



National Team
Development Centre
THUNDER BAY

Looking back at 2021-22

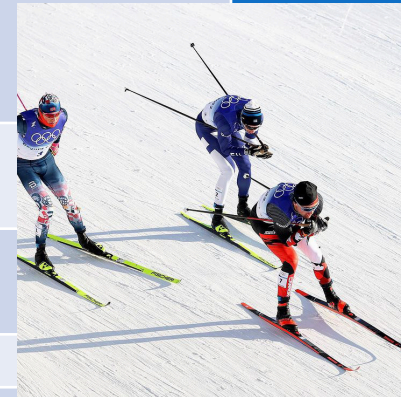


Photo credit: Nathaniel Mah, Nordiq Canada



Results

Athletes	Season highlights
Graham Ritchie	-Qualified for Olympic Team, 5 th in Team Sprints- Olympics, Multiple top 30 World Cup finished, 1 st 45k Nationals/ Supertour Finals
Pierre Grall-Johnson	-Qualified 23 rd at Drammen World Cup Sprint, Qualified 25th at U23 World Championships, 3 rd in sprint at Vuokatti Finnish Cup, Multiple top-3 finishes on NorAm circuit
Julian Smith	1 st place Western Canada Cup-Skate Sprint 1 st Eastern Canada Cup- Sprint, 1 st Interval Classic Eastern Canada Cup- Mt St. Anne 1st
Shaylynn Loewen	2 nd – Eastern Canada Cup 3 rd - Mt St. Anne
Guillaume Pelchat	4 th – Nationals 22.5k, 2 nd -Eastern Canada Cup 2 nd in classic sprints- U20 men's
Max Mahaffy	6 th -Eastern Canada cup U20
Sophie Tremblay	8 th -Eastern Canada Cup U20
Kendyn Mashinter	5 th – Nationals Sprint 3 rd Eastern Canada Cup





Impact of the ongoing Pandemic

- Added expenses of covid- increased prices, ppe, additional accommodation, staff, testing, isolation
- Traditional fundraising – Nordicfest not possible
- Travel to World Cups/ World Junior champs – logistically complicated due to Covid19
- Lack of coaching support staff to support domestic training, due to head coach supporting Canadian Team in Europe



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Positives

- Fantastic exposure and success at Olympics!
- Access to NTDC treadmill at Nordmin continued- Official launch October 29, 2021
- Winter -Lots of on-snow
- Online auction fundraiser was successful
- Good team atmosphere despite the challenging environment
- Renewed funding from CSIO
- Able to hire team manager to assist in logistics, planning, training, travel

NTDC -Integrated Support Team

IST Lead/Physiotherapy	Jennifer Bull	Thrive Strength and Wellness
Strength and Conditioning	Paul Hemsworth	Thrive Strength and Wellness
RMT	Kelly Stewart Doromko	Connect Massage and Wellness
Chiropractic	Dr. Rodney Puumala	Alignment Chiropractic and Rehab
Chiropractic	Dr. Shane McCormack	College Park Chiropractic
RMT and Yoga	Sheila Sundell	Alignment Chiropractic and Rehab
Lead Doctor	Dr. Nicki Wilberforce	Fort William Clinic
Doctor	Dr. Sara Peters	TBHSC
Mental Performance	Onika Green	CSIO
Mental Performance	Dr. John Gotwals	Lakehead University
Sports Physiology	Dr. Ian Newhouse	Lakehead University
Sports Physiology	Melissa Lacroix	CSIO
Nutrition	Michelle Lawrence	TBHSC
Nutrition	Christine St. Clair	CSIO



Looking Forward

- Team is excited kick off the season. Back out at training camps and a full schedule of racing ahead.
- World Junior-U23 Championships are being hosted in Canada- Whistler.
- Continue collaboration to help provide resources for World Cup and European race opportunities
- Supporting credential building and training of our staff-supporting our own local talent
- Enhanced alignment with XCSO – Ontario High Performance
- Part time Assistant Coach joining us this summer



Thank You to XCSO
and all Ontario Clubs
We appreciate the
Support