

# Tilson deHaan – Athlete Profile

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I am an aspiring athlete that competes in skiing, running and biking. As a younger child, I competed in hockey and soccer at a competitive level. I then changed my focus to biking, and have recently taken up running and skiing. Although I am new to the sport of skiing, I am pushing my limits and trying to do the best I can, and succeeding. I put lots of time and dedication into the sports that I love, and perform my best.

## Vital Stats

DoB	December 10, 2005
Height	5'5" / 164 cm
Weight	110 lbs / 50 Kg
Hometown	Horseshoe Valley, Ontario, Canada

## Sports History

### Cross Country Skiing

- 10<sup>th</sup> place Midget Skate Interval: Canadian National Championships 2019
- 4<sup>th</sup> place Midget Classic Pursuit: Canadian Eastern Championships 2019
- 2<sup>nd</sup> place Midget Skate Interval: Provincial Youth Championships 2019
- 5<sup>th</sup> place Midget Classic Mass start: Ontario Cup #5 (North Bay) 2019
- 3<sup>rd</sup> place Midget Classic Interval: Provincial Youth Championship 2018
- 5<sup>th</sup> place Midget Skate Mass: Provincial Youth Championships 2018

### Cross Country Running

- 1<sup>st</sup> place: Simcoe County District School board ( Grade 8)

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- 9<sup>th</sup> place: Ontario Provincial Championships

## Track (mid distance)

- Ontario Summer Games
  - 2<sup>nd</sup> place 800M, 2:23.92 min
  - 3<sup>rd</sup> place 1200M, 3:48.07 min

## Mountain Biking (XCO)

- 7<sup>th</sup> place: Overall points 2018 / Minime
- 2<sup>nd</sup> place: Overall points 2017 / Peewee
- 2<sup>nd</sup> place: Overall points 2016 / Peewee
- 1<sup>st</sup> place: Overall points 2015 / Squirt
- Provincial Champion 2015 / Squirt

## Goals

- Continue to improve in running events.
- Work on strength and stamina to improve results in skiing and mountain biking.
- To podium in the series of the 2019 MTB Ontario Cup series.
- To finish top 5 in an OFSAA (high school) event.
- Compete and podium in my age category for Juvenile boys in skiing.

## Aspirations

- To represent Canada at a world level in either skiing, running or biking.
- To connect and work well with my sponsor(s).
- To get a full sport scholarship for any of my three sports.