



# Southern Ontario District 2019-20

**Cross Country  
Ski Ontario**

*"To engage, inspire, and involve Ontarians  
in cross-country skiing for life."*

**Dwayne Barber**  
**Chair**

**Southern Ontario District  
Cross-Country Ski Ontario**

# SOD Board

Dwayne Barber (Chair)

Colin Rhodes (Vice-Chair)

Bryan DuBeau (High Performance rep)

Ken Norris (Para Nordic rep)

Fernanda Peyronel (Youth representative)

Richard Lemoine (Treasurer)

Rick Dickey

Debra Friendly (Recording secretary)



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# Southern Ontario District



24 clubs

5118 members

Geographically large area stretching  
from Huntsville to Lakefield to St. Mary's to  
Owen Sound



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# Toronto Ski & Snowboard Show



November 7-10, 2019

XCSO had a booth manned  
by volunteers

Interactive roller ski feature  
with >500 participants

Roller skiing featured on Toronto media

While show is alpine focused, a  
great opportunity to showcase  
our sport!

Discussions about creating a  
nordic village at future shows

2020 show is cancelled



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# SOD Snowmaking

- Highlands Nordic was successful applicant
- Awaiting Niagara Escarpment approval for pipe burial
- *\*Hopefully\** in place for fall 2020

*Dwayne Barber, Colin Rhodes*

*Ken Norris & Bryan DuBeau*



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# Paraffin Series

## SOD Paraffin Series 2019/2020

Sat Dec 14th Yuletide Blast @ Highlands Nordic  
Sun Jan 5th Midland Loppet @ Mountainview Midland  
Sun Jan 12th Sounder Loppet @ Georgian Nordic  
Sat Feb 1st Mono Nordic  
Sun Feb 9th Suntrail Special @ Hepworth-Bruce Ski Club  
Sun Feb 23rd Ski Cross @ Mountainview Midland  
Sun March 1st Georgian Team Sprint @ Georgian Nordic



### Contact For More Information:

Colin Rhodes - [colin.rhodes@gmail.com](mailto:colin.rhodes@gmail.com)

Website - <http://xcskiontario.ca/districts-clubs/sod/sod-paraffin-race-series/>

>400 athletes participated  
in the series

One race cancelled

*Colin Rhodes*



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# Paraffin Series 2020

## COVID measures

- No mass start races
- Larger intervals between starts
- Virtual team captain's meetings
- No formal award ceremonies



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# SOD Team Nominations 2020-21



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**Madison Fraser-SOD Team Coach**

Erik Unger  
Cooper de Haan  
Aidan Nelson  
Genevieve DuBeau  
Emily Poole  
Emily Gordon  
Liam Kenny  
Nathan Golisky  
Levi Dettman  
Ellie Dowling  
Mia Smith  
Ellen Groh  
Simon Graham  
Andrew Bougai  
James Rowan  
Holly Ryan



**Scott Dowling-SOD Team Co-ordinator**

Thomas Beukeboom  
Leo Gojic  
Claire Day  
Aleida Nelson  
Alex Timms  
Lia Fransson  
Justine Hastings  
Sam Mason  
Brent Day  
Percy Wiersma  
Ewan Verheyen  
Owen Kenny  
Sabine Cornell  
Hazel Dowling  
Adeline Latour  
Teagan Gawne



# Athlete Safety

- Two athletes struck during training cycling rides
- Coaches have done an excellent job educating athletes on roller ski safety
- Continue to focus on ALL aspects of training including cycling
- Actively participate in cycling safety advocacy



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# Shelby Dickey Memorial Scholarship

Highlands Nordic athlete

Ontario Ski Team

Nipissing University athlete

Represented Canada at FISU games

Former SOD coach

Nipissing University has developed a scholarship to award to a Nordic skiing student in Shelby's memory

[nipissingu.ca/ShelbyDickeyMemorial](http://nipissingu.ca/ShelbyDickeyMemorial)



# Daniel Bertini Memorial Award



Team Hardwood Masters' athlete

Physics teacher at St Joan of Arc (SJA)  
High School in Vaughan

Fundraiser organized by  
SJA Science Department

Scholarship in Dan's memory to be  
awarded to SJA science student(s)

[https://ca.gofundme.com/f/  
daniel-bertini-memorial-award](https://ca.gofundme.com/f/daniel-bertini-memorial-award)

# Future Directions



Increase communications through social media

Provide leadership in “Return to Play” protocols

Provide support to clubs during COVID

Provide advocacy as our sport can be a leader in maintaining fitness during COVID



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