



## **Team Hardwood 2022-2023 Highlights**

**Thank you so much for your partnership with Team Hardwood this past year! We are pleased to provide you with some highlights and accomplishments.**

Team Hardwood is a dedicated group of coaches, athletes and parents working to achieve exceptional results and push the limits of both the physical and mental capabilities of our athletes. This year we continued to evolve programming to meet the needs of all athletes, and provided enhanced racing opportunities for athletes and dedicated coaching to help individual athletes reach their goals. Team Hardwood is committed to abiding by the highest ethics in coach and athlete behaviour to ensure the success of athletes in their athletic and life pursuits. With thanks to our dedicated partners and sponsors, all the members at Team Hardwood plan to continue on the path they have set out on, which is to support our athletes to be and perform at their very best. We would like to thank you for your important role in helping the entire team pursue excellence.

Under the leadership of Head Coach and Technical Director, Jack Sasseville, Team Hardwood has achieved remarkable success. Jack brings 48 years of cross country ski coaching experience at the local, national, and international levels, ensuring that our athletes receive the highest level of instruction. We are fortunate to have such an experienced and dedicated coach leading our team, who is willing to mentor the next generation of coaches for Team Hardwood. We do hope you will join us in celebrating Jack's induction into the Canadian Ski Hall of Fame in November 2023!

### **Outstanding Athlete & Team Accomplishments!**

- Theo O. named to Ontario Ski Team
- 2 athletes named to the Alpine Insurance Alberta World Cup Academy
- 13 top 10 finishes at Canadian Nationals in year of birth categories, including one podium in U20 sprints for Theo O.
- 3 athletes named to Ontario Junior Ski Team
- 7 athletes named the Ontario Development Team
- 2 athletes named to Eastern Prospects Camp
- 3 podium finishes in final Ontario Cup (OCup) standings; Elle W. 1st in U18 Women, Liam R. 2nd in U18 Men, Anna V. 3rd in U16 Women (U14 skier)
- Team Hardwood ranked as 3rd overall club in OCup standings with over 30 podium finishes
- 5 skiers named to Southern Ontario District Ski Team
- Jack Sasseville inducted into Canadian Ski Hall of Fame - November 2023
- Winner and reigning champion of the Ontario Spring Series Club Championships (2019-2023)



## Junior Athlete Profile - Elliot



### **Why do you like Team Hardwood?**

It is an amazing opportunity to meet other athletes who like to ski. My coaches also tempt us with lots of candy!

### **How long have you been cross-country skiing?**

I've been cross-country skiing since I was three years old. I joined Team Hardwood when I was 9 years old and I am now 13.

### **What is your favourite food?**

Cheeseburgers and fries!

## Senior Athlete Profile - Beth



### **Why do you like Team Hardwood?**

I have lots of friends on the team. I also enjoy pushing myself and getting faster everyday.

### **How long have you been cross-country skiing?**

I've been racing on Team Hardwood for 2 years and have been cross-country skiing since I've been able to walk.

### **What is your favourite food?**

Tacos!

## Epic Team Moment Profile



Elle had a strong start to a 10 km race at the Ontario Cup (O-Cup) event in Thunder Bay, before things turned for the worse. She crashed on a challenging downhill and struggled to finish the race. "It was definitely an awful race," says Elle after making it across the finish line. Some of her teammates saw her crash and struggle on the course. They awaited her at the finish understanding the massive challenge she endured with open arms. An epic team moment of resilience and support from her teammates. Thank you Elle for your willingness to share this story and image which encapsulates the true meaning of why we are called *Team Hardwood*.

(Picture Description: Elle (blue headband) being surrounded by teammates Holly and Beth after finishing her very challenging race.)





## Thanks to You!

Your support was vital in making the 2022-2023 year a success with your much needed funding for team wax and coaching support. Program fees alone are far from sufficient to sustain our operations. The entire team takes on responsibilities raising much needed funds to keep the program costs reasonable to ensure costs keep the sport we love inclusive and continuing to grow.

## What's Next for Team Hardwood in 2023-2024

- We have hired two additional part-time junior coaches and an assistant head coach to support Jack in his leadership role and build a successor in the coming years. We will also need to further invest in the education and training of our existing coaches.
- Our next 5-year strategic plan will be launching this November.
- The team will be implementing the Safe Sport policy in alignment with Nordiq Canada and Cross-Country Ski Ontario.
- We are adding a 'Short & Sassy' multi-year sponsorship category to celebrate Jack's outstanding service and induction into the Canadian Ski Hall of Fame in 2023.
- And of course, we will continue to improve skier success as we are a competitive race team! We aim to achieve excellence in improving skier success and maintaining satisfaction among our families within the program.

We would like to express our sincere gratitude to all of our partners and sponsors, many who have been with us for a long time. As we enter our 27th year, Team Hardwood remains committed to fostering excellence in skiing and helping young athletes realize their full potential both on and off the slopes. Your continued support will enable us to maintain our trajectory of success and inspire the next generation of skiers.





## About Team Hardwood

Team Hardwood is a racing program committed to nurturing the development of athletes at all stages of their skiing journey. Our program serves a diverse range of athletes, from U-12 to Open categories, offering year-round development programs. Our philosophy centers on fostering a sense of teamwork and mutual support among our athletes. This team-oriented approach is further strengthened by our senior athletes, who serve as role models and mentors to their younger peers. Through these efforts, we have established a strong and thriving club that encourages excellence in both skiing and personal growth.

### Junior Development Program

- Target: Athletes ages 8-13 who are interested in trying racing
- Primary Goals: Focus on fun and technique development
- Training: 2-3x per week (October- March)

### Provincial Program

- Target: Athletes ages 13-18 interested in racing at Ontario Cup level
- Primary Goals: Focus on technique, race strategy and tactics development
- Training: 3x per week in Fall, 4x per week in Winter (October - March)

### National Program

- Target: Athletes ages 13-18 wishing to pursue skiing as their full-time sport
- Primary Goals: Focus on technique, race strategy and tactics development
- Training: 5 x per week in fall & winter (September-March)

### Senior National/Graduate Program

- Target: Post-high school athletes interested in competing at a high level
- Primary Goals: Focus on technique, race strategy and tactics development
- Training: 5x per week in summer, fall and winter (September-March)

### Summer Programs

- Target: Provincial, National and Senior National athletes
- Primary Goals: Establish benchmarks, technique development, strength & conditioning, build supportive team culture
- Training: 5x week May to August (May-August)

**To find out more, there are many ways to reach us!**

Email: [teamhardwood@gmail.com](mailto:teamhardwood@gmail.com)

Linktree: [linktr.ee/teamhardwood](https://linktr.ee/teamhardwood)

Instagram: @teamhardwood (725 followers)

Facebook: Team Hardwood 18/19 (323 followers)

Website: [www.teamhardwood.ca](http://www.teamhardwood.ca)