

Training Centre	National Development Centre-Thunder Bay	Location	Thunder Bay, Ontario
Coach Name	Timo Puiras (Head Coach) Tim Wintoniw (Assistant Coach)	Contact Information	ndctimo@gmail.com
Universities/Clubs Nearby:	Lakehead University	Program Level	National Development Centre
Program Overview	<p>The National Development Centre Thunder Bay provides elite cross country skiers with intensive training and competition programs. Athletes from across the country are selected based on national performance criteria to participate in the NDC program providing these dedicated individuals with national level coaching, access to extensive high level training facilities and excellent sport science testing services. Athletes compete at regional, national and international competitions from late November to early April. Individualized training programs average over 750 hours per year. Many athletes are also working towards undergraduate degrees at Lakehead University. Athletes must take 3 courses a semester to be eligible for the Lakehead Varsity Team. However, athletes are not allowed to take classes in the morning as they conflict with team training. Athletes must prioritize training and racing, academics are accommodated whenever possible.</p> <p>http://www.ndctbay.ca/</p>		
Typical Numbers	2014-2015 team: 8 men 3 women	Funding Options	Some varsity funding/scholarships are available if taking a full course load at Lakehead. Ontario Provincial funding is available for eligible athletes. The team holds some fundraisers every year.
Typical Competitions	NorAm and SuperTour racing, International competitions for athletes who qualify, regional races as training tools.		
Typical Costs	\$10 000 for coaching /team/travel costs	\$7500 for living costs (if not living at home)	\$6000 for tuition (if taking full course load)
Typical Skier Level	Top age-category skiers; medallists at national championships; NorAm podium skiers.		