

<b>University Name</b>	Université Laval Rouge et Or	<b>Location</b>	Quebec City, QC
<b>Coach Name</b>	Luc Germain	<b>Contact Information</b>	luc.germain@sas.ulaval.ca
<b>Universities/Clubs Nearby:</b>	Université Laval	<b>Program Level</b>	Paid coach, varsity program
<b>Program Overview</b>	<p>The team has good dryland training facilities at the school with PT support. Rollerskiing, trail running and skiing at Foret Montmerency and many ski centers nearby including Mont Sainte-Anne.</p> <p>It is a Québec province varsity rule that athletes have to take four courses per semester. However, the Rouge et Or program guarantees that it is always possible to receive accommodation with teachers.</p> <p><a href="http://www.rougeetor.ulaval.ca/sports/ski-de-fond/">http://www.rougeetor.ulaval.ca/sports/ski-de-fond/</a></p>		
<b>Typical Numbers</b>	6-9 F and 3-4 M	<b>Funding Options</b>	Available through the Rouge et Or varsity program
<b>Typical Competitions</b>	New England NCAA competition circuit, Canadian Nationals and regional races around Quebec City		
<b>Typical Costs</b>	The Rouge et Or Board is very active and dedicated to finding funding, the costs are very low		
<b>Typical Skier Level</b>	No skiers made the National team after the Rouge et Or program, however 6 have gone to World University Games. A few athletes make regular Top 10 results on the NCAA circuit.		