

# Whistler Olympic Park

## Whistler Nordic Development Centre

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### High Performance Programs for Future Olympians

The Whistler Nordic Development Centre (W-NDC) at Whistler Olympic Park is a designated hub for athletes who are committed to the high performance pathway and the pursuit of future success in competition. Lead by Head Coach Etienne Letondeur, the W-NDC supports this pursuit through its unique high performance planning process and development and by facilitating sport services that are in alignment with athlete goals and targeted objectives.

W-NDC athletes can live, train and even work with Whistler Sport Legacies. The Whistler Athletes' Centre campus enables them to grow in an exciting multi-sport environment, and to train with carded competitors from numerous disciplines in the Canadian Sport Institute Pacific's High Performance Centre. Furthermore, as a diverse organization, Whistler Sport Legacies offers athletes interesting opportunities to supplement their growth and income through sport-related employment.



### 2017/2018 Program Overview Biathlon

#### Option 1: W-NDC High Performance Team (Train To Compete)

- Who:** Dedicated athletes, wanting training and competition opportunities designed to advance them on the high performance pathway, leading to international podium success and personal development.
- Where:** The W-NDC Team is based in Whistler and all athletes are expected to reside in Squamish or Whistler. Ideal candidates are athletes training for long-term international success.
- Curriculum:** Athletes committed to the W-NDC will receive full-time coaching and performance services for training and competitions. Specific training plans will be centered on individual athlete goals and individual athlete development. Through technical and performance services as well as access to Whistler based training facilities, athletes will have everything needed to take their performance to the next level on the athlete pathway.
- When:** Intake 1: April 28, 2017  
Intake 2: June 26, 2017
- Services:**
- Coaching (daily programming based on a yearly training plan)
  - Coaching and coach travel to targeted/planned competitions
  - Individualized training plans
  - Comprehensive Testing: Technical and Physical
  - Performance services: Nutrition, Strength and Conditioning & Mental Performance
  - Wax
  - Facility Access Whistler Sport Legacies/Whistler Olympic Park
- Cost:** May Start: \$6,000  
June Start: \$5,300
- Cost does not include:** Travel to/in Whistler, Accommodation, Food, Competition travel, Race Entries, Camps, Ammunition, Equipment

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### Option 2: W-NDC Satellite Program (Train to Train)

- Who:** The W-NDC Satellite Program is designed for athletes who wish a high quality program and environment in order to propel their skills to the next level, while still in school/finishing school.
- Where:** The W-NDC Satellite Program is based in Whistler and all athletes are expected to reside in Squamish or Whistler for the summer.
- Curriculum:** Athletes committed to the W-NDC Satellite Program have the same access to full-time coaching and performance services while in Whistler. Additionally, Satellite Program athletes will have their individualized training and competition plans throughout the year.
- When:** Foundation Testing Camp April 28, 2017  
Summer training June 26 to August 27, 2017
- Services:**
- Coaching when in Whistler ( technical/strength)
  - Training program design and follow-up (annual training plan)
  - Performance Services: Introductory
  - Testing
  - Facility Access Whistler Sport Legacies/Whistler Olympic Park
- Cost:** \$3,000
- Cost does not include:** Travel to/in Whistler, Accommodation, Food, Competition travel, Race Entries, Camps, Ammunition, Equipment

### Option 3: Serviced Annual Plan (Train to Train)

- Who:** The W-NDC Serviced Annual Plan is a program for athletes who are not yet ready to be in Whistler for the summer, but want a quality training program to work towards their performance goals.
- Where:** At the athletes home base and in Whistler for camps.
- Curriculum:** Athletes receive coaching while in Whistler, and will have a year-round training plan designed and monitored by their coach. Athletes have access to the Foundation Testing Camp.
- When:** Foundation Testing Camp April 28, 2017

**Contact us for more details on this program & pricing!**



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### Next Steps

If you are interested in joining the W-NDC, please complete the athlete application form found at:

<http://www.whistlerolympicpark.com/wndc>

If you have any questions or would like more information, please contact:

**Etienne Letondeur, Biathlon Head Coach, Whistler Olympic Park**

Phone: 604-966-7207

E-mail: [eletondeur@whistlersportlegacies.com](mailto:eletondeur@whistlersportlegacies.com)

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### Post-Secondary Education Opportunities

**QUEST**  
UNIVERSITY CANADA  
QUESTU.CA

3200 University Boulevard  
Squamish, BC, CANADA V8B 0N8  
Email: [info@questu.ca](mailto:info@questu.ca)

The Whistler Nordic Development Centre works in partnership with Quest University Canada who developed “LEAP”, a program geared towards young high performance athletes.

The Leaders in Elite Athletics & Performance Program (LEAP) at Quest University Canada is a program structured to accommodate the special needs of accomplished student athletes and performers. This program specifically caters to students balancing rigorous academics with the pursuit of their sport or art at a highly competitive level. LEAP students are afforded extra flexibility in course scheduling, housing and billing, and are eligible to be considered for a LEAP scholarship.

For more information, please visit [www.questu.ca/leap](http://www.questu.ca/leap)

