



# ST. CLOUD STATE UNIVERSITY

## Athletic Media Relations - Nordic Ski

Home of the Huskies  
www.StCloudState.edu/~sports

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### Upcoming Meets:

#### SEASON FINAL

SCSU places 10th at  
NCAA Regional



Coach: Jeremy Frost

### 2006-07 SCSU Schedule

Date	Opponent	Time/Result
Dec. 2	Minn. College Cup	Cancelled
Dec. 9-10	Central USSA Season Opener	Ironwood, MI
Jan. 2-9	U.S. National Championships	Houghton
Jan. 13	Minn. College Cup	Cancelled Jan. 20-
21	Mt. Itasca Super Tour	10th
Jan. 27-28	Telemark Super Tour	9th
Feb. 10	Minn. College Cup	4th
Feb. 17-18	NCAA Central Region Championships	10th
Mar. 7-10	NCAA Skiing Championships	Jackson, NH

### 2006-07 SCSU Team Roster

Name	Year	Hometown
Beth Camp	FY	Kiel, Wis./H.S.
Danielle Moe	FY	Hayward, WI
Katelyn Prow	FY	Sauk Rapids
Katy Shaver	FY	St. Cloud/Apollo
Stephanie Swenson	Jr.	Big Lake/ Monticello H.S.
Melissa Walden	FY	Deep River, Ont. Mackenzie H.S.

#### NEED INFO?

For information about SCSU Nordic Ski, please contact the St. Cloud State Athletic Media Relations Office at 320-308-2141. The Nordic Contact at SCSU for 2005-06 is Tom Nelson. You can contact him via email at tcnelson@stcloudstate.edu

#### IMPORTANT NUMBERS:

Nordic Ski Office: 320-308-2245

#### HUSKY HOME PAGE:

www.StCloudState.edu/athletics

## 2006-07 SCSU NODIC SKI TEAM NEWS

Release Date: 2006-07 Season Final



### TOP TIMES AND RESULTS IN 2006-07:

#### U.S. Cross Country Ski Championships - Houghton, Mich.

Jan. 2-9, 2007 at Houghton, Mich. (no team scores)

Athlete	5K Classic	10K Freestyle
Melissa Walden	24:55 (173rd)	46:48 (171st)
Stephenie Swenson	25:23 (174th)	DNF
Katy Shaver	DNF	DNF

#### Mt. Itasca NorAm Super Tour - Coleraine, Minn.

Jan. 20-21, 2007 - SCSU placed 10th in the two-day totals

Athlete	5K Classic	10K Freestyle
Melissa Walden	22:40 (86th)	38:56 (67th)
Katy Shaver	21:29 (85th)	39:16 (68th)
Katelyn Prow	DNF	39:18 (69th)
Stephanie Swenson	23:11 (87th)	41:19 (70th)

#### FIS Super Tour at Telemark - Cable, Wis.

Jan. 27-28, 2007 - SCSU placed 9th in the two-day women's totals

Athlete	4.8K Freestyle	10K Classic
Melissa Walden	18:37.6 (52nd)*	41:21.4 (50th)*
Katelyn Prow	18:56.7 (53rd)	42:06.9 (51st)*
Katy Shaver	-	42:20.9 (52nd)*
Stephanie Swenson	20:02.2 (56th)*	44:48.1 (53rd)*
Danielle Moe	19:09.6 (54th)*	45:20.4 (54th)*

\* indicates place among collegiate finishers

#### Minnesota AllCollege-University Nordic Ski Championships - Elk River, Minn.

Feb. 10, 2007 - SCSU placed 4th (at Woodland Trails)

Athlete	Classic/Skate Combined Duo Total
Katy Shaver-Melissa Walden	1:29:56 (13th place)
Stephanie Swenson-Katelyn Prow	1:32:37 (14th place)

#### NCAA Central Region Championships - Ishpeming, Mich.

Feb. 17-18, 2007 - SCSU placed 10th (hosted by Northern Michigan)

Athlete	5K Freestyle (2/17)	10K Classic (2/18)
Katelyn Prow	25:23.9/54th	51:39.1/56th
Melissa Walden	26:59.9/57th	52:41.1/57th
Katy Shaver	27:35.9/58th	50:42.3/54th
Stephanie Swenson	28:24.4/59th	54:57.5/58th

For the latest on SCSU Athletics, check out the Husky Homepage

[www.StCloudState.edu/~sports](http://www.StCloudState.edu/~sports)