



**Cross Country
Ski Ontario**

*"To engage, inspire, and involve Ontarians
in cross-country skiing for life."*

**Southern Ontario District
2021-22**

Dwayne Barber
Chair

**Southern Ontario District
Cross-Country Ski Ontario**

SOD Board

Dwayne Barber (Chair)

Bryan DuBeau (High Performance rep)

Perry Sakki (Para Nordic rep)

Richard Lemoine (Treasurer)

Marlee Sauder (University rep)

Shawn Marshall

Bella Waterton

Debra Friendly (Recording secretary)



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24 clubs

7,963 members in 2021/2022

8,194 members in 2020/2021

4,284 members in 2019/2020

Geographically large area stretching
from Huntsville to Lakefield to St. Mary's to
Owen Sound



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Paraffin Series

SOD racing series

Mono Nordic

Sounder

Suntrail Special

Midland Skicross

Georgian Team Sprints

Three races cancelled

(Yuletide Blast & Midland Loppet-lack of snow)

(Kawartha Nordic-COVID wave)

>200 athletes participated in the series

Shawn Marshall



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SOD Team Nominations 2022-23



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Ewan Pengra
Matthew Shalla
Scott Gamble
Luna Abbott
Aleida Nelson
Claire Day
Percy Wiersma
Thomas Hajek
Sab Cipolletti-Dyke
Sabine Cornell
Adeline LaTour

Hazel Dowling
Brennan Law
Jackson Golisky
Fern Doherty-Harrison
Jack Middaugh
Jean-Jacques Michener
Anna Vurma
Sofia Smith
Braunwyn Strickland
Lorelei Angus
Seraphine Dubeau

Liam Pengra
Elliot Verheyen
Lukas Faulkner
Will Gojic
Edgar Charbonneau
Charlotte Caners
Olivia Abbott
Islay Lash
Poppy Dowling
Ciara Kenny

Kudos



Finn Dodgson-SOD Team Coach



Scott Dowling-SOD Team Co-ordinator

Kudos



Ken Norris

Para-Nordic representative to
SOD for many years

Imperative for identification of
para-athletes at the grass roots

Tireless supporter of
para-sport in Ontario

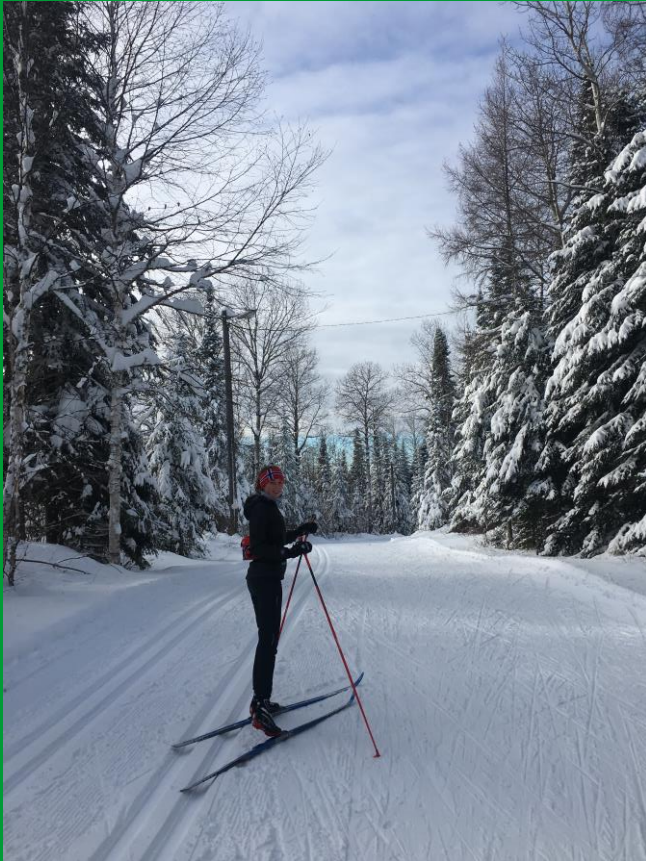
We will miss his initiative,
Passion & enthusiasm



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Future Directions



Provide support to clubs in a COVID world

Provide advocacy as our sport can be a leader in maintaining fitness

Ensure that we continue to provide top-notch programming to all levels of our membership

Enhance communications through social media



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