



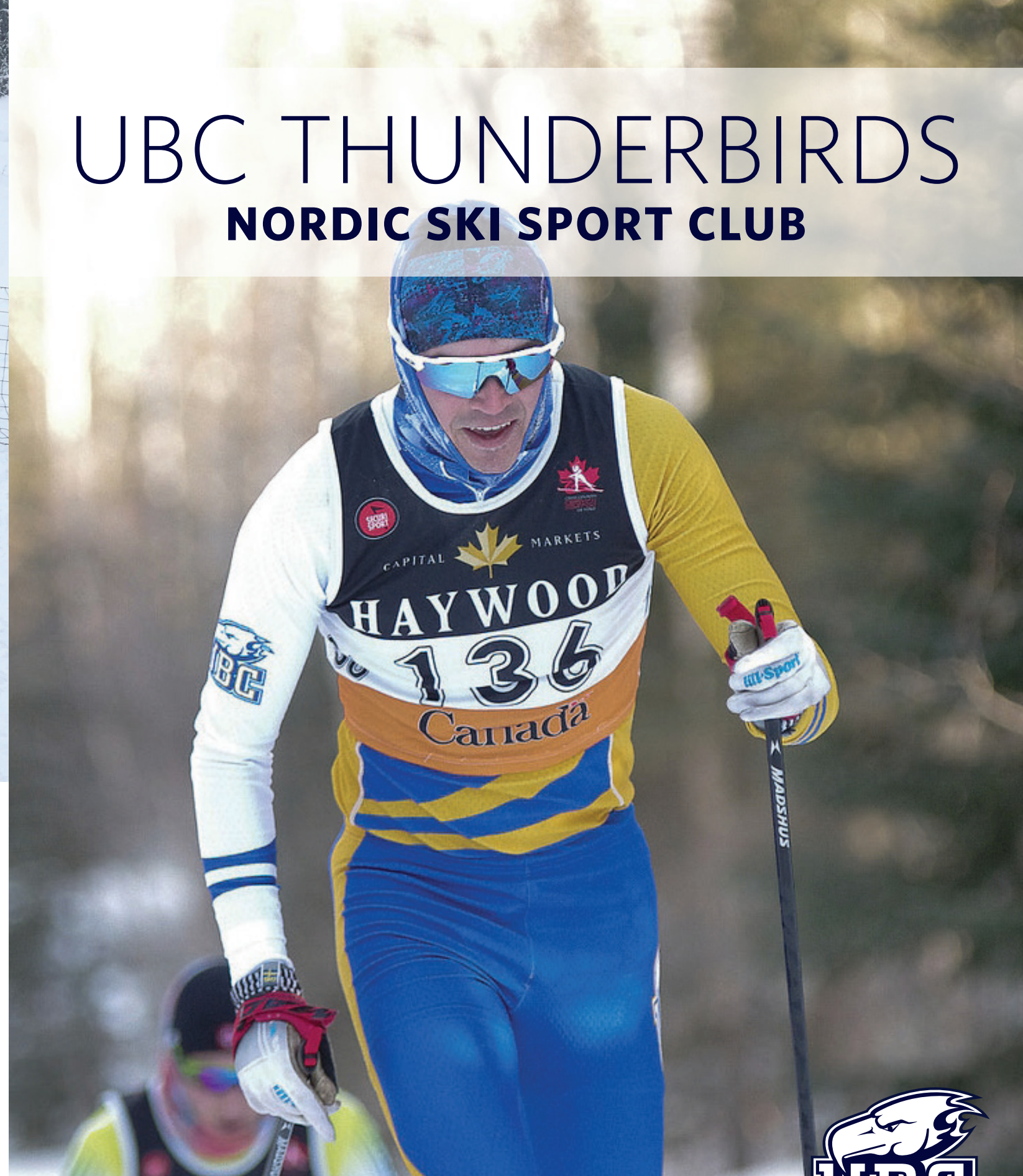
#### TSC NORDIC SKI STANDINGS

Multiple individual podiums in BC Cup races.

Top 10 results at Canadian College and University National Championships (CCUNC).

Top 10 aggregate male and female club at CCUNCs.

# UBC THUNDERBIRDS NORDIC SKI SPORT CLUB



## Interested?



Contact the UBC Thunderbirds  
Nordic Ski Club Executive  
[nordicski.sc@ubc.ca](mailto:nordicski.sc@ubc.ca)



[RECREATION.CA/SPORT-CLUBS](https://recreation.ca/sport-clubs)



[facebook.com/UBCNordies/](https://facebook.com/UBCNordies/)



[@ubcnordicskiing](https://instagram.com/ubcnordicskiing)



THE UNIVERSITY OF BRITISH COLUMBIA

**UBC THUNDERBIRDS SPORT CLUBS**

➤ [RECREATION.UBC.CA/SPORT-CLUBS](https://recreation.ubc.ca/sport-clubs)







# UBC TSC: Your Community on Campus

UBC Thunderbirds Sport Clubs are opportunities for highly competitive students to officially represent the university in sports at the non-varsity level, to build community, and to gain leadership and sport management skills. If you trained in one of the available sports in high school, or are looking to diversify your athletic skillset find out more about how to join at [sportclubs.ubc.ca](https://sportclubs.ubc.ca).



### TRAVEL FOR COMPETITION

Teams travel locally, across Canada and internationally to compete against other universities and clubs.



### STUDENT LED TEAMS

Each Sport Club is managed by a team of student executives that take care of all the administrative tasks, finances, marketing, travel and safety logistics, and everything in between.



### TRAIN AND COMPETE WITH FRIENDS

Most Sport Clubs athletes train and compete on a weekly basis with their teammates during the year. UBC TSC also hosts socials and events to mingle with 300+ student athletes.



## THE SPORT CLUBS EXPERIENCE

*“Being able to train in the mountains while attending a world class university sounds amazing, doesn't it? With access to Cypress Mountain and Whistler Olympic Park, our athletes never lack incredible training facilities. Our racing schedule takes us around BC and across Canada and with academic accommodation and funding from TSC, so you will never be worried about missing school or making ends meet. UBC's Thunderbirds Sport Clubs program is one of the newest and most progressive team structures in Canada and offers many opportunities for student leadership as well as other valuable skills for the future. If you want a well-rounded and competitive education and ski racing experience, UBC TSC Nordic Ski is the place to be.”*

— Carrington Pomeroy

# UBC Thunderbirds Nordic Ski Sport Club

## ACADEMICS

UBC Thunderbirds Sport Clubs (UBC TSC) is open to any Undergraduate, Graduate, PHD or Exchange Students across all faculties and disciplines. Participants must enroll in at least 9 credits per semester (three courses) with minimum good academic standing, both semester and cumulative.

### Practices/Competitions and Academics

Thunderbirds Sport Clubs athletes are students first, and athletes second. Our practices are scheduled around class time so that it is not necessary to miss a class to attend practice. When travel to or from an event conflicts with a skier's class or exam schedule, it is up to that student athlete to decide if they would like to attend. Should they choose to attend the competition, the team and TSC will support the athlete by providing requests for academic concession and helping the student work with their professors to make up for any missed work in advance.

## COMPETITION AND TRAINING

The Nordic Ski Sport Club rosters 15 members who train and compete at various levels. All members of the team are welcome to compete at every race apart from Nationals. Due to the cost and the level of competition, a selection process will be undertaken for Nationals.

UBC TSC Nordic Ski competes under the Cross Country and Cross Country BC governing bodies. The team competes locally against UBCO, UofA, and the University of Calgary. At Nationals, the team competes against universities across Canada. The team also races against provincial and national level club skiers.

### Yearly Calendar

Dryland practices start at UBC and are held in Pacific Spirit Park from 5pm-7pm on Tuesdays and Thursdays. In the winter, Tuesday and Saturday practices will be held at Cypress

Mountain. Depending on the time of year, Saturday practices may be up to 3 hours in length. Gym workouts are held at the Student Recreation Centre on campus from 7pm-8:30pm on Sundays.

### Yearly Calendar

<b>Practices:</b>	<b>Competitions:</b>
Early Sept - Apr	Mid Dec - Late Mar (most weekends)

### Time Commitment

<b>Team Activities:</b>	<b>Individual Activities:</b>
2 to 6 hours per week	2 to 6 hours per week

### Try-outs and Requirements

Tryouts consist of two dryland workouts held during the first two weeks of class in the fall. Dates will be posted on the Nordic Ski Sport Club website in August. Skiers wanting to try out will require some experience with cross country skiing. Racing experience is not necessarily required but would be preferred.

## OUTSIDE OF THE SPORT

### Fundraisers

The team holds several fundraisers throughout the year, including selling Krispy Kreme donuts and potentially holding a running race. All proceeds from these events go directly into the team, helping to lower team fees each year while still covering all possible costs.

### Philanthropic Work

As part of the Thunderbirds Sport Clubs community, Nordic Ski partners with other TSC teams each year for a number of philanthropic endeavors, from raising money for Lace up for Kids, to helping impoverished families near the holidays partnering with United Gospel Mission's Christmas Hampers campaign.