



**Cross Country
Ski Ontario**



Ontario Para-Nordic Program

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



XCSO PN Successes

Recreational

Regional

Provincial

National

International

2018-19

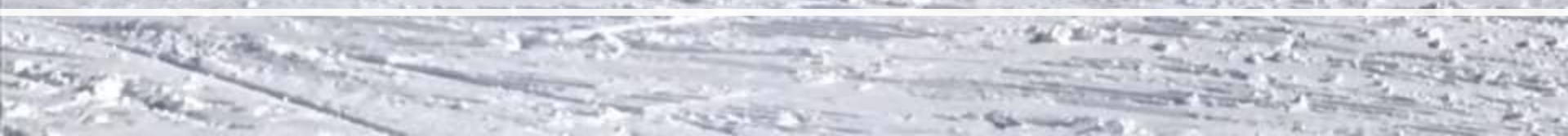
- **Received Cross Country Canada's PWAD Grant**
- **5 dryland camps**
- **Partners: Canadian Paralympic Committee**
- **Ontario Blind Sport Association**
- **Ontario ParaSport**
- **Partner with CCC for a dryland camp in Ottawa**
- **Held first CWGS/OPSWG's Qualifier**
- **19 participants competed**
- **Training camp 20 or more athletes at each camp**

**XCSO LSSD
PN Member
Elaine Lynch
Jake Porter**

- **Lappe Nordic**
- **Kamview Nordic**
- **Recreational opportunities**
- **Club events**
- **Sibley Tour**
- **Coaching workshop**
- **Awareness Workshop**
- **Come out and Try-it Day**
- **Local Cadets interested in helping a VI cadet to shoot**



CC AWAD workshop: how to guide and sit ski at the LSSD AWAD



XCSO NCD
Andrew
Pittman

- **Nakkertok**
- **Kanata**
- **Opportunities for**
- **Persons to try sit skiing**
- **Participate in local events**

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 CWGS & OPSWGs 2019 Qualfier



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

Cerebral Palsy athletes have necessary operations stops their ability to train





Family and Friends

Enjoying the Family Day weekend with friends from out of town







Families
Outdoors
Together

Offered Five Dryland Training Camps

July Dryland Camp Kivi Park

August Dryland Camp
Sudbury for new PN athletes

Partner Camp with
CCC/CCO/QC Gatineau

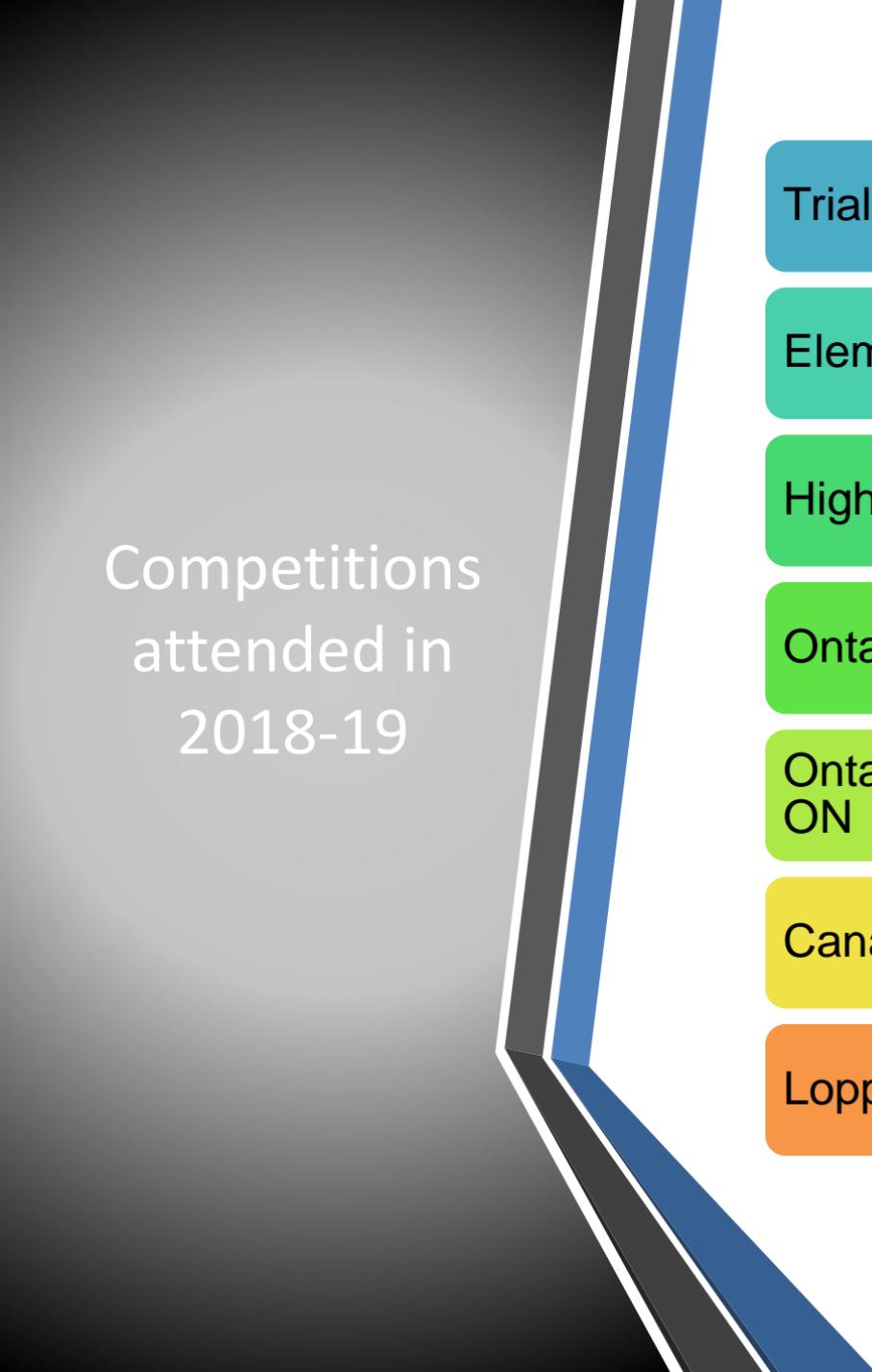
Annual Fall Dryland Camp in
Sudbury

Nutritional Session at July 2018 camp



Team Social Activity





Competitions
attended in
2018-19

Trials Jan 3/6/19 Kivi Park

Elementary races

High School events

Ontario Cups/Eastern Canadians

Ontario ParaSport Winter Games Durham,
ON

Canada Winter Games Red Deer, Alberta

Loppets

Friendships Develop

Future PN Athletes Maddie & Logan



**Collin Cameron, Kyle Barber XCSO
PN athletes heading to WPNS
Championships in Prince George,
BC**



XCSO PN Youth Enjoying

Training together



Competing with Teammates





Starting young pays off



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

Tanya Quesnel

Caelan Flannigan

Kyle Barber

Julie Mayer

Collin Cameron Dariusz
Symonowicz

Christina Picton



XCSO First
World Para
Nordic Ski
Sprint
Champion.
2019

2019-20

