

<b>Club Name</b>	Nakkertok	<b>Location</b>	Ottawa, ON and Cantley, QC
<b>Coach Name</b>	Kieran Jones	<b>Contact Information</b>	<a href="mailto:coachkieran@gmail.com">coachkieran@gmail.com</a> <a href="http://www.nakkertok.ca">www.nakkertok.ca</a>
<b>Universities Nearby:</b>	University of Ottawa, Carleton University, Université du Québec, Algonquin College	<b>Program Level</b>	Elite program for developing athletes to the national podium & international level
<b>Program Overview</b>	<p>The Nakkertok University and Junior Development programs have been offered for five years and have been developed to meet the needs of skiers 18 and over. For those skiers more focused on their post-secondary education, the University program offers a year round training program with summer training camps and race opportunities at Ontario and/or Quebec Cups and Nationals. The Nakkertok Junior Development program offers an individualised year round training program summer training camps and race opportunities on the NorAm series, US Super Tour and other designated FIS races.</p> <p>The Ottawa area boasts a variety of facilities: 200K of trails for roller skiing, strength training, a wide variety of running trails, excellent cycling, and of course both Nakkertok and Gatineau park trails for on snow training from early December through to end March.</p> <p>Further information can be found, <a href="http://nakkertok.ca/about-t2c/about/program/">http://nakkertok.ca/about-t2c/about/program/</a></p>		
<b>Typical Numbers</b>	8-16	<b>Funding Options</b>	Cross Country Ontario Carding and bursary, Quebec Carding
<b>Typical Competitions</b>	The team competes in selected NorAm, Ontario and Quebec Cups – specifically early season NorAm races in BC and Alberta, World Juniors, Easterns, Nationals		
<b>Typical Costs</b>	Program fee: \$600 summer, \$1500 University Squad, \$2200 NJDT	Travel fees: University Squad: \$1000 to \$2,500 NJDT: \$5,000 to \$7,000 per year	
<b>Typical Skier Level</b>	Skiers in the program have participated in World Juniors, Canada Games, podiums at Nationals, NorAms and OUAs		