

OUA

NORDIC SKI

CHAMPIONSHIPS



FEB. 20-23, 2025

HIAWATHA HIGHLANDS

HOSTED BY ALGOMA UNIVERSITY

WELCOME

On behalf of Ontario University Athletics (OUA) and Algoma University Athletics, we would like to welcome you to Sault Ste. Marie, Ontario, for the 2025 Nordic Ski Championships!

We wish to acknowledge that the land on which we compete on is part of the Robinson-Huron Treaty Territory. Our campus is located in an area known as Baawaating, and is the traditional territory of the Anishinaabek, specifically the Garden River and Batchewana First Nations, as well as the Métis People.

A special welcome to our athletes: The Algoma Thunderbirds, Brock Badgers, Carleton Ravens, Guelph Gryphons, Lakehead Thunderwolves, McMaster Marauders, Queen's Gaels, TMU Bold, Toronto Varsity Blues, Western Mustangs and York Lions. Your journey here represents a fusion of unwavering determination, relentless dedication, and extraordinary skill. Balancing academic pursuits with the demands of varsity athletics epitomizes the essence of being a student-athlete. Each one of you embodies this ethos, standing as a testament to resilience and achievement.

We would like to extend our gratitude to the coaches, team managers, athletic therapists, administrators, and strength and conditioning staff. Your contributions do not go unnoticed; they define the landscape of this championship event. You are the reason our athletes can flourish and succeed in exceptional ways - both on and off the trail.

A massive thank you to the Algoma Thunderbirds Athletics Department and Soo Nordic Finnish Ski Club. This has been an exceptional collaboration and we are grateful for the insights each of you have provided in order to run a successful event.

With that, here's to the 2025 Nordic Ski Championships - best of luck to everyone!

OUA INFORMATION

GAME DIGITAL DAY PROGRAM



OUA CONTACTS

Chief Operating Officer: Geoffery Johnson
geoffery.johnson@oua.ca

Dir. of Marketing & Communications: Chris Verlaan
chris.verlaan@oua.ca

Manager of Sport: Kauri LaFontaine
kauri.lafontaine@oua.ca

Manager, Digital & Communications: Clare Webb
clare.webb@oua.ca

OUA.CA

For updated schedules, statistics, championship details and all OUA news, visit the official Ontario University Athletics site at www.oua.ca. Fans can also access streaming video by visiting oua.yaretv.com.

ABOUT ONTARIO UNIVERSITY ATHLETICS

Ontario University Athletics (OUA) is a conference founded in a rich history and tradition, providing a shared focus on student-athlete success in academics, athletics, and community leadership. The storied history of the OUA dates back to 1906 and has evolved greatly over time. One of the most significant steps came in 1997 when a new era of university sport in Ontario was brought in as a result of the amalgamation between the Ontario Women's Interuniversity Athletic Association (OWIAA) and the Ontario Universities Athletic Association (OUAA). As Canada's largest inter-university sport conference, home to nearly 10,000 student-athletes across 20 member institutions, 23 sports and 39 championships, the organization has grown to a robust and diverse sport environment that enhances the co-curricular learning of Ontario student-athletes. To remain the preeminent conference in Canada, this evolution must continue.



QUICK FACTS

Location - Burlington, Ont.
President & CEO - Gord Grace
Established - 1997
Colours - Blue and Green
Members - 20
Sports - 23
Championships - 39
Student-Athletes - 10,000

Mission:
Developing student-athletes through academics and athletics to achieve excellence in life.

Mandate:
Ontario University Athletics provides leadership, stewardship and policy direction for university sport and governs sanctioned interuniversity sport competition in Ontario on behalf of its member institutions.

CHAMPIONSHIP SCHEDULE

FRIDAY

February 21

INTERVAL START - FREE TECHNIQUE (9:30am)

Para Nordic events
OUA Men followed by Open Men
OUA Women followed by Open Women

SATURDAY

February 22

MASS START CLASSIC TECHNIQUE (9:30am)

OUA Women followed by Open Women
OUA Men followed by Open Men
Para Nordic events

SUNDAY

February 23

RELAY CLASSIC (9:30am)

OUA Men followed by Open Men
OUA Women followed by Open Women

ALGOMA CONTACTS

Host Convenor: Matt Kane

(705) 989-2412 // matt.kane@algomau.ca

Host Athlete Services Officer: Mark Kontulainen

(705) 542-3230 // mark.kontulainen@algomau.ca

Host Sports Information Officer: Maria Coccimiglio

(705) 989-4895 // maria.coccimiglio@algomau.ca

Host Athletic Therapist: Courtney Tomkins

(705) 206-9103 // courtney.tomkins@algomau.ca

HIAWATHA HIGHLANDS

Nestled in the natural beauty of Sault Ste. Marie, Hiawatha Highlands is a premier destination for outdoor enthusiasts. Known for its stunning trails, the Highlands offers year-round activities, including hiking, mountain biking, snowshoeing, and cross-country skiing. During the winter months, explore over 50 km of meticulously groomed trails, perfect for skiers of all levels. In the warmer seasons, immerse yourself in lush forests, serene waterfalls, and breathtaking views. Whether you're seeking adventure, tranquility, or a connection with nature, Hiawatha Highlands provides an unforgettable escape just minutes from the city.



SOO FINNISH NORDIC SKI CLUB

The Soo Finnish Nordic Ski Club promotes cross country skiing in the city of Sault Ste. Marie by operating and maintaining a 50 km ski trail system within the city limits. It also provides opportunities for all members of the community to learn to ski, and to continue to enjoy skiing as a life-long activity through its many programs; both competitive and recreational.



Visit the Soo Finnish Nordic Ski Club website by scanning here!



NORDIC SKI CHAMPIONSHIPS



SETTING THE STAGE

Cormac Adams, Laurentian Voyageurs | The Voyageurs' fourth-year team captain, after a strong performance at the Ontario Cup in North Bay last month, is looking to build off that to push Laurentian towards a podium spot this weekend.

Emma Archibald, Ottawa Gee-Gees | Archibald has put together another incredible year at both the university and international level. She is currently in Toblach, Italy, representing Canada at the FIS Para Cross-Country World Championships. In December, she represented the country at the Para Nordic World Cup in Finland where she placed fourth in the sprint classic. Last season, Archibald out of Fall River, N.S., earned a pair of gold medals at the OUA Championships, winning the Para Mass Start 15km free and Para Interval Start 7.5km Classic.

Ruby Cheeseman, Algoma Thunderbirds | Rookie Cheeseman has had quite a successful start to her Thunderbirds tenure. A standout on the team, the Sault Ste. Marie, Ont. product has done well in her races thus far, which includes an eighth place finish in her category on both days of the OCUP, and achieving a time of 2:06:50.0 in the 30km race, placing fifth in her division and eighth in the women's overall at the Muskoka Loppet.

Anna Heffernan-Wilker, Ottawa Gee-Gees | A leader and veteran on the Gee-Gees team, the Ottawa, Ont. product continues to find success at the university level. At the Coupe Skinouk 15km Skiathlon, she placed second overall and first amongst Canadian college and university athletes. Last season, the environmental science student was a member of the relay team that earned silver at the OUA Championships.

Trysten Kahtava, Algoma Thunderbirds | A rookie on the team, Kahtava secured an eighth place overall finish in the men's 17km race and a fourth-place finish in his division at the Muskoka Loppet. The computer science student is also a dual athlete and competes on the Thunderbirds' cross-country team.

Japhy Kai-Crookham, Nipissing Lakers | Crookham has been a very strong addition to the Lakers squad, having started his varsity career winning the Ontario Cup #3 Junior men's category and was just outside of qualifying for the FISU World University Games earlier this season.

Helen McCulligh, Carleton Ravens | Fresh off being the top Canadian at the FISU Winter University Games, McCulligh has posted another dominant season as she continues to place in pre-championship competitions. The third-year business student will look to keep that successful stretch going in Sault St. Marie.

Cara Pekos, McMaster Marauders | Pekos competed in biathlon, representing Canada at the 2023 FISU World University Games in Lake Placid. Heading into her fourth OUA Championships, the fifth-year physiotherapy student has plenty of experience with a strong showing at the 2023 finale, a sixth place in the skate interval and the women's team bronze medal for the Marauders

Nicholas Randall, Lakehead Thunderwolves | Bringing international experience to the OUA stage, Randall competed for Canada at the 2025 FISU Winter Games in Torino where he helped Canada to a 12th-place finish in the mixed relay. The first year out of Thunder Bay, Ont. will look to build on his experience as the Thunderwolves eye another title defence.

Mia Smith, Nipissing Lakers | Smith, out of Parry Sound, Ont., has had a strong start to her varsity career, winning the Ontario Cup #3 Junior women's category. The rookie will hope to continue her success on the course at her first OUA Championships.

Mia Sawatsky, Lakehead Thunderwolves | From Altona, Man., Sawatsky finished 12th at the Canadian World Junior Trial Races in Quebec. At this year's OUA Championships, the second-year arts student will look to improve on her seventh overall finish from 2024, a result that earned her an OUA all-star nod.

Thomas Storer, Waterloo Warriors | The first-year student from the nation's capital is coming into the OUA Championships fast and continues to get faster. He looks to build off his sixth-place finish at OFSAA last year.

Sophie Tremblay, Laurentian Voyageurs | Tremblay has represented Canada in each of the last two FISU Winter University Games and will be striving to get on the podium in her fourth OUA Championships outing in Sault Ste Marie.

Kaeden Ward, Carleton Ravens | Ward was a surprise OUA all-star last year in Thunder Bay in his debut. He scored key points for the team as two racers were sick that weekend. From Sudbury, Ont., he has made consistent improvements in training and race performance, particularly in his classic race results. With the mass start and relays at the OUA Championships being in classic technique, he is excited to be key performer this weekend.

Marika Wechsler, McMaster Marauders | In her second year with the Marauders, Wechsler brings a wealth of high school experience to the varsity stage, with two OFSAA gold medals in the women's team event and the overall team medal.

BURNING QUESTIONS

- Can the Carleton women's team build on their international competition experience at the FISU Games and rely on a strong rookie contingent to defend their gold medal?
- Will the Lakehead Thunderwolves men's team complete the four-peat in Sault Ste. Marie?
- Can a strong first-year core and experienced senior skiers help the Nipissing Lakers men's team push past their fourth place finish a year ago to claim an OUA medal in 2025?
- Will the Waterloo Warriors, a team loaded with OUA Championships experience, find their place on the podium this year?

WHAT THEY ARE SAYING

"We are so thrilled to work with Soo Finnish Nordic and host the Nordic ski competitors from all across Ontario. The team is so excited to compete on our beautiful home trails and showcase what our city has to offer!" - Logan Bach, Head Coach, Algoma Thunderbirds

"There's always pressure with competing, but you've just got to focus when you're in a race, like 'I'm going to do my best going around this corner, I'm going to really do this climb and pass as many people as I can, then I'm going to cruise down this hill.'" - Trysten Kahtava, Student-Athlete, Algoma Thunderbirds

"It was very competitive to make the selection for the men's and women's teams. It was more competitive than in previous years. This year, we have a large first-year group on the team, and nine first-year athletes made the OUA team. So, this very young team is getting their first OUA Championship experience." - Kevin Shields, Head Coach, Carleton Ravens

"Our team has an inclusive group dynamic that enables an elite level of development. I'm fired up to see how the squad can perform" - Nick Sammon, Student-Athlete, Waterloo Warriors



ALGOMA THUNDERBIRDS

Emma	Malone	Psychology
Ruby	Cheeseman	Geography
Tea	Lane	Accounting
Trysten	Kahtava	Computer Science
Tori	Grasley	CESD
Anna	Reich	Anishinaabe Studies



"We are thrilled to partner with Soo Finnish Nordic to host the top Nordic ski competitors from across Ontario. The team is excited to compete on our beautiful home trails and showcase everything our city has to offer."

Logan Bach, Head Coach



Credit: Maria Coccimiglio



CARLETON RAVENS

Isaac	Fortin	Architecture
Kaeden	Ward	Mechanical Engineering
Raphael	Guerout	Sustainable & Renewable Energy Engineering
Seamus	Williams	Cognitive Science
Wes	Robinson-Shaw	Biology
Noah	Vanderzon	Health Science
Nathaniel	Sneyd	Aerospace Engineering
Darion	Dillabaugh	Architectural Studies
Bella	Mouchet	Environmental Science
Madelaine	Galik	Mechanical Engineering
Tessa	Quinn-Crook	Psychology
Helen	McCulligh	Business
Sophia	Giangrande	Health Science
Maya	Abraham	Biology
Beth	Marchant	Law & Legal Studies
Isabella	Pighin	Business



GUELPH GRYPHONS

Benjamin	Arsenault	Management Economics and Finance
Graham	Hrebicek	Sport & Event Management
William	Fairhead	Chemistry
Henley	Baird	Computer Science and Political Science
Akshaye	Goela	Biomedical Science and Mathematical Science
Shobia	Sivakumaran	Biomedical Toxicology
Zoe	Cohen	Animal Biology
Marissa	Lefebvre	Environmental Science
Janna	Wardell	Biodiversity
Abbygale	Davidson	Biomedical Science & Ecology



LAKEHEAD THUNDERWOLVES

Mia	Sawatsky	Education
Lauren	Pineau	Science & Environmental Studies
Alex	Scheifele	Science & Environmental Studies
Edgar	Sarrazin	Health & Behavioural Sciences
Alexander	Randall	Engineering
Nicholas	Randall	Health & Behavioural Sciences
Peter	Welsh	Social Science & Humanities
Willem	van Duyn	Science & Environmental Studies
Joel	Haering	Science & Environmental Studies
Luke	Pollex	Health & Behavioural Sciences
Johann	Taylor-Gregg	Science & Environmental Studies



QUEEN'S GAELS

Madeleine	Tremblay	Faculty of Arts & Science
Anna	Semeniuk	Faculty of Arts & Science
Aidan	Westdal	Faculty of Applied Science
Cadence	Gauley	Life Science
Katrina	Badali	Arts/Education
Jeremy	Strachan	School of Computing
William	Sandlos	Faculty of Arts & Science
Evan	Hovorka	Faculty of Applied Science
Ryan	Johnstone	Faculty of Arts & Science
Claire	Allan	Kinesiology
Matthew	Cook	Mechanical Engineering
Ian	Schaffer	Faculty of Applied Science
Jessica	Rogers	Faculty of Arts & Science



WATERLOO WARRIORS

Liam	Sonoski	Mechanical Engineering
Anna	Beedell	Environmental Engineering
Jennelle	Smeltzer	Recreation & Sport Business
Thomas	Storer	Physics & Astronomy
Nick	Sammon	Masters of Health
Abby	Towaij	Geological Engineering
Katie	Sefton	Science
James	Pedersen	Planning
Andrew	Cummins	Math
Liam	Marshall	Mechanical Engineering



TORONTO VARSITY BLUES

Marina	Sobotka	Architecture
Noah	Campbell	Commerce
Eran	Bursej	Commerce
Nolan	McReelis	Ethics, Society, and Law



LAURENTIAN VOYAGERS

Sophie	Tremblay	Psychology
Margot	West	Mining Engineering
Cormac	Adams	Sports Administration
Finley	O'Brien	Outdoor Adventure Leadership
Grace	Thomas	Biomedical Biology
Olivia	Norman	Biochemistry
James	Brain	Kinesiology
Jack	Anderson	Kinesiology
Lucas	Jones	Kinesiology
Cameron	Boland	Sport and Physical Education
Owen	Claridge	Sports Administration



MCMASTER MARAUDERS

Anna	Harris	Arts & Science
Dale	Dizon	Economics
Olivia	Rowan	Arts & Science
Cara	Pekos	Kinesiology
Marika	Wechsler	Earth Sciences
David	Harris	Arts & Science
Katrina	Pegrum	Chemical Engineering
Nils	Noordstrom	Engineering
Claire	Stephen	Arts & Science
Aliyah	Shaw	Engineering
Evan	Taggart	Engineering



UOTTAWA GEE GEES

Anna Sierra	Heffernan-Wilker	Environmental Science
Skylar	Samm	Mechanical Engineering
Britt	Halvorsen	Biopharmaceutical Science
Maja	Mooers	Biology
Kate	Mason	Biology
Finlay	Cuza	Human Kinetics
Konrad	Schulte-Hostedde	Human Kinetics
Maude	Molgat	Health Sciences
Milo	Sircom-Brown	Management
Cohen	Norman	Human Kinetics
Tyler	Allan	Juris Doctor
Isla	Hupé	Interdisciplinary Studies
Emma	Archibald	Nursing
Erin	Dunn	Human Kinetics
Alexandre	Shuh	Human Kinetics
William	Ng	Biology
Liam	Ryan	Human Kinetics



NIPISSING LAKERS

Brooke	Ailey	BPHE
Eily	Woodman	Environmental Biology & Technology
Ethan	Aarts	Business Administration
George (Cooper)	Legler	Political Science
Jaime	Schweyer	Masters of Kinesiology
Japhy-Kai	Crookham	BA
Mia	Smith	Nursing
Micah	Peake	Business Administration
Morgan	Young	Mathematics
Nathan	Golisky	BPHE
Oliver	Czerny-Holownia	BPHE
Sean-Hope	Craig	BA
Alieya	Pires	BPHE

PARKING INFORMATION

Volunteers will be on-site to navigate parking.

Parking will not be permitted at the Bible Fellowship Church on Sunday.

ACCOMMODATIONS AND FOOD



Water Tower Inn

360 Great Northern Road
Sault Ste. Marie, ON P6B 4Z7

Please contact Sarah White, Manager of Sales, Meetings and Events prior to January 20, 2025 to book ssmith@watertowerinn.com or 705-945-7603



Feeding Your Soul Cafe

In 2017, Mary had an idea. Bringing a home cooked meal back to the restaurant scene. With growing food restrictions, lifestyle and eating habits rapidly changing, she knew her focus was to feed the soul. Offering gluten free, dairy free and vegan friendly meal options in addition to the regular menu, there is something for every taste.

Food will arrive at 11am each day and will be free for volunteers.

Athletes and coaches will be able to purchase food from Feeding Your Soul Cafe at Hiawatha Highlands (inside the Kincentre; 780 Landslide Rd) on Friday, Saturday, and Sunday starting at 11am.

THANK YOU SPONSORS AND SUPPORTERS





**DON'T MISS
A MINUTE
OF THE
ACTION!**



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