



Team Hardwood

2024–2025 Program Update

Success is being better today than yesterday, every day.

Thank You to Our Sponsors & Partners

We are incredibly grateful for your support of Team Hardwood this past season. Your partnership has been essential in helping our athletes learn, grow, and achieve their very best. As always, your support allows us to uphold the highest standards of excellence and ethics in coaching, team culture, and athlete development.

In 2024–2025, we witnessed our team reach new heights—on the trails and as a community. From enhanced athlete performance to a thriving team culture and a powerful sense of momentum, your contributions helped make this year unforgettable.



2024–2025 Highlights

- A record-breaking **team size of 45 skiers**: 27 seniors and 18 juniors
- **New wax trailer** in action—huge leap forward in performance prep, widely admired across the country, oh yes, it's epic! Big shout out to Project Lead Ray Ryan and all the TH parents who came together to make it happen!
- **276 days** of coached sessions
- **10 Team Hardwood university athletes** competed in Ontario Cups
- **35 skiers in winter program**, expected to grow even larger next year
- **Race video series** by Beatrice (TH parent) was a hit—big thanks!
- **Team Hardwood Female Athlete Event**: covered sports nutrition, RED-S, mobility, menstruation, mental focus
- **Team Hats** – unmissable, unforgettable, unmistakable



Athlete Achievements (Outstanding!)



Nationals (Canmore, AB)

- 22 athletes competed
- 3 podium finishes:
 - *Scott H.* – 1st and 2nd in Sr Men
 - *Anna V. & Emmett S.* – 2nd in U16 Mixed Relay
- 15th overall team aggregate (up from 23rd last year) – 2nd best Ontario team
- 7 top-10 finishes, 13 top-20 finishes
 - *Anna V.* (U16), *Tommy H.* (U18), *Percy W.* (U18) all placed top 20 in U20 races



Ontario Cups

- 23 wins, 54 medals, 116 top 10 finishes
- 3 age category bib winners:
 - U16 Female: *Anna V.*
 - U16 Male: *Emmett S.*
 - U18 Male: *Percy W.*
- *Beth M.* placed 2nd in U20 Female
- *Nathan S.* placed 3rd in U20 Male
- 2nd overall team in Ontario Cup standings

Ontario Youth Championships

- 2 wins, 7 medals, 25 top-10 finishes
- 5th overall in club points

SOD Paraffin Series

- 31 wins, 85 medals, 3 overall wins



Even More...Athlete Achievements (Outstanding!)



Team Selections

- 6 skiers named to Ontario Junior Ski Team (OJST): *Anna V., Percy W., Tommy H., Emmett S., Adeline L., Jack M.*
- 11 skiers named to SOD Team
- 12 skiers joining Team Ontario Development Program

Congratulations to all the Team Hardwood athletes!

Graduates & Next Steps

We're proud to recognize the graduation of **three Grade 12 athletes**—all heading to university. While one plans to continue racing competitively, we are confident all will carry a love of skiing into adulthood.

Looking ahead to 2025–2026, we'll be graduating another large cohort and welcoming the next generation of athletes stepping into their shoes. As always, we look forward to continued growth and development.



Great Moments to Share!



Bonus Highlights

- **Team Hardwood Head Coach Jack Sasseville** received the *Andy Higgins Lifetime Coaching Achievement Award* resented by the *Coaching Association of Ontario*
 - **If you want to see more the of Team Hardwood in action, check out the following:**
 - **Banquet Photo Deck:** [View here](#)
 - **Race Event Videos:**
 - [Sponsor Appreciation – Liam thanks our supporters](#)
 - [Youth Champs Highlights](#)
 - [Nationals Recap – Team Hardwood Style](#)
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Coming up Soon!

- Mt. Tremblant Training Camp in late August
- Fall programming starts in September and there will be a training camp happening at Silver Star
- Continued investment in performance coaching and ski prep
- Ongoing community-building events and learning opportunities
- And of course, more skiing, more racing, more FUN



From All of Us—THANK YOU.

Your belief in our program is a catalyst for our continued growth and success for these amazing youth through sport. Thank you for being a part of the journey, and for helping us empower athletes to become stronger, faster, and better versions of themselves—on and off the snow.

THANK YOU TO OUR 2024-25 SEASON SPONSORS	
<p>— SHORT & SASSY —</p> <div></div> <p>— GOLD —</p> <div></div>	<p>— SILVER —</p> <div></div> <p>— BRONZE —</p> <div><div>K.M.P.C. Odyssey Medical Inc.</div><div>Back to Function Trek Store Barrie</div></div>

“Our athletes work incredibly hard year-round—from May to March—and the results at the end of the season prove it. This year’s outcomes were some of the strongest we’ve seen in years. Thank you from all of us!”

— Rob Wiersma, Team Hardwood Board President



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 / Website: www.teamhardwood.ca

Instagram: @teamhardwood / Facebook: Team Hardwood 18/19

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