



National Team Development Centre

THUNDER BAY



XCSO AGM 2020



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Current Mandate for NTDC Thunder Bay

- Provide a positive daily training environment for cross country ski athletes to continue on their pathway towards international success
- Provide quality coaching services, IST and technical support
- Provide a positive working environment for NTDC employees and volunteers
- Focus on partnerships with Ontario businesses and community organizations to create financial stability and promote the sport
- Partnerships with Ontario Clubs, Cross Country Ski Ontario, Nordiq Canada, Other National Development Centres, International Partners



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Results and Goals

- Graham finishes 13th in 15km CL at the World U23 Champs
- Graham qualifies 6th in SK Sprint at World U23 Champs
- Pierre wins 3 NorAm Sprint Qualifiers and competes at World U23 Champs
- 3 NTDC athletes qualify to race World Cup
- Graham and Pierre Nominated to National Ski Team
- Looking forward goal is to qualify athletes to the NST, World Cup, World Championships and for the Beijing Olympics



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What Went Well – growth through the last quad

- Continued working closely with XCSO
- Funding support from CSIO
- Improved International Results
- Committed governance with limited resources
- Corporate Sponsorship of Rollerski Treadmill



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Canadian Sport Institute of Ontario
funded partnership with Cross Country Ski Ontario

- Coaching and Technical Leadership
- Sport Science/Sport Medicine
- Competition and Training Support



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Force Majeure - Covid 19

- Abrupt ending to Race Season – Cancellation of Canadian World Cups and National Championships
- Devasting impact on athletes at the most important point of their race season
- Serious financial challenges having a negative impact on both sponsorship and fundraising revenues



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Finding the positives of the pandemic

- Athletes develop resilience through adversity
- Forcing us to operate differently – refocus
- We Love NTDC Fundraising campaign
- Applied for Federal relief funding
- XCSO stepped up to help us through a difficult time



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2020-2021 Team

NTDC Thunder Bay 2020-21 Athletes		
Athlete	Age	Club
Julian Smith	24	Georgian Bay Nordic
Graham Ritchie	22	Georgian Nordic
Pierre Grall Johnson	21	Nakkertok Nordic
Lisle Compton	22	Kenora Nordic
Shaylynn Loewen	20	Georgian Nordic
Heidi Stewart	20	Big Thunder Nordic
Kai Meekis	20	Big Thunder Nordic
Max Mahaffy	18	Walden Nordic
Guillaume Pelchat	18	Pembroke Nordic
Sophie Tremblay	18	Nakkertok Nordic

NTDC -Integrated Support Team – Sport Science and Sports Medicine

NTDC Thunder Bay 2020-21 Integrated Support Team (IST)

Position	Name	Clinic
IST Lead / Physiotherapy	Jennifer Bull	Thrive Strength and Wellness
Strength and Conditioning	Paul Hemsworth	Thrive Strength and Wellness
RMT	Kelly Stewart Doromko	Connect Massage and Wellness
Chiropractic	Dr. Rodney Puumala	Alignment Chiropractic and Rehab
Chiropractic	Dr. Shane McCormack	College Park Chiropractic
RMT and Yoga	Sheila Sundell	Alignment Chiropractic and Rehab
Lead Doctor	Dr. Nicki Wilberforce	Fort William Clinic
Doctor	Dr. Sara Peters	TBHSC
Mental Performance	Nick Alderton	CSIO
Mental Performance	Dr. John Gotwals	Lakehead University
Sport Physiology	Dr. Ian Newhouse	Lakehead University
Sport Physiology	Melissa Lacroix	CSIO
Nutrition	Michelle Lawrence	TBHSC
Nutrition	Christine St. Clair	CSIO




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Looking Forward – 2020 - 2021

- Planning is difficult within the current pandemic environment – with a high degree of uncertainty for race events
- Working with one coaching staff and looking to recruit assistant coach/technical support person for the racing season
- Do everything we can to promote the sport of cross country skiing and raise the profile of NTDC, XCSO and Nordiq Canada

Looking for Fundraising Opportunities

- We  NTDC Thunder Bay fundraiser
- Corporate sponsors – business community
- Nordicfest during COVID – alternative event TBD
- Partnerships to promote skiing as an alternative to other sports during COVID

Rollerski Treadmill





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Thank You