



Cross Country  
Ski Ontario

# Technical Director Report



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## **Committees & Partnerships**

- Canadian Sport Institute ON – ON High Performance Sport Initiative – Sports Science/Sport Medicine management
  - Nutrition, Mental Performance, S & C, program management
- NTDC Thunder Bay OHPSI Mgt
- Ski de Fond Quebec
  - Wax Protocols
  - Eastern Can Cup/Eastern Championships – prize \$
- Nordiq Canada – Domestic Development Committee
- ON ParaSport Collective
- XCSO Para-Nordic Committee
- XCSO High Performance Committee
- XCSO Mentorship Program
- Coaches Assoc of ON – PN Mentorship Program



# Team ON Programming

## Team ON Performance

- Dryland & On-snow Camps
  - Penticton with NTDC TBay
  - Parry Sound with NTDC Tbay
  - Frozen Thunder

## Team ON Development

- Dryland & On-snow Camps
  - Morin Heights
- Virtual Learning Session
  - Mental Performance & Nutrition



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## Para-Nordic Programming

- Dryland camp with Nordiq Canada
- Dryland camp in Sudbury
- In person/virtual simultaneous training camp
- Virtual learning – mental performance & nutrition



## District Development Coordinators

- Katherine Hall (LSSD)
- Bryan Dubeau (SOD)
- Peter Wiltmann (NOD)
- Katherine Denis (NCD)

Programming offered in regions organized by District Dev Coordinators. Well rec'd



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- **Competitions**

- Candy Cane Cup/Eastern Can Cup
- Eastern Can Cup – Mont Ste Anne
- Eastern Championships
- Ocup #5 – Lakefield College School
- Canadian National Championships (Whistler)

Competitions in ON were suspended due to COVID-19 in January/February and started up again in early March. Competitions continued in QC all through the season



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# 2021-2022

# International Performance

Jr/U23 Championship Team

Sarah Cullinan (Big Thunder)

Max Hollman (Big Thunder)

Jasmine Lyons (Nakkertok)

Pierre Grall Johnson (Nakkertok)



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# 2021-2022

## International Performance

### **Paralympics**

Collin Cameron

Christina Picton

### **Olympics**

Graham Ritchie



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# Nordiq Canada National Team Programs

## **Sr Program:**

- Graham Ritchie

## **NextGen Program:**

- Pierre Grall Johnson
- Max Hollmann
- Jasmine Lyons

## **Development Program:**

- Sarah Cullinan
- Luke Allan
- Anna Stewart
- Guillaume Pelchat



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# Nordiq Canada National Team Programs

## **World Cup Team:**

- Collin Cameron

## **Development Team**

- Christina Picton

## **Prospects Program:**

- Logan Lariviere
- Madison Mullin



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Cross Country Ski Ontario is the Provincial Sports Organization for Cross Country Skiing in Ontario. We are divided into four geographical ski districts: Southern Ontario, Northern Ontario, Lake Superior, and the National Capital, representing 76 clubs and 20,700 individual members.



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