



ENRG is part of the Nakkertok Racing Program, geared to athletes 18+ who want to improve as racers and benefit from high-level coaching and competition. We have room to add skiers for the 2023/24 Season. We welcome skiers from across Canada and the US.

NAKKERTOK and OTTAWA-GATINEAU REGION

Nakkertok has snowmaking (allowing 5 months on snow) and high-performance race trails/competitions. Gatineau Park offers some of the best car-free roller skiing in the world, and >170km of trails for running, hiking, or mountain biking. Also, the Ottawa region has >200km of paved paths perfect for roller skiing.



UNIVERSITY & COLLEGE INTEGRATION

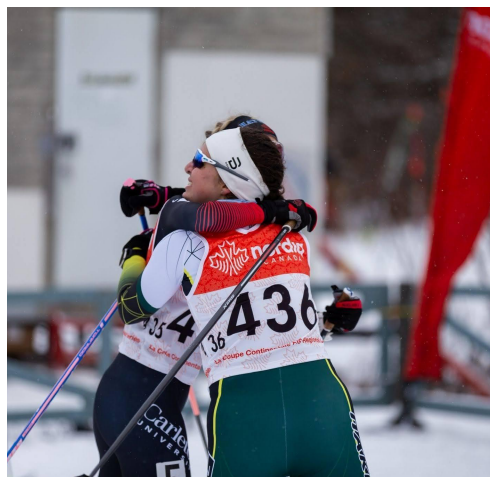
Training accommodates academic loads and we combine some workouts with uOttawa and Carleton teams. Athletes will use strength facilities at uOttawa or Carleton. Campuses are 15 and 25 min from Nakkertok. To help manage course load, we recommend creating a plan with your coach and an academic advisor to allow for scheduled training, camps, and racing as well as managing school load within your individualized training plan.

TRAINING

Athletes can choose from year-round, summer, or fall/winter personalized training available at a reasonable cost.

- Group training 3-4 days a week
- Individualized training program
- Monthly summer and fall training camps (local or away)
- IST (physio, sports doctor, MPC)
- Team clothing

Check out this page for more info: [ENRG Infosheet](#)



RACING

We provide support at major Canadian events: Canada Cups, World Junior and u23 Championship trials, Canadian Championships, Loppets, and also race in the US (NENSA Cups and SuperTour events).

COACHING

Katherine Denis is the ENRG coach, and lead high performance coach of the Nakkertok race program. Originally from Temiskaming, she raced with Nakkertok for 6 years, competing in NorAms and representing Canada at the 2019 World University Games in Krasnoyarsk, Russia as part of the uOttawa Nordiq program. Katherine has a BSc. from the U of Ottawa in Human Kinetics and is completing her L2C coaching certification.

Katherine has 5 years of coaching experience. She is also bilingual, an asset to our program that straddles Quebec and Ontario.