

University Name	Carleton University	Location	Ottawa, Ontario
Coach Name	Robert D'Arras	Contact Information	Robert D'Arras: rdarras@rogers.com
Universities/Clubs Nearby:	Nakkertok and U Ottawa Nordiq also in area with joint training opportunities	Program Level	Varsity team with a paid coach
Program Overview	<p>Carleton University's varsity ski team is a competitive university team based in Ottawa. Athletes have access to free physiotherapy, a strength coach and periodized strength plan, funding for varsity trips and access to great training facilities. Most training is done at Gatineau Park or Nakkertok Nordic, gym training happens on campus. Training times are built to accommodate academics. Athletes must take 3 courses per semester to be eligible for the team. The focus of the year is performing at the Ontario University Championships. A number of athletes organize additional trips to races such as the national championships and other noram races.</p> <p>https://goravens.ca/teams/nordic-skiing/</p>		
Typical Numbers	2018-2019 20 men and women	Funding Options	Athletic/Academic scholarships are also available.
Typical Competitions	Ontario University Championships, Eastern Canadian Championships, American Collegiate races, Noram racing if costs allow.		
Typical Costs	No program/coaching fee. Varsity race costs are covered by the school (3 weekends a year).	Tuition: \$6000-\$9000 Living: \$7500	
Typical Skier Level	Athletes range from Noram medallists to athletes with a focus on improving their skiing and racing at a local races.		