**Apply to train with NTDC this summer:** Live and train in Thunder Bay, one of Canada's greatest ski communities

NTDC- Thunder Bay is inviting you to apply to come train with us, see what our team is like and learn a bit more about Thunder Bay and see if training here with us is in your future. We have a few options for how to join us this summer, and we hope that one of these works well for you and your training program.

Whether you want to base yourself out of Thunder Bay for the whole summer, or stay on for a whole month, we can work something out that will help you reach your summer training goals while having a great time training with our elite ski team.

## Summer 2023 NTDC Development Team Fees

<ul> <li>Full Summer Program:</li> <li>Personalized summer training plan</li> <li>Training &amp; testing camps</li> <li>Daily Training Environment (DTE) support</li> <li>Roller ski treadmill access and analysis/support</li> <li>Fitness gym access- Strength &amp; Conditioning Coaching</li> </ul>	Full Summer June 01- August 31st Fee: \$1800
Partial Summer/One month Fee	\$500 if only one mo.
Training Camps: Cost will vary depending on which trips you attend.	Estimate costs: \$1000-\$5000

## Additional Athlete Costs not covered by Summer Development Team Fee:

**1.** Accommodation and transportation in Thunder Bay- we recommend that you have access to a car or car-pooling options for the duration of your stay in Thunder Bay.

# **2.** Travel Costs and Coach & Technical Support at out-of-town training camps & competitions - Attempts will be made to reduce costs through sharing of accommodation and transportation wherever possible. Camp and competition costs (athlete airfare, ground transport, accommodation and food), Shared cost for ground transportation for athletes and staff.

## 3. Individual Athlete Other Costs:

• Race entry fees, Trail passes/park entry fees, Personal equipment, Gym/testing fees outside of those indicated in table above, Physiotherapy and treatment costs

## Start the process by replying to our Team Manager-Leslie Bode and we will follow up with you to discuss the application process.

Final APPLICATION DEADLINE: April 30<sup>th</sup>.

For more info please email: Team Manager/Assistant Coach, Leslie Bode at

ntdc.manager@gmail.com