

Jan Rossiter– Athlete Profile



Jan grew up participating in many sports recreationally (hockey, soccer, basketball, swimming) and enjoyed many outdoor activities (hiking, climbing, canoeing, kayaking). His mother taught him to cross country ski when he was just 2 years old. When he enrolled at McGill University in 2005, cross country skiing took over his life. In 2010 he met coach Petr Jakl in Ottawa and finally began training seriously. He has represented Ireland at the 2014 Winter Olympics, and 2015, 2017 and 2019 World Championships.

Vital Stats

DoB	September 21, 1987
Height	6'0" / 183 cm
Weight	168 lbs / 76 Kg
Hometown	Born in Cork, Ireland; grew up in Kingston, ON; recently moved to Calgary, AB

Sports History

Cross Country Skiing

- 27th Team Sprint – World Ski Championships 2019 – Seefeld, AUT
- 32nd 10km Classic Qualification Race – World Ski Championships 2019 – Seefeld, AUT
- 35th 10km Classic Qualification Race – World Ski Championships 2017 – Lahti, FIN
- 37th 10 km Skate Qualification Race – World Ski Championships 2015 – Falun, SWE
- 82nd 15km Classic – Olympic Winter Games 2014 – Sochi, RUS

Goals

- Improve running form to be able to run longer distances without injury
- Improve core and back strength to be able to take on long double poling races
- Continue to maintain fitness through the summer
- Enjoy racing at the local and masters level
- Challenge for a podium in small races every once in a while
- Improve his telemark skiing

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Aspirations

- To retire from international competition with grace
- To maintain an active lifestyle balanced with a career
- To go on to coach youth skiers