



Cross Country
Ski Ontario

Para Nordic Committee
Report
2021-22

The Para Nordic community would like to thank Patti Kitler the past chair of the Para Nordic Committee for her dedication and leadership with the development opportunities for these athletes. John Cowan came on board as the chair last May to replace Patti as Patti shifted her focus on the development of the Laurentian Nordic Para program.

The Para Nordic committee is composed of John Cowan Chair, Liz Inkila Cross Country Ski Ontario Executive Director, Victor Wiltmann Technical Director Cross Country Ski Ontario, Northern Ontario Representative Patti Kitler, Southern Ontario Representative Perry Sakki, Lake Superior Representative Jacob Porter and National Capital Representative Andrew Pittman. Thank you to the committee members for their time on various subcommittee and meetings throughout the year.

This past year the para nordic committee along with the support of the Cross Country Ski Ontario board proceeded with a strategic review of the para nordic program offering. Bruce Deacon from Run Fast Consulting was the successful applicant to review and develop a plan for the next couple of years with the outcome of expanding the para nordic community to other clubs across the province. The full report and recommendations of Bruce's report can be found [HERE](#) on the XCSO website.

In late August, Graham Nishikawa (Nordiq Canada's Para Next Generation coach), Patti Kitler and John Cowan worked on facilitating a Community Coach Athlete With A Disability (AWAD) workshop in Sudbury and where we were able to increase provincial leadership capacity with participants coming from around the province. The following day a Learn to Train AWAD workshop was completed with a blended format of in person and virtual components. During this weekend we were able to host a camp while integrating athletes with a disability to work with the coaches.

A second training camp was held in early October in Sudbury with athletes from around the province attending and building their skill sets. The first day took us to the Government Road services complex in which we completed our second time trial. In the afternoon we arrived at Kivi Park and the athletes underwent their first fitness test. On the second day, the athletes and

coaches were able to roller ski on a brand new paved trail system at the Delki Dozzi cycling track.

In November the para-nordic program had the opportunity to train at a development camp with the National Para team program at the Canmore Nordic Center. Our provincial athletes were able to work with Robin McKeever, Graham Nishikawa and Kate Boyd. This camp provided the Ontario athletes to proceed through the para classification system while staying in Canmore. Ontario had Amanda Provan with guide Emily Jones, Erica Scarff, Logan with guide Clinton Lahnalampi and Madison Mullen with guide and co-coach Perry Sakki. The team was not only able to work on the trail with Canadian athletes but also with Americans, British and Japanese para nordic teams. Ontario athletes competed in two time trials with the aspiration of trying to qualify to compete the following week as Canmore hosted the World Cup for Para Nordic. Madison Mullen had good qualifying times but was too young to compete at the World Cup and Logan Larivierre also qualified.

The team had their third on-snow blended camp and race in January. National team skiers Collin Cameron along with Christina Picton supported the training camp virtually as the athletes undertook building their own race plan. Once the athletes had created the race plan they were to implement for a time trial. The time trial took place at three different venues of Highlands Nordic Duntroon with Nathan Perry and Erica Scarff, Sudbury Kivi Park with Logan Larivierre, Tanya Quesnel, Amanda Provan and Nakkertok with Emma Archibald (Nova Scotia studying at Ottawa U) and Gabriel Ferron-Bouius. Thank you to the coaches Perry Sakki and John Cowan at Highlands, Peter Wiltmann and Victor Wiltmann at Kivi Park and Robert D'Arras at Nakkertok. At the conclusion of the weekend training camp, the athletes had a chance to go through a debrief with Technical Director Victor Wiltmann online.

At the beginning of February, the Provincial para team met in Central Ontario to take part in the Georgian Bay Nordic Ski Club Sounder Loppet. At this event Tanya Quesnel (sit skier), Nathan Perry (sit skier), Logan Larivierre, Madison Mullen, and Amanda Provan competed.

Our first Ontario Cup race took place at Lakefield College. The athletes who attended were Nathan Perry (sit skier), Erica Scarff (sit skier), Amanda Provan with new guide Ewan Craig, Madison Mullen with new guide John Ahokas, Logan Larivierre with guide Clinton Lahnalampi. A great weekend of results and exciting to have the team together to race.

Ontario had two representatives compete at the Beijing Paralympics with sit skiers Collin Cameron and Christina Picton. They both had a very successful championship with Collin returning with three bronze medals. Congratulations to the both of you on representing Canada!

The final event of the season was Nationals held at Callaghan Valley and the only representative from Ontario to attend was Logan Larivierre. Logan was in his element on the last day of his competition with Paralympian Mark Arendz volunteered to guide for Logan.

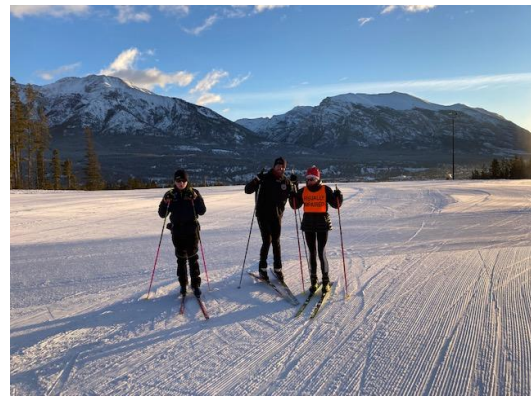
The strategic review helped to give the para nordic committee direction and to set forth some priorities. A full time lead for para nordic has been hired and the committee would like to introduce Jennifer Niesen from Sault Ste. Marie. The committee is looking forward to working with Jennifer. One of the key features of the strategic plan is to build capacity both in the number of athletes and equipment to support the athletes and club leadership. Bruce Deacon is wanting to make the sport inclusive by integrating able and para programs at the club level. This past year Katja Mathys, Liz Inkila, John Cowan and Todd Randall completed their Officials Level 3 program and were fortunate to have World Para Nordic Official Len Apedaile share his thoughts on para course homologation features which will help improve the para athletes experience of competition.

The Para Committee has also been seeking funds to support many of the initiatives that have been identified in the strategic review and I am pleased to share that we have been successful in securing grants from Canadian Tire Jump Start Operations grant and also from Canadian Paralympic Committee to help offset project costs. In the area of equipment updates, Exerotech from Norway has a fully customizable sit ski called Spike and also a Finnish optical Biathlon equipment manufacturer called Eco-Aims as an additional part of training opportunities.

A large thank you to the coaches Perry Sakki, Patti Kitler, Jacob Porter, Rob D'Arras, Peter Wiltmann, Victor Wiltmann, Kat Dennis, Bryan Dubeau and John Cowan in your efforts with the season. As well thank you to the guides who supported the athletes Clinton Lahnalampi, Emily Jones, Ewan Craig, Benjamin Osorio, John Ahokas and Perry Sakki.



Collin Cameron - Canmore Time Trial
(November)



Logan Larivierre, Clinton Lahnalampi (Guide),
Madison Mullen - Canmore Time Trial



Clinton Lahnalampi (Guide), Logan Larivierre
- Ontario Cup #5 Lakefield



Nathan Perry - Ontario Cup #5 Lakefield



Ewan Craig (Guide), Amanda Provan - Ontario Cup #5 Lakefield