

University Name	Laurentian University	Location	Sudbury, Ontario
Coach Names	Erik Labrosse Laura Williams	Contact Information	er_labrosse@laurentian.ca
Clubs Nearby	Laurentian Nordic Walden Cross Country Onaping Nordic	Program Level	Varsity Team
Program Overview	<p>We are an enthusiastic and motivated racing team in the rebuilding phase. Team practices are held 3-5 times per week from September to March. Sundays are typically reserved for “Adventure Sundays” which are long Z1 workouts which have taken us to all sorts of places! Athletes are given weekly training plans to follow during the summer to keep up their training and development. We train primarily on our 10km of classic/skate groomed campus trails but there are five other prime ski trail networks in the Sudbury area which we visit on occasion.</p>		
Typical Numbers	12-16	Funding Options	We do have some support from LU Athletics and the Laurentian Nordic Ski Club, but fundraising initiatives are essential.
Typical Competitions	<p>We participate in local races including the Tuesday Night Race Series, the Woolly Hippo and Sofie Manarin Loppet. We also travel to larger events such as Ontario Cups, Eastern Canadian Championships and OUA Championships.</p>		
Typical Costs	Minimal, email Erik Labrosse for details		
Typical Skier Level	<p>Athletes join our program from a variety of skiing backgrounds (recreational skiers to athletes having competed at provincial/national levels).</p>		