal Hayward
Will McBrine
Zade Parks
Tanner Guardino
Laura Sherdard
Neeve Callanan
Eleanor Fischer
Maggie Ngo
Molly Wozek
Leah Berger

Winchester HS

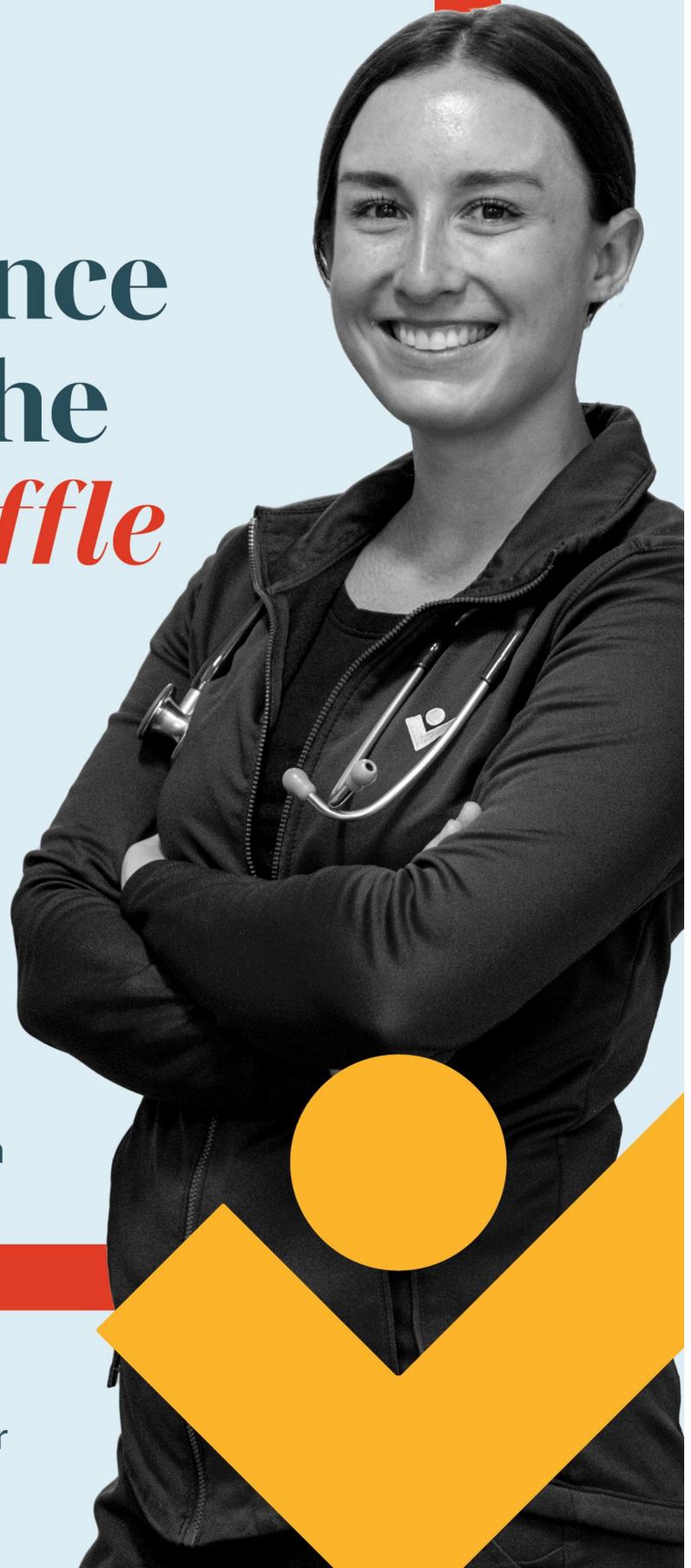
Jonathan Gilmer
Quinn Shanley
Kuan Fu
John Eichelberger
Caroline Lanz
Abigail Bastien
Piper Oswald
Avery Bastien
Heidi Ernst
Lila Beauchamp
Scarlett Copeland
Alanna Lee
Grace Siciliano



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Nominate Outstanding Individuals from Your School



MIAA Coach of the Year Award recognizes and honors “teacher coaches” who have had an impact on the lives of student-athletes by encouraging them to succeed.



MIAA Official of the Year Award recognizes and honors officials who have displayed character, integrity and dignity, while displaying the highest standards of ethical conduct.



Student-Athlete of the Month Award is presented on a monthly basis to two student-athletes who display excellence in the areas of academics, athletics and community service.

Respect and Civility



The mission is to foster respect and civility among member schools, athletic administrators, coaches and student-athletes by promoting awareness and acceptance. The focus is to celebrate all differences by creating associations that are welcoming and engaging for all.

Appreciation of Service Certificate



The MIAA and MSAA extend sincere gratitude and appreciation to senior students who have committed to joining the Armed Forces of the United States of America after their graduation. In the 2024-25 year of this program, school leadership recognized 120 students. We commend their dedication and service!

2025 MIAA Sportsmanship Essay Contest

Essay Contest Winners
First Place
Avery Sicco
St. Mary’s High School

Runner Up
Zahra Yeznasni
Pioneer Charter School of Science I

Student Advisory Committee

STUDENT ADVISORY COMMITTEE (SAC)

is comprised of student leaders from MIAA member schools across the state. These students attend seasonal meetings and help facilitate student leadership workshops throughout the school year. They participate in various association activities and provide continual feedback from the perspective of students on how to improve the Educational Athletic offerings of the MIAA.



WELLNESS

to empower students to make healthy life choices

SPORTSMANSHIP

to teach respect for self, team, opponents, officials, rules, and the game itself

COACHES' EDUCATION

to provide resources for teacher-coaches who serve as curriculum instructors of educational athletics

LEADERSHIP

to promote the power of positive influence that student athletes and teacher-coaches share as role models

COMMUNITY SERVICE

to recognize the privilege of athletic participation and the responsibility of giving back to the community



MASSACHUSETTS INTERSCHOLASTIC ATHLETIC ASSOCIATION

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