

Sponsorship & Donations

SOTC offers a number of different sponsorship opportunities designed to enhance the visibility and reputation of companies and brands. We also welcome corporate and individual donations, and for which tax receipts can be supplied. Please see SOTC's *Sponsorship and Donation Package* for details.

SOTC Benefits to Ontario Clubs

SOTC offers a number of benefits to clubs across Ontario and invites clubs with active racing programs, or an interest in developing one, to become one of the Centre's Founding Clubs*. Among the benefits of SOTC to club level skiing are:

- serves as a bridge for athletes between club racing programs and the national high performance system, ie. National Development Centres;
- increases the range of training options for developing high performance athletes;
- provides developing high performance athletes with the option to train closer to their home club and to attend universities and colleges in southern Ontario;
- scholarships available to athletes from Founding Clubs of SOTC;
- serves as a high performance and coaching development resource to Founding Clubs without the means to hire a high performance coach, through periodic outreach and developmental activities, including training camps and coaching workshops.

* Founding Clubs pay a one-time fee of \$1000. Athletes from Founding Clubs are eligible for an annual scholarship to SOTC.

Contact

Southern Ontario Training Centre
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Coming
Spring 2011

*Train with the best,
while representing
your home club!*

About SOTC

SOTC is a high performance cross country ski training centre located near Barrie, ON, where, under the guidance of a full-time professional coach, athletes from across Ontario pursue excellence in cross country skiing while engaging in post-secondary studies if they choose. SOTC athletes train together on a year-round basis while representing their home clubs at provincial, national and continental competitions. SOTC is hosted by the Hardwood Hills Nordic Development Centre (HHNDC), aka "Team Hardwood," utilizing the world class trails and other training amenities at Hardwood Ski and Bike and the surrounding area.

Who is SOTC for?

SOTC is for you if one or more of the following applies:

- require the expertise and support of a professional high performance coach in order to develop to your potential;
- looking for a critical mass of highly motivated training partners to take your skiing to the next level;
- prefer to train and compete at a high level without having to leave the province;
- wish to pursue post-secondary education while continuing to ski competitively;
- aspire to qualify for entry to one of CCC's National Development Centres.

Program and Coaching

As members of the SOTC team, athletes receive the following benefits and services:

- opportunity to train with peers while representing their home club at races;
- supervision of a high performance coach, including an annual training program designed and tailored to their needs and competitive goals;
- group and 1-on-1 training sessions on a year-round basis under the day-to-day supervision of the Head Coach;
- eligibility for SOTC training and testing camps;
- logistical, coaching and wax support at designated races (O-Cups, NorAms, WJTs, SuperTours, Nationals); travel and race support costs not included in the program fee.

Head Coach

SOTC is recruiting a Head Coach and will hire the successful candidate in the spring of 2011. The SOTC Head Coach will be a highly qualified professional with a minimum of NCCP Level III training (or equivalent) and international experience as a competitive skier and/or coach.

Training Facilities

SOTC operates out of Hardwood Ski and Bike, one of Ontario's premier full service cross country ski and mountain bike centres, offering:

- 30km of expertly groomed ski trails;
- 80kms of trail in dryland season;
- fantastic roller-skiing and cycling;
- SOTC office and meeting space;
- strength and conditioning room;
- on-site ski and equipment storage;
- on-site café and retail & repair shop.

Educational Opportunities

SOTC is ideally situated to facilitate athletes' access to post-secondary institutions in central and southern Ontario, including:

- Lakehead University (Orillia);
- Laurentian University (Orillia & Barrie);
- Georgian College (Barrie & Orillia);
- York University (via Georgian College);
- University of Ontario Institute of Technology
- Nipissing University (Bracebridge).

Colleges and universities in the greater Toronto area, (UofT, York, Ryerson, Humber & Sheridan) are roughly 1 hour south by car.

Coaching Fee & Other Costs

SOTC athletes pay the following coaching fees.

Coaching Fee Scale	Final Fee
Full Program Fee	\$7000 +HST
Student Scholarship*	\$3500 +HST
Performance Scholarship**	\$3500 +HST
Founding Club Scholarship***	\$5250 +HST

All other costs related to day-to-day participation in the SOTC program are the responsibility of the athlete and are in addition to the coaching fee. Athletes can anticipate that participating in SOTC's full schedule of racing trips and training camps will cost \$10,000 - \$12,000 annually. (Athletes can also participate in racing trips and training camps on an à la carte basis depending on budget).

* Must be registered in at least 3 courses per term at an accredited post-secondary institution.

** Top 10 at previous year's Haywood Ski Nationals.

*** Athletes from Founding Clubs are eligible for this discount. Founding Clubs pay a one-time fee of \$1000.