

NTDC 2024-2025 Program Information



Cross Country
Ski Ontario

About The Team

The National Team Development Centre Thunder Bay (NTDC) is a community based organization working within the framework of Nordiq Canada and Cross Country Ski Ontario (XC SO) to provide dedicated cross country skiers with an intensive training and competition environment.

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 International Highlights 2023 - 2024

Graham Ritchie - P1 World Cup

9th Relay 4x7.5km Gällivare Sweden

19th Sprint Qualification Ruka, Finland

Pierre Grall-Johnson - P5 World Cup

29th Sprint Canmore, Canada

14th Sprint Lahti, Finland

11th Team Sprint Lahti, Finland

Clara Hegan - World Juniors Championships

25th 10km Classic Planica, Slovenia

11th Relay 4x5km Planica, Slovenia

Cedric Martel - Youth Olympic Games

19th 7.5km Classic Gangwon, Korea

11th Sprint, Gangwon, Korea



Coaching Staff

Timo Puiras: Head Coach

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

NTDC and XCSO are actively recruiting an assistant coach for the 2024-25 season.



Team 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.

Markers of performance:

- National Team and National Development Team selection
- Ontario Ski Team selection
- Performance at major championships and World Cup events
- Results from Nordiq Canada Trials
- Performance at Nordiq Canada Ski Nationals
- Canada Cup and Supertour performances.
- FIS and CPL point rankings
- Ontario Cup Race Series' overall standings
- Other performance benchmarks and coach recommendation

Full Time and Part Time Programs

Full Time Program

11 months, early May 2024 to late March 2025 **\$5000**

Live and train with the team full time in Thunder Bay.

Part Time Summer Program

4 months, May 1st to August 31, 2024 **\$1500**

2 months, July 1st to August 31, 2024 **\$1000**

Includes camps and all services offered to full time program athletes during the stated period. These athletes will be considered for camp and race support during the competition season when staff and team size allows.



NTDC Programs

The following is what is included in the team fees of all three of our programs, unless otherwise stated.

- 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 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.

- Ski fleet testing
- Annual Individual Training Plans*
- Gym Membership at Push Fitness*
- Ski Passes at Lappe Ski Center and Kamview Nordic Center*
- Sauce team headwear and Rex gloves *
- Race wax included in team fees*

*Only available to Full Time Program members, and to Remote Program members on a case-by-case basis.

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.

Benefits of Living in Thunder Bay

Live, train, and study in Thunder Bay, one of Canada's greatest ski cities. 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. Here are some of the general benefits that our athletes can enjoy while living in Thunder Bay.

- 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



Apply for 2024-2025

NTDC is currently accepting applications for our 2024 - 2025 team for both our Full Time and Part Time programs. Please follow the link below to fill out your application.

Link to NTDC application: https://docs.google.com/forms/d/e/1FAIpQLSdf1_ivwgfLEPt_9FnFiptseRcANtCF-BcnZ4v-a6A0AIDMnA/viewform?usp=sf_link



Contact Information

For Additional NTDC Information Please Reach Out
To:

Jack Carlyle
Team Manager and Recruiting
jackfcarlyle@gmail.com
(807) 355-4193

Timo Puiras
Head Coach
ndctimo@gmail.com
(807) 474-9460