



**Cross Country  
Ski Ontario**

# **Athlete Report**

Angus Foster/Kate Mason

# Culture

- ownership/permission
- One Team
- change

## **Ownership/Permission**

- invite opinions/ideas from athletes
- permission to experiment + fail
- pushing past our ability

## **One Team**

- Ontario/Nakkertok/NOD vs CANADA
- more important to give than get
- multiply each others efforts

## Change

- countries/programs with the least success fight change the most
- "This is a job I would want"
- This is a moment - are you in?