



## **Nationals 2009 – Congratulations Ontario!**

By CCO Coach, Kateri Mills

Wow what a great season it has been!

I feel blessed to have one of the greatest jobs in the world. I have the opportunity to work outside, along with happy, healthy, motivated people. Travelling around the province and country to train in fantastic scenery and stay in giant houses that I can only dream of owning one day is a rewarding experience.

This is my second year as the Ontario Coach and I would say things are going really well. My first year felt like I was jumping into the deep end of pool, sink or swim. Good thing swimming is in my background. I have tremendous support from our HPC, athletes and coaches. Ontario is a great province in which to cross country ski, with lots of history and experience from officials and coaches.

As my second year as Provincial Coach comes to an end I am proud to say CONGRATULATIONS to all coaches, clubs and athletes. At the 2008 Nationals, Ontario was third and one year later our province is second. I have watched the motivation coming from everyone across this province all year long. At the Whistler Nationals, I received an earful from our National Team. Coaches and athletes were shocked that Ontario was 3<sup>rd</sup> and asked me what the plan was to improve this situation. Devon and Perianne came home for Outreach Week and the message was loud and clear, from athletes and coaches, clubs and volunteers, we need to improve.

All season I have visited clubs and worked with the Ontario Ski Team and have seen the improvement, dedication and hard work. I have watched clubs and coaches get motivated by each other through information sharing and competitive spirit, with clubs athletes beating each other to the finish line. There are a few good healthy rivalries out there.

At this year's Nationals, Ontario finished second amongst all the Divisions, and this result is all because of you. I would like to congratulate everyone. In 2008, Ontario was 361 points away from 1<sup>st</sup>. After this Nationals, we closed that gap by 100 points.

A big thank you also goes to the officials and race organizers in Ontario who have been hosting good quality races – these races are an important component of our skier's development – thank you and keep up the awesome work.

Thank you to the athletes, your hard work is paying off. Coaches – this year I have witnessed athletes from ALL clubs – large and small improve and make a difference. Clubs are growing and this is a result of your dedication and passion for the sport. You are providing opportunities for your athletes.

**Special mention to:**

Erin Tribe (2<sup>nd</sup> overall aggregate winner Junior women)

Kara Jaspers (4<sup>th</sup> overall aggregate winner Junior Girls/ 2<sup>nd</sup> YOB aggregate)

BJ Thompson (2<sup>nd</sup> YOB aggregate)

Kirsten Peterson (3<sup>rd</sup> YOB aggregate)

Nakkertok (2<sup>nd</sup> overall club-after recount)

Big Thunder Nordic (3<sup>rd</sup> overall club)

Lakehead University Women (1<sup>st</sup> CCUNC)

Carleton University Women (2<sup>nd</sup> CCUNC)

Carleton University Men (3<sup>rd</sup> CCUNC)

Lakehead University Men (5<sup>th</sup> CCUNC)