

# **NATIONAL MSA 2026**

**March 6-14, 2026**

## **TEAM SUPPORT**

**Coaches:** Geoff Tomlinson, Nolan Scheier, Tova G, Kat Denis

**Trip Leaders:** Joan Bou, Claudia Bereznai

**Support team:** Wayne Dustin, Janaka Halsal, Sarah Siderius, Deb Ashby, Imbaw Storer, Chris North, Jesse Blondin, Chris Alderson, Christina Benedict, Zeba Crook, Emily Watkins, Melanie Page, Pete VW, Ross Clarke.

Please note, all support staff have valid Police Records Check, Vulnerable Sector, as well as Rule of Two training.

A separate note will go to all support staff with more info.

**RACE NOTICE** (all athletes please read!):

[RACE NOTICE](#)

**Coaches will make the relay teams.**

**REGISTRATION CLOSES - Thursday February 26, 2026, 23:59**

[ZONE4 REGISTRATION](#)

**All athletes to register for the banquet Friday March 13th, 2026**

## **PRE-RACE TEAM MEETING**

Sunday, March 1, 8pm

Google Meet joining info

Video call link: <https://meet.google.com/jfj-knrg-qqu>

## **SKI PREP/LUGGAGE**

Ski bags and luggage to be collected at FLYING SQUIRREL (see below)

Day bags with race kit to go with athletes in day vehicles. Please pack skate ski boots in the car travel bag. (Classic boots can go in the cargo van luggage)

TRAVEL WAX both classic & skate RACE skis, GRIP ZONES CLEANED!!!

Skis to be labeled clearly with Name, Cohort, RACE vs. TRAINING (wax team will be rooting through ski bags to pull out race skis for waxing)

## **WHERE/WHEN**

Flying Squirrel parking lot FRIDAY MARCH 6TH, 2026  
1901 Cyrville Rd, Ottawa  
Arrival at FS: 7:00 am, 7:30 am departure

Driving assignments TBD

## **RACE SITE**

Centre de ski de fond du Mont-Sainte-Anne in Saint-Ferréol-les-Neiges, Québec.  
2000 Bd du Beau Pré, Beaupré, QC G0A 1E0

## **COMMUNICATIONS**

Athletes and parents please join the Whatsapp:

[WHATSAPP](#)

## **ILLNESS**

*If you are ill, please stay home for your own sake and that of your team mates. Racing while sick will not enhance your performance and you're likely to get others around you sick. Please also refer to the most recent trip illness guidelines [HERE](#).*

## **CODE OF CONDUCT**

[CODE OF CONDUCT](#)

## **ACCOMMODATION**

- [Le Festif](#)  
1930 Bd Les Neiges  
Saint-Ferreol-les-Neiges, QC
- [Domaine MSA](#)  
1910 Bd Les Neiges  
Saint-Ferreol-les-Neiges, QC
- Chalet and room assignments (sorry, no room or car requests or changes allowed!!)

DRIVING AND ROOM ASSIGNMENTS TBD

## **FOOD/MEAL PLANNING**

- Please send your athlete with **tupperwares and/or baggies for their daily lunches**. Food containers will NOT be provided
- Food contributions to be collected at Starbucks on departure day
- PLEASE FOLLOW RECIPES EXACTLY
- Please provide baked good in boxes or tupperwares or tins (NOT BAGS)

[FOOD SIGN UP](#)

## **PACKING LIST**

Note: there are paid laundry facilities. Bring 0.25\$ and 1.00\$ coins and some laundry soap.

[NATIONALS PACKING LIST](#)

## **GENERAL TRIP DOCUMENTS**

[TRIP INFORMATION/POLICIES](#)

## **QUESTIONS/CONCERNS**

Please email

[nakkgeoff@nakkertok.ca](mailto:nakkgeoff@nakkertok.ca)

[trips@nakkertok.ca](mailto:trips@nakkertok.ca)

[cberenzai@gmail.com](mailto:cberenzai@gmail.com)