

# NTDC Thunder Bay 2025 Program Information

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## VISION

The NTDC provides a high performance environment that fuels Canada's international cross country skiing excellence.

## MISSION

The NTDC provides leadership to the high performance skiing community and supports the development of Canadian skiers striving for international podium finishes.

## CULTURE

Our team culture is strong and supportive. We build our bonds with our teammates during the dry-land season, and support each other as we pursue our racing objectives whether they be on the national or international circuit.



# NTDC ROLES

Cross Country Ski Ontario and Nordiq Canada recognize that it takes many years to develop a promising young athlete into an Olympic or Paralympic calibre skier. The NTDC supports the athletes throughout this process, providing leadership in high performance skiing across the province and nation by:

- 1 Coordinating educational opportunities for high performance coaches, athletes, and Integrated Support Team members (IST)
- 2 Hosting summer dryland training opportunities
- 3 Providing an exemplar of a high performance daily training environment
- 4 Sharing best practices so that all clubs can produce champions
- 5 Setting performance standards for those aiming to enter a national training centre environment
- 6 Providing excellence in coaching and support to NTDC resident athletes
- 7 Nurturing a healthy environment where athlete, coach, and team staff well-being and safety is supported and prioritized
- 8 Fuelling a passion and love for competitive skiing.

# STAFF

## Head Coach Timo Puiras:

Born and raised in Lappe, Ontario, Timo grew up in a cross country skiing community that nurtured his love and devotion to the sport. Timo raced for many years with Lappe Nordic and the NTDC Training Center. After his athletic career, he focused his attention on coaching the next generation of high-performance athletes. Since taking over as head coach of NTDC in 2013, Timo has developed some of Canada's best athletes and wax technicians in recent years. His track record speaks for itself, sending athletes to international events every season including the World Cup, Senior, Junior, and U23 World Championships, Youth Olympic Games and the Olympic Winter Games.

## Assistant Coach:

NTDC is actively recruiting an assistant coach for the 2025-2026 season

## Strength Coach: Paul Hemsworth

At NTDC Thunder Bay, Paul brings a wealth of experience and a results-driven methodology to help skiers build strength, resilience, and performance capacity, ensuring they are prepared for the demands of high-performance sport.

## Integrated Support Team:

Supported with funding from the Canadian Sport Institute Ontario, NTDC has physiotherapy, mental performance, nutrition, chiropractic practitioners, as well as a family physician to serve the needs of the athletes.



# SELECTION CRITERIA

Athletes from across Canada are selected to join the NTDC program based on performance criteria. These dedicated individuals join a committed, hardworking team that has exceptional national level coaching, access to extensive high level training facilities and excellent sport science testing services. Our athletes compete at regional, national and international competitions from late November to early April. Their individualized training programs are usually blended with demanding academic pursuits. Several factors are pivotal in evaluating applications for the NTDC program. Decisions are guided by the criteria set forth by Nordiq Canada and XCSO, aligned with our mission and vision.

- 1 National Team and National Development Team Selection
- 2 Ontario Ski Team Selection
- 3 Performance at major championships and World Cup Events
- 4 Results from Nordiq Canada Selection Trials and Ski Nationals
- 5 FIS and CPL ranking
- 6 Ontario Cup Race Series' overall standing
- 7 A commitment to the pursuit of high performance skiing
- 8 Other performance benchmarks and coach recommendation

# FULL-YEAR AND SUMMER IMMERSION PROGRAMS

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## Full Time Program

11 months, early May to late March

Annual Team Fees: \$5,000 per year

- Discount for returning athletes
- Discount for NST athletes: The difference between the annual team fee and the Nordiq Canada contribution to a maximum of:
  - NST A: \$2,000
  - NST B: \$1,000
  - Other NST teams: \$500

Any NST A athlete is welcome to join the DTE (e.g. summer or camps)

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## Summer Immersion Program

\$2,000 for 4 months (including May and July testing) + July/August dryland camp expenses

\$1,000 for 2 months (including July testing) + July/August dryland camp expenses

- Optional May or September testing: \$350 per testing block

At least 5 spots are available, and possibly up to 10 depending on full program, includes:

- In person Strength Program: summer athletes once per week.
- Roller Ski Treadmill: once per week

Summer program athletes will be considered for camp and race support during the competition season when staff and team size allows.

# DETAILS?

- World class coaching while training alongside some of Canada's top skiers, in an inclusive and supportive nordic community
- An integrated support team including a dedicated Strength Coach, Nutrition, and Mental Performance Coach and preferential attention for Physiotherapist, RMT, Chiropractor
- Access to our indoor roller ski treadmill
- Daily monitoring using up to date technology
- 4 to 6 team team sessions weekly plus individual sessions
- Year-Round Program: Local training and camps program
- Competition Program – individually designed based on goals and objectives
- Team Physiology testing twice per year.

## For Full Program athletes:

- Ski fleet testing
- Annual Individual Training Plans
- Gym Membership at Push Fitness
- Ski Passes at Lappe Ski Center and Kamview Nordic Center\*
- Team Headware
- Race wax included in team fees

## Not Included in team fee:

- Personal travel expenses to camps and races
- Staff travel expenses to camps and races  
Travel and training wax
- Living costs associated with living full-time or part-time in Thunder Bay.

# 2025-26 YTP OVERVIEW

## Base Program

- May testing
- July intensity camp/testing
- August volume camp
- September intensity camp/testing
  - Possible OJST camp support
- Silver Star on snow volume camp, plus Westerns with OJST
- Trials
- Optional European race experience (TBD)
- Nationals

## Enhanced Program

Athlete specific camp and race opportunities based on goals and development pathway.

## Race Travel Support:

Full Team (Minimum: 1 coach, 2 testers, 2 wax techs)

- Silver Star
- Trials
- Nationals

Partial Team (Aim for 1:5 ratio)

- Other races





# BENEFITS OF LIVING IN THUNDER BAY

Live, train, and study in Thunder Bay, one of Canada's greatest ski cities.

## Community:

The Thunder Bay nordic community is special in its support for NTDC, united through community events, fundraising, and as host families to some of our young athletes.

Thunder Bay provides athletes the chance to excel in cross-country ski racing and to pursue diverse life goals beyond sports.

## Benefits:

The opportunity to study (full or part-time) at Lakehead University or Confederation College

Access to early on snow training

Part-time employment opportunities

Opportunity to live with a host ski community family or choose an affordable housing option with other athletes



Cross Country  
Ski Ontario

# Apply Today & Take Your Skiing to the Next Level!

 **Are you ready to push your limits and chase your skiing dreams?**  
**Join NTDC Thunder Bay and train in a world-class high-performance environment alongside dedicated athletes and expert coaches.**

 Application Deadline: March 31, 2025

 Have questions? Contact us at [admin@xcskiontario.ca](mailto:admin@xcskiontario.ca)

 Thunder Bay – Train. Race. Succeed.

Your journey to international success starts here!  

#SkiFast #TrainHard #NTDCThunderBay

 **Apply Now:**



SCAN ME



## Cross Country Ski Ontario

Thank you to all those in the XCSO community who provided us with the feedback, expertise, and wisdom required to develop this plan. Thank you also to Run Fast Sports for their guidance in facilitating the planning process.