

NTDC Rookie Team Members Cedric Martel and Adam Heale



To many, a new team and training environment can be intimidating, but very beneficial. One of the key additional benefits of a training center team like NTDC Thunder Bay is the Integrated Support Team (IST). As two new athletes on the team, having such an extensive IST is a bit overwhelming. There are many areas of support that we have never experienced before like mental performance, physiotherapy, and chiropractic resources. The IST members are great for personal sessions as well as team building and reaching out to the local community. Our mental performance coach Onika Green recently held a team session where we established team values as a group. These values help us to remember why skiing on a team is important despite the individuality of cross-country skiing. We chose “passion”, “discipline”, and “camaraderie” as our values.

Community is another important aspect of skiing, and part of this involved sharing these established values at the local LSSD training camp at Sleeping Giant hosted by Lappe Nordic Ski Club. This opportunity was a great way of sharing what we learned in our session with Onika to help grow the local ski community and inspire younger athletes. The importance of a strong team connection can be vital in the development of skiers and the sport because without fun and connection, skiing would be vastly more challenging.

Thank you to the Canadian Sport Institute of Ontario (CSIO) for the network of amazing IST practitioners.



We Collaborate - We Connect - We Listen
We Focus on our Members' Needs - We Live Safe Sport - We Have Fun

www.xcskiontario.ca

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National Team Development Center (NTDC) - Thunder Bay – Nordic Fest Fundraiser
Oct 22 @ 5:00 pm – 10:00 pm

Join NTDC Thunder Bay at Nordic Fest 2023
To purchase tickets or make a donation in support of NTDC visit the [NTDC Fundraiser Page](#)

NTDC NordicFest Details:

Sunday, October 22nd at the Port Arthur Legion Branch 5, 229 Van Norman Street

Doors open at 5 pm

NTDC is so excited to be running this fantastic fundraising event again!

The evening kicks off with appetizers, a cash bar, and a Nordic-themed feast to follow.

In addition to a delicious dinner and casual fun, there will be silent auctions, and prize draws featuring a wide selection of items donated by businesses in our Thunder Bay community and also some out-of-town supporters.

We invite you to gather together and join us for a great evening of fun, food, and fundraising.

[Learn more about NTDC Thunder Bay.](#)