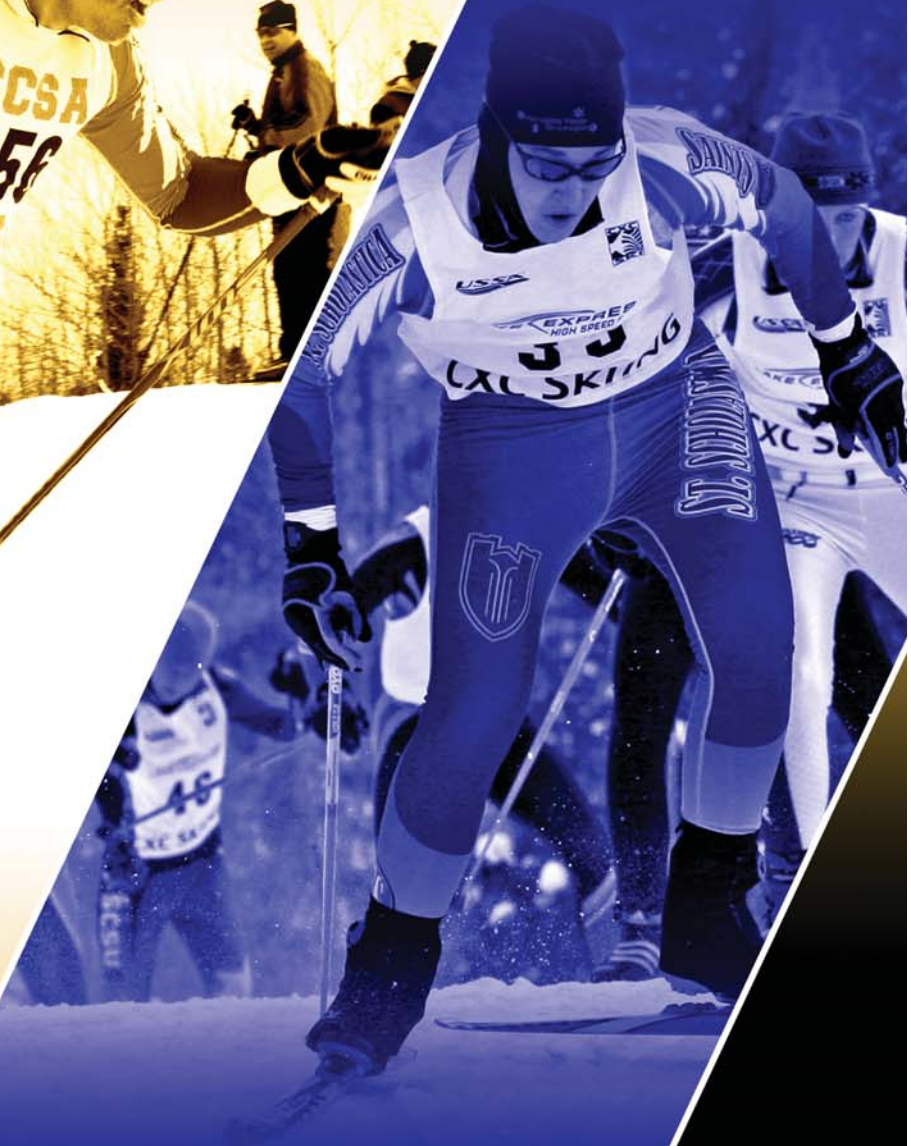
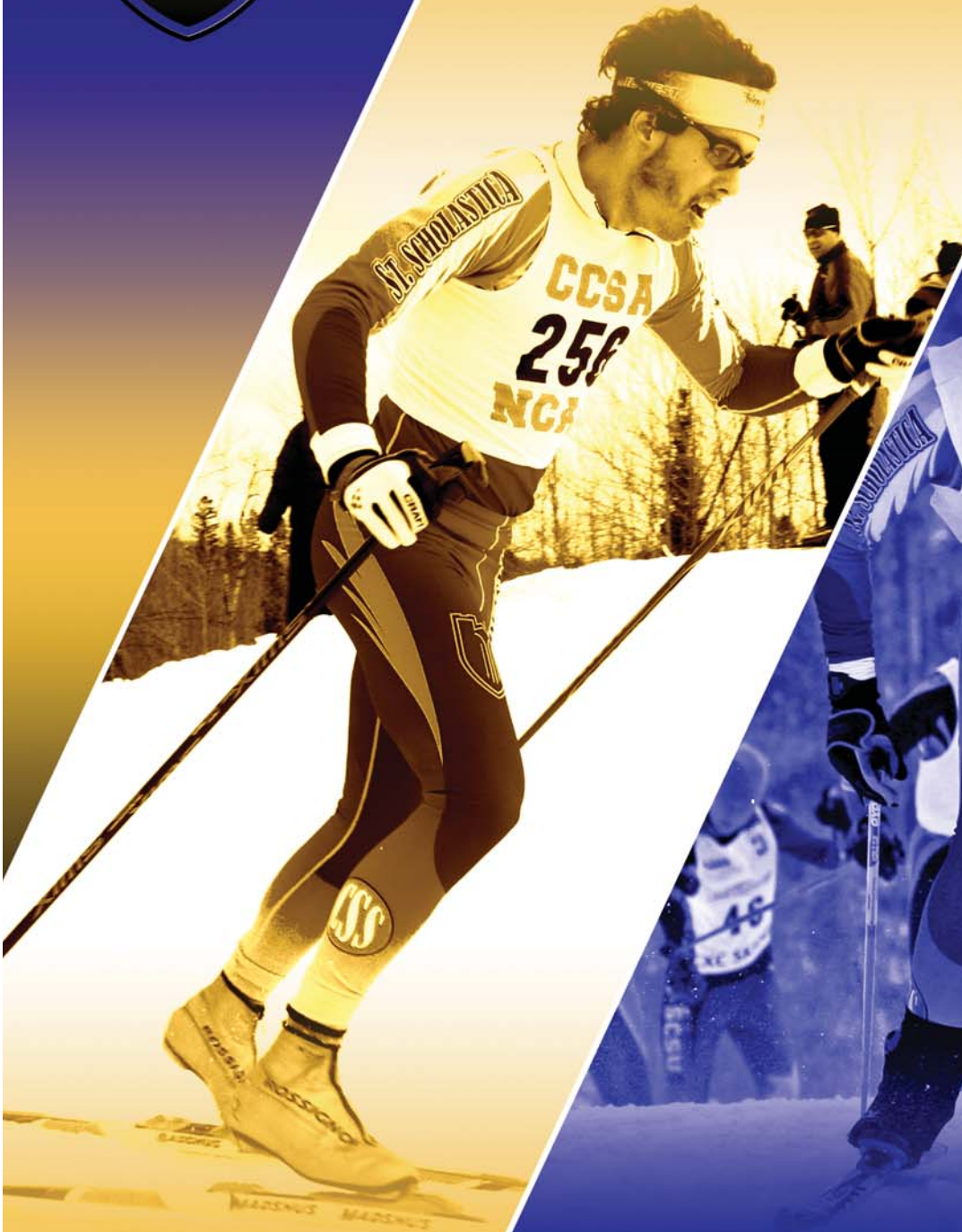




2008 SAINTS NORDIC SKIING



**The College of St. Scholastica
Duluth / Minnesota**



Chad SALMELA
HEAD COACH
3rd season

Chad Salmela begins his third season as the first head coach of the St. Scholastica Nordic ski team. A junior standout in the Midwest as a cross country skier, Chad switched to the sport of biathlon at age 19. After eight years of competing nationally and internationally as a member of the United States Biathlon Team, he transitioned to the assistant coach position of the national program in 1998, while finishing his college degree at Middlebury College in Vermont.

After graduating from Middlebury, Salmela created and coached a national junior development team for biathlon, managed the 2002 Olympic Games biathlon competitions in Salt Lake City, served as assistant coach and wax technician for the U.S. junior world championship biathlon team, coached cross country running at the Marshall School in Duluth, and announced ski events across the country and on television. Just prior to coming to St. Scholastica, Chad was the biathlon color commentator for NBC's coverage of the 2006 Torino Olympics.



Brad NELSON
ASSISTANT COACH
3rd Season

Brad Nelson begins his third season as assistant coach for the Saints. Brad's long history and understanding of the sport has had a strong impact on the Saints' early successes in both depth and quality of the program. Nelson earned NCSA All-American honors as a Northern Michigan University skier, finishing 2nd at the 1991 NCSA Collegiate Skiing National Championships. Upon graduation, Brad was accepted into the United States Olympic Education Center's Nordic skiing program in Marquette, Michigan, where he trained and competed under the tutelage of Russian ski gurus, Nikolai and Antonina Anikin. Instrumental in keeping the Anikin legacy in the United States, Brad, along with brother Tim, and John and Bruce Bauer, instituted the Gitchi Gummi Sport Association in Duluth. Since leaving his critical role in the GGSA, Brad founded and ran the alternative newspaper, *The Ripsaw*, in Duluth, and is the drummer for Midwest cult-hero rock band, the Black Eyed Snakes.



After only two seasons under Salmela, the program boasts a robust roster and an NCAA Championship appearance, with the Saints finishing 19th in the country in 2008.

Originally from Mt. Iron, Minn., Salmela lives in Duluth with his wife Ira.



Sara KYLANDER-JOHNSON
ASSISTANT COACH
2nd season

Sara Kylander-Johnson begins her second season as assistant coach. Kylander-Johnson competed at the national and international level as a cross country skier, representing the United States at the 1992 World Junior Championships. That same year, she achieved All-American status at the NCAA skiing championships for the Northern Michigan University Wildcats. A current member of the Trek/VW Midwest Region pro mountain biking team, you can see Sara ripping it up at the front of most Midwestern mountain bike races, while holding her own in pro races around the country. Sara is a physical therapist, is a St. Scholastica alum, and lives in Duluth with husband Scott.

Scott Kylander-Johnson begins his second season as assistant coach. Scott is a graduate of St. Scholastica and got into endurance sport while a student here, running cross country for the Saints after a junior career as a motocross racer. Following college, Scott combined his endurance training from running at CSS with his incredible skills on two wheels, and became one of the area's top mountain bikers—something he still is very passionate about today. Scott teaches at the Marshall school where he also coached cross country running and cross country skiing for 8 years. Both Scott and his wife Sara bring a huge amount of experience, enthusiasm, and fun to the Saints ski team.



Scott KYLANDER-JOHNSON
ASSISTANT COACH
2nd season

Following college, Scott combined his endurance training from running at CSS with his incredible skills on two wheels, and became one of the area's top mountain bikers—something he still is very passionate about today. Scott teaches at the Marshall school where he also coached cross country running and cross country skiing for 8 years. Both Scott and his wife Sara bring a huge amount of experience, enthusiasm, and fun to the Saints ski team.



Julia CURRY
SOPHOMORE
Woodbury, Minn.
Woodbury HS
Biology/Pre-Medicine Major



Nicole DUFF
SENIOR
Forest Lake, Minn.
Forest Lake HS
Elementary Education Major



Megan HOLMES
JUNIOR
Gilbert, Minn.
Mesabi East HS
Biology/Pre-Medicine Major



Jessica JOHNSON
SOPHOMORE
Burnsville, Minn.
Burnsville HS
Physical Therapy Major



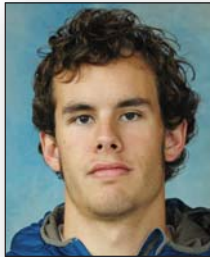
Lindsay WALLIS
SOPHOMORE
Woodbury, Minn.
Woodbury HS
Biochemistry Major



Stefan HUPPERTS
SOPHOMORE
North Oaks, Minn.
Mounds View HS
Exercise Physiology Major



Jason KASK
SENIOR
Duluth, Minn.
Duluth East HS
Exercise Physiology Major



Tyler KJORSTAD
SENIOR
Duluth, Minn.
Marshall School
Mathematics/Economics Major



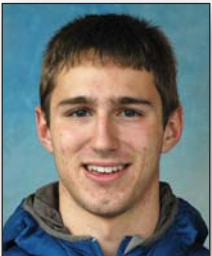
Ted KRAUS
SOPHOMORE
Honeoye Falls, N.Y.
Brighton HS
Biochemistry Major



Waylon MANSKE
SOPHOMORE
Bemidji, Minn.
Bemidji HS
Computer Science Major



Matt NISTLER
SOPHOMORE
Bemidji, Minn.
Bemidji HS
Economics Major



Paul QUIRAM
SOPHOMORE
Cloquet, Minn.
Cloquet Christian HS
Exercise Physiology Major



Kenny SMITH
SOPHOMORE
North Oaks, Minn.
Mounds View HS
Biochemistry Major



Joe WACKER
SOPHOMORE
Woodbury, Minn.
Woodbury HS
History/Secondary Educ. Major



Alex WALL
JUNIOR
St. Paul, Minn.
Como Park HS
Accounting Major

INCOMING SKIERS

Skier

Ellen ANDERSON*
Justin ANDERSON
Eric BOYLES
Tony BYE
Jenna DICKINSON
Amelia DONARS*
Maren FITZER
Mary KALLEMEYN*
Melissa KEMPENICH
Stephanie LaFRANCE
Kirk LEACH
Mike LEGAN
James LINN
Caroline LUND
Katherine MUELLER

Cl.

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Sr.
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Home town

Ely, Minn.
Proctor, Minn.
Ramsey, Minn.
Chippewa Falls, Wis.
Aurora, Minn.
Ely, Minn.
North Oaks, Minn.
Elk River, Minn.
Little Falls, Minn.
Duluth, Minn.
Hopkins, Minn.
Shoreview, Minn.
Anoka, Minn.
Duluth, Minn.
Brainerd, Minn.

Previous School

Ely HS
Proctor HS
Anoka HS
McDonell HS
Wis.-Green Bay
Ely HS
Mounds View HS
Elk River HS
Little Falls HS
Wis.-Green Bay
Hopkins HS
Roseville HS
Anoka HS
St. Olaf College
Brainerd HS

*Returning CSS students who did not compete collegiately in 2008

Sophomore **Stefan Hupperts** crests a hill at Trollhaugen Ski Area during a USSA Junior Olympic Qualifier. Saints skiers gain competitive experience on the Junior Olympic Circuit as part of the team's development model.





Megan **HOLMES**



Lindsay **WALLIS**



Julia **CURRY**



Tyler **KJORSTAD**



Jason **KASK**



Waylon **MANSKE**



Bjorn Bakken charging to 15th place at the 2008 NCAA Skiing Championships held last spring in Bozeman, Mont.

SEASON OUTLOOK

Coming off graduating senior Bjorn Bakken's breakout 2008 season, ending in a 15th place finish at the NCAA Championships and the program's first appearance at NCAAs, both the Men's and Women's Saints are motivated and ready to take yet another step towards fulfilling the team's Vision and Mission in 2009.

Junior Megan Holmes saw a huge sophomore improvement and is hungry for more in '09, while returning sophomores Lindsay Wallis and Julia Curry show big promise as well. Add the return of biathlon junior national teamer, Ellen Anderson, and senior and sophomore transfers, Jenna Dickinson, Steph LaFrance, and Caroline Lund, as well as incoming freshman with big potential, Melissa Kempenich and Katherine Mueller, and the Saints women field the deepest team in program history by a stretch.

After playing bridesmaid the past two seasons as first alternate to the NCAA Championships from the Central Region, senior, Tyler Kjorstad is hungry for an NCAA berth. Senior and sophomore returners, Jason Kask and Waylon Manske join Kjorstad as realistic NCAA qualifiers and make the Saints one of the CCSA's powerhouse men's programs for 2009. Sophomore Stefan Hupperts also saw big improvements in '08 and along with many motivated returners and top freshman recruit, Kirk Leach, expect an incredibly deep and competitive Saint's men's team.

TEAM VISION

The College of St. Scholastica Ski Team will be the most successful Collegiate Division III Nordic Ski program in the Midwest by 2010. By 2012, the team will annually qualify their regional quota to the NCAA Skiing Championships for each gender. The College of St. Scholastica will be nationally recognized for its contribution to raising the level of the United States Nordic ski racing community as a supporting player in the goals of the national program. On its way to these achievements, Nordic skiing will become synonymous with The College of St. Scholastica via a vibrant skiing culture manifested in the varsity team's achievements as well as the strength of the development team in numbers. The St. Scholastica Ski Team will be filled with quality student athletes accomplishing their academic and athletic goals.

TEAM MISSION

Striving to be one's best takes a full and concerted effort, from oneself and within the context of the group. St. Scholastica skiers will reach their full potential as students, athletes, and teammates, regardless of competitive level. In reaching their full potential, St. Scholastica skiers will earn the greatest and most rewarding education, preparing them further for a meaningful life.

2007-08 TEAM HIGHLIGHTS

- 19TH PLACE, NCAA SKIING CHAMPIONSHIPS
 - Bjorn Bakken, 15th 10km FR, 30th 20km CL
 - First NCAA Appearance
- MN COLLEGE MEN'S CHAMPIONS, WOMEN 3RD
- NCAA CENTRAL COLLEGE REGIONALS
 - 3RD Place Men's Freestyle
 - 4TH Place Men's Classic
 - 4TH Place Men's Overall
 - 7TH Place Women's Overall

The College of St. Scholastica Fast Facts

Affiliation: Catholic, Benedictine

Founded: 1912

President: Dr. Larry Goodwin

Enrollment: 3,259; 2,538 undergraduate, 721 graduate

Campus: Duluth, Minnesota – A 186-acre campus overlooking Lake Superior

Career Placement: 97 percent of graduates are in career fields or graduate school within 6 months of graduation

Average Class Size: 21

Student/Faculty Ratio: 13 to 1

Campus Housing: Somers Residence Hall; Willow, Maple, Grove, Birch, Pine, Cedar, Kerst and Scanlon Apartments

Student Body: 38 states and 29 countries represented in recent years

Study Abroad Programs: Irish Study Center in Louisburgh, Ireland; Russian Language Program in Petrozavodsk, Russia; student scholar exchange programs in Leipzig, Germany, and Lille, France; study opportunities in Mexico, England, Italy and Tanzania; and special consortium programs through HECUA.



CONFERENCE AFFILIATION QUICK FACTS

Name: Central Collegiate Ski Association

Founded: 1992

Members: University of Alaska Fairbanks (D-I)
College of Saint Benedict (D-III)
College of St. Scholastica (D-III)
Gustavus Adolphus College (D-III)
Michigan Tech University (D-II)
Northern Michigan University (D-II)
Northland College (D-III)
Saint Cloud State University (D-II)
Saint John's University (D-III)
Saint Olaf College (D-III)
University of Wisconsin - Green Bay (D-I)

Website: www.ccsaski.com

ADMINISTRATION

President:

Chad Salmela (St. Scholastica)
(218)-723-6149
nordic@css.edu

Director of Sports Info:

Matias Saari
5721 Cascade Road
Fairbanks AK 99709
907-474-9420
matiasalaska@hotmail.com

Treasurer:

Jed Friedrich (Gustavus Adolphus)
800 West College Ave
St. Peter, MN 56082
Office: 507-933-7632
jfriedrich@gac.edu

NCAA Skiing Committee:

Scott Jerome (Alaska Fairbanks)
PO Box 757440
Fairbanks AK 99775-7440
Office: 907-474-6802
scottjerome@uaf.edu

THE CENTRAL COLLEGIATE SKI ASSOCIATION



2008-09 St. Scholastica Nordic Skiing Schedule

NOVEMBER

- 21-30 On-snow Competition Camp
- 28 USSA Supertour

WEST YELLOWSTONE, Mont.
WEST YELLOWSTONE, Mont.

DECEMBER

- 6-7 MTU Christmas Classic
- 13-14 USSA/CXC JOQ Early Season Classic

HOUGHTON, Mich.
IRONWOOD, Mich.

JANUARY

- 3-8 U.S. National Championships
- 17 Minnesota College Championship Series
- 24-25 CCSA NCAA Qualifier & USSA Supertour
- 31-1 CCSA NCAA Qualifier & USSA Supertour

ANCHORAGE, Alaska
ST. CLOUD, Minn.
COLERAINE, Minn.
CABLE, Wis.

FEBRUARY

- 7 Minnesota College Championship Series
- 14-15 CCSA NCAA Qualifier
- 28-1 NCAA Central Regional Championships

ST. CLOUD, Minn.
CAMP RIPLEY, Minn.
HOUGHTON, Mich.

MARCH

- 11-14 NCAA Skiing Championships

RUMFORD, Maine