



Cross Country Ontario congratulates Pavlina Sudrich as the recipient of the 2010 Heinz Niederhauser Scholarship. Pavlina is currently a full-time paid coach at Nakkertok Ski Club, and has been a part of the racing program in either a volunteer or part-time capacity since 2008. Over the same period, she also worked as a ski instructor with the NCD-based SkiXCFAST program. Pavlina is originally from Whitehorse, Yukon, where she was raised in an “active lifestyle” family, and learned at a young age to ski and love the outdoors. Pavlina moved to Ottawa several years ago to attend Carleton University where she has just completed an undergraduate degree in

Political Science and History at Carleton University.

The Heinz Niederhauser Coaching Scholarship is awarded annually in the Ontario Division and provides financial assistance to defray the cost of coaching education and certification programs.