



Home of Ski Racing and Academic Excellence

NSA's Path to the Ontario Ski Team

By Jurg Gfeller
NSA Director

The National Ski Academy (NSA) is uniquely positioned to support and train athletes who aspire to reach the Ontario Ski Team and beyond. With recent changes in the province and global trends in elite ski racing, our 2010-2011 niche programs are relevant for a broader number of athletes in the local ski racing community.

During our two months in Switzerland each summer we train alongside many national teams. We meet and share ideas with their coaches, athletes and families. One trend is certain; tomorrow's elite ski racers are finding ways to spend more days on snow to develop skills at an earlier age. A balanced program of athletics and academics is vital for the development of the whole athlete - but there is no substitute for time on snow!

A couple summers ago, I had the opportunity to spend time with Lara Gut and her family. Lara is a Swiss skier who won her first world cup race in 2007 at the age of 17 and followed that with two podium finishes at the world championships in 2008. In her pre-FIS years Lara averaged 130 days on snow. Many Europeans believe that the early years prior to excessive travel and busy race schedules is the optimal time to develop the foundation for an elite ski racer. The current trend to extend the FIS entry age supports that belief.

Our full FIS programs have been delivering up to 130 days on snow for many years, but more recently we've focused that intensity on some younger athletes. One of our first year K2 athletes has averaged close to 120 days on snow each of the past two seasons with excellent results.

In our 24 year history, we've advanced dozens of athletes to the Ontario Ski Team, and many have successfully reached the National Team. Recent NSA alumni include Larisa Yurkiw, Tyler Nella and Dave Duncan (Skier-Cross).

The commitment required to reach an elite level in ski racing is not for everyone, but for those who are committed, we can offer programs ranging from 80 -130 days on snow in a nurturing environment with integrated conditioning, academics, and optional boarding.

For information about our K2 program: www.nsa.on.ca/pdfs/2010-2011_NSA_K2_Program_Summary.pdf .
For information about our FIS programs www.nsa.on.ca/pdfs/2010-2011_NSA_FIS_Program_Summary.pdf

Our programs are filling fast with over 20 committed student/athletes for next season. If you're interested in learning more about our roadmap to the Ontario Ski Team, then I would like to meet you. Please give me a call and come in for a visit.

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