



# Team Hardwood

## 2023 - 2024 Highlights

Success is being better today than yesterday, every day.



**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 our programming to meet the needs of all athletes and provided enhanced racing opportunities by offering dedicated coaching to help individual athletes reach their goals. Team Hardwood is committed to upholding the highest standards of ethics in coaching and athlete behavior to ensure the success of athletes in their athletic and life pursuits. With thanks to our dedicated partners and sponsors, we are supporting these young athletes to perform at their very best. We would like to thank you for your important role in helping the entire team pursue excellence.

The team had to face some brutal facts this past winter. The weather provided less-than-ideal snow conditions, and there likely wasn't a single athlete who didn't get 'the bug' that made its way through the team. We certainly learned a lot about being flexible in our training and racing! We are looking forward to Team Hardwood's 30th year in 2024-2025.

Some highlights from the past year include:

- Team Hardwood Head Coach, Jack Sasseville, was celebrated for his induction into the Canadian Ski Hall of Fame with a gathering of 140 people filled with many memories, reconnecting with long-time friends, and, of course, the occasional jab at Jack.
- Welcoming our first two athletes who are second-generation Team Hardwood families.
- Additional coaches joined us to support the growing team.
- We launched our 2023-2028 strategic plan highlighting the following priority areas: establishing coaching succession, increasing team size, implementing Safe Sport, maintaining athlete success, increasing alumni engagement, and maintaining a healthy fiscal state.

**Skiing is fun, training is fun, racing is fun, success is fun.**



## 2023-2024 Outstanding Athlete & Team Accomplishments

Let's give a big round of applause to the following, however certainly not exhaustive, list of athlete and team accomplishments. Congratulations to all athletes!

- Liam R. and Elle W. named to Team Ontario, Elle in the Female Bridge Program
- Anna-Liisa V., Percy W. and Tommy H. named to the Ontario Junior Ski Team
- Scott H. represented Canada at Canmore and Minneapolis World Cups and was named to AIAWCA team and to the National Team NG2 group
- Team Hardwood placed 2<sup>nd</sup> overall in the O-Cup series with Erik V. placing 3<sup>rd</sup> overall in U18 men and Anna-Liisa V. placing 2<sup>nd</sup> overall in U16 women.
- Our Junior athletes attended two O-Cup events bringing home 1 gold, 5 silvers, and 4 bronze medals from the Lakefield O-Cup in January, and 4 golds, 1 silver, and 4 bronze medals from the Walden O-Cup in February.
- We had a record number of 18 skiers at Ontario Youth Championships in Sault Ste. Marie and placed 6<sup>th</sup> out of 15 teams with 2 golds, 1 silver, and 2 bronze medals plus multiple top 10 finishes.
- 13 skiers were named to the Southern Ontario District (SOD) Team; some results include Benjamin O. in 1<sup>st</sup> and Ben H. in 2<sup>nd</sup> (2014 Boys); Isla Q. in 1<sup>st</sup> and Clara B. in 4<sup>th</sup> (2013 Girls), Sarah G. in 1<sup>st</sup> and Livia H. tied for 2<sup>nd</sup> (2012 Girls); Elliot H. in 3<sup>rd</sup> and Nathan O. in 4<sup>th</sup> (2012 Boys), Lily D. in 1<sup>st</sup>, Tati K. in 3<sup>rd</sup> and Nora L. in 4<sup>th</sup> (2011 Girls), Jasper R. in 3<sup>rd</sup> (2011 Boys), Islay L. in 1<sup>st</sup> (2010 Girls), Elliot V. in 2<sup>nd</sup> and Ryan M. in 4<sup>th</sup> (2010 Boys)
- Anna-Liisa V. placed 4<sup>th</sup> in a Nationals Sprint race
- Team Hardwood is still the defending champ in the Spring series club championship.
- There are 7 graduating seniors moving on from Team Hardwood and continuing to ski, train and race. Beth M., Erik V. and Nathaniel S. to ski for Carleton University, Nathan G. to ski for Nipissing University, Liam R. to ski for University of Ottawa, and Elle W. to ski for St. Lawrence University (Canton, New York)



## Epic Moments from the Athletes

“Making signs for the athletes who made heats and cheering them on!”

“Wearing a Leader bid with my sibling!”

“Seeing my teammates waving the team flag as I went by.”

“Starting the Hardwood Glitter Committee!”



“Everyone still smiling while literally skiing through puddles!”

“Overcoming my nervousness by 'getting my butterflies to fly in formation.'”

“I can only control my race and not what others do!”

“The giant conga line that formed while waiting for the awards to start at youth champs.”

“Making friends with skiers from other clubs while at the Ontario Winter Games and Youth Champs events”



## A Big Shout Out to Team Hardwood Sponsors

To commemorate Jack's induction into the Canadian Ski Hall of Fame, we added a new multi-year 'Short & Sassy' sponsorship category. With great delight, we were pleased to welcome Bourgeois Nissan in Midland as our first 'Short & Sassy' sponsor!

Thanks to the support from all our sponsors, we were able to achieve a 67% increase in funds raised over last year, AND we have some additional pledged over the next two years. AMAZING!

The team has been working hard to build the profile of our sponsors by significantly growing our social media presence and recognition opportunities as they are valuable partners in our pursuit of excellence. Thank you to all Team Hardwood sponsors!



The graphic features a black background with a yellow maple leaf logo and the text 'TEAM HARDWOOD' on the left. On the right, it says '2023-2024 SEASON SPONSORS'. Below this, the sponsors are categorized into four levels: SHORT & SASSY, GOLD, SILVER, and BRONZE.

**TEAM HARDWOOD**

**2023-2024 SEASON SPONSORS**

**SHORT & SASSY**

- NISSAN
- BOURGEOIS MIDLAND

**GOLD**

- AVPC
- BARRISTON LAW
- ROCKWATER WEALTH MANAGEMENT

**SILVER**

- greenworks
- GOW HASTINGS ARCHITECTS
- ED LOWE LIMITED BROKERAGE ICI REAL ESTATE SERVICES

**BRONZE**

- Consultec
- CLEARBLUE TECHNOLOGIES
- SPRUCEWOOD

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## What's Next for Team Hardwood in 2024-2025

- We are pleased to share that the **Hallmarks of Excellence** has made a generous donation to kick-start our fundraising efforts to replace our wax trailer. Onsite waxing of skis for training and competitions is critical to the success of skiers participating in our program. This is a priority program need to address our growing team and require additional help. If you would like to find out more about getting involved with this initiative, please reach out to Ray Ryan at [teamhardwood@gmail.com](mailto:teamhardwood@gmail.com)
- The team has invested in lactate testing which will be used to refine and improve individual training for our senior athletes.
- We are pleased to welcome 5 skiers from the junior team who are graduating to the senior team.
- We will be working to secure additional volunteers to support coaching, program recruitment, fundraising, alumni and team event support.
- 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.

## Thanks to You!

We would like to express our sincere gratitude to the amazing community, athletes, coaches, volunteers, sponsors and Hardwood Ski & Bike, who contribute so much to make Team Hardwood. As we enter our 30<sup>th</sup> 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.

**We ski best at the end!**



## **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: 5x per week in summer, fall and 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 per 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)

Instagram: @teamhardwood

Facebook: Team Hardwood 18/19

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