

University Name	University of Ottawa
Coach Name	Sheila Kealey
Universities/Clubs Nearby	Nakkertok Nordic Club Skinouk Chelsea Nordiq Carleton U Ravens
Program Overview	<p>uOttawa Nordiq aims to provide cross country skiers at uOttawa an opportunity to continue to ski. The Ottawa-Gatineau area is one of the best places in Canada to ski competitively and go to school: uOttawa's proximity to some of the nation's finest trails and a full local calendar of competitive events is hard to beat. Certified and experienced coaches design training plans and run workouts, and students play a key role in team direction and organization. Training is designed with student athletes in mind, and workouts are scheduled to accommodate class schedules. Ottawa has high performance teams at Nakkertok and Chelsea Nordiq (some uOttawa athletes are members of these teams), and we coordinate some workouts with these groups. uOttawa is the World's largest English-French bilingual university offering outstanding programs.</p> <p>Team Website: https://sites.google.com/view/uottawanordiq/ Athlete FAQ: uOttawa Nordiq Athlete FAQ.</p>
Typical Numbers	2017-18: 20 athletes.
Typical Competitions	Ontario has the strongest University racing of all Canadian provinces. In 2018-19 primary events will be the Ontario University Athletics (OUA) Championships and the Canadian College and University Nordic Championships (CCUNC) and potentially additional Ontario or Quebec Cup events. We will take advantage of the rich local competition calendar to allow busy student-athletes to compete without excessive travel, time, and expense. Athletes can choose a racing schedule that suits their goals. Athletes have the option of training with local high-performance programs (e.g. Nakkertok) to compete in more national/NorAm circuit events.
Typical Costs	Our goal is to make training and racing as accessible as possible. Coaches are volunteers and programming is free. Program fees are minimal (small team fee + discounted Nakkertok trail fee). Team sponsors will help subsidize the cost of ski and waxing equipment. Racing fees depend on the athlete's chosen race schedule. We will fundraise and seek other support to help subsidize athlete costs.
Typical Skier Level	Our athletes range from former high-school skiers to National level competitors. If you have nordic skiing experience and the dedication to follow a training program and come to practices please join us! uOttawa Nordiq coaches can tailor training to individual backgrounds and academic load.