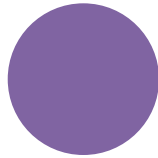
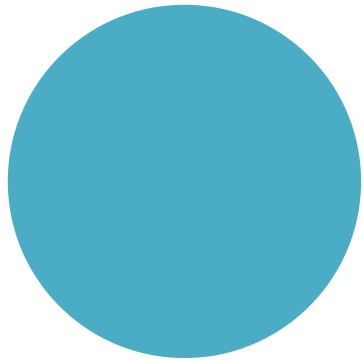




**Cross Country
Ski Ontario**



Ontario Para-Nordic Program

Thanks goes out to all
of our Partners:
Canadian Paralympic
Committee, Nordiq
Canada and Ontario
Para Sports & Ontario
Para Collective

XCSO PN
Successes

Recreational

Regional

Provincial

National

International

2019-20

- **Received Cross Country Canada's PWAD Grant**
- **5 dryland camps**
- **Partners: Canadian Paralympic Committee**
- **Ontario Blind Sport Association**
- **Ontario ParaSport**
- **Ontario Para Collective**
- **Partner with NC for a dryland camp in Ottawa**
- **Held first CISO testing camp in Sudbury Kate Boyd attended**
- **Training camp in Sudbury at the same time**
- **Held OPSWGs Qualifier at Kivi Park**
- **Para athletes standing raced same distances at OCs**

XCSO LSSD
PN Member

Jake Porter

- **Lappe Nordic**
- **Kamview Nordic**
- **Recreational opportunities**
- **Club events**

XCSO NCD
Andrew
Pittman

- **Nakkertok**
- **Kanata**
- **Opportunities for**
- Margarita Gorbounova coaching with her husband at Kanata
- This is a recreational program

XCSO NOD

Patti Kitler

- **Laurentian Nordic**
- **North Bay Nordic**
- **Temiskaming Nordic**
- **Soo Finnish**
- **Rainbow School Board**
- **Para Opportunities**
- **Training with club team**
- **Participating with High School and Elementary ski teams**
- **Competing for School, Clubs at all levels**



XCSO PN OPSWGs 2020 qualifier

XCSO SOD

Ken Norris

- **Local areas with Para-Nordic opportunities**
- **Highlands Nordic**
- **Horseshoe Resort**
- **Waterloo Regional**
- **Ontario Renegades**
- **Recreation**
- **School opportunities**
- **Training opportunities with club teams**
- **Try-it opportunities with other Para Sports**
- **Provincial and National events**



XCSO Para-
Nordic
Challenges

CHRONIC PAIN

VISION LOSS

SURGERIES

UNABLE TO DRIVE

NEED FOR ONE ON ONE SUPPORT

NEED GUIDES FOR ALL TRAINING AND
RACING



Family and Friends

Enjoying the Family Day weekend with friends from out of town



Families
Outdoors
Together

Offered
Four
Dryland
Training
Camps

July Dryland Camp Kivi Park

August Dryland Camp
Sudbury for new PN athletes

Annual Fall Dryland Camp in
Sudbury

On-snow camp/qualifier for
OWGs in Sudbury

Competitions
attended in
2019-20

Trials Dec/19 Kivi Park

Elementary races

High School events

Ontario Cups/O/WGS

Loppets

XCSO PN Youth Enjoying

Competing at OCs/LTAD



Competing with Teammates



Personal First 15km Classic Event





Another Para Nordic Opportunity

XCSO
PNST/
More
athletes
met the
60 points
from PN
CPL
standard

OPNST/NC Next Gen Team

Christina Picton

Kyle Barber

OPN Development Team

Maddie Mullin

Logan Lariviere

Brian Eaton

James Butcher

NC World Cup Team

Collin Cameron

Ontario Winter Games



Invite Persons with Disability to:

- Imagine a different future
- Come out and play
- Try different sports
- Come out with your families and try cross country skiing
- Try it you will love it



Skiing together