

University Name	University of Guelph	Location	Guelph, Ontario
Coach Name	Matthew Little	Contact Information	mlittle@uoguelph.ca
Clubs Nearby:	Highlands Nordic, Mono Nordic, Hardwood Hills	Program Level	Varsity team
Program Overview	<p>Guelph has a long history of having and supporting a varsity ski team and many lifelong skiers and coaches hail from this program. Training begins with the commence of school with a typical week including 2-3 roller skiing sessions Training camps are hosted on weekends to include endurance training and team comradery. Striding sessions at Chickopee Ski Resort are incorporated into dryland training as well as strength training, cycling and yoga sessions. The winter kicks off with a 3-day training camp at Highlands Nordic. Locally skier tour the 400 acres of the Arboretum next to the university and ski trails in Maltby. Future athletes will also benefit from the newly constructed \$20 million fitness centre.</p>		
Typical Numbers	2015-2016: 9 men, 8 women	Funding Options	Contact Coach for details.
Typical Competitions	OUAs, Ontario Cup races, Invitational Races		
Typical Costs	\$800-\$1000 for skiing-related costs. The school covers some costs.		
Typical Skier Level	Student-athletes; few high performance athletes. Focused on regional racing, performing at OUAs.		