



National Team Development Centre **THUNDER BAY**

Looking back at 2020-21





*National Team
Development Centre*
THUNDER BAY

Results

- Shaylynn Loewen, Graham Ritchie and Pierre Grall Johnson qualify to represent Canada at World U23 Championships
- Graham Ritchie 17th in Sprint World Cup in Ulricehamn Sweden (9th in qualifying)
- Pierre Grall Johnson 17th in Sprint World U23 Championships in Vuokatti Finland
- Graham Ritchie 7th (with Antoine Cyr) in Team Sprint at World Championships in Oberstdorf Germany



Impact of the Pandemic

- Cancellation of all North American competitions
- Training venues for strength and condition closed
- Traditional fundraising – Nordicfest not possible
- Travel to World Cups/ World Junior champs – logistically complicated due to Covid19
- Lack of support staff to support domestic training, due to head coach supporting Canadian Team in Europe



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Positives

- Access to NTDC treadmill at Nordmin in the lead up to winter – adherence to Covid protocols
- Winter -Lots of on-snow time with reduced travel
- Travel related expenditures down
- Online auction fundraiser was successful
- Good team atmosphere despite the challenging environment
- Renewed funding from CSIO

NTDC -Integrated Support Team

NTDC Thunder Bay IST		
Name	Position	Location
Jennifer Bull	IST Lead / Lead Physiotherapy	Thunder Bay
Paul Hemsworth	Strength and Conditioning	Thunder Bay
Dr. Nicki Wilberforce	Lead Doctor	Thunder Bay
Dr. Rodney Puumala	Lead Chiropractic	Thunder Bay
Dr. Shane McCormack	Chiropractic	Thunder Bay
Kelly Stewart Doromko	Lead RMT	Thunder Bay
Shiela Silver	RMT / Mobility Specialist	Thunder Bay
Onika Green	Lead Mental Performance Consultant	CSIO
Dr. Sara Peters	Doctor	Thunder Bay
Christine St. Clair	Lead Nutrition	CSIO
Michelle Lawrence	Nutrition	Thunder Bay
Melissa Lacroix	Lead Sport Physiologist	CSIO
Dr. Ian Newhouse	Sport Physiologist	Thunder Bay



Looking Forward

- Team is excited to return to competition in the coming season
- Olympic Winter Games– Beijing 2022
- Continue collaboration to help provide resources for World Cup and European race opportunities
- Enhanced alignment with XCSO – Ontario High Performance
- Recruiting Assistant Coach for NTDC



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Thank You to XCSCO
and all Ontario Clubs
We appreciate the
Support