

Tilson deHaan - Athlete Profile



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	5'6" / 168 cm
Weight	119 lbs / 54 Kg
Hometown	Horseshoe Valley, Ontario, Canada

Sponsors & Partners

Skis: [Skitrab](#)
Poles: [USSSKI Poles](#)
Boots (classic): [Botas](#)
Bike: [Norco](#)

Sports History

Cross Country Skiing

- 2nd place in 2018/19 U14 Ontario Championships 3.5 km free
- 4th place in 2018/19 U14 Canadian Eastern Championships 5 km classic
- 10th place in 2018/19 U14 Canadian National Championships 5 km free

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Mountain Biking (XCO)

- 2019 U15 Ontario Provincial Champion
- 3th over-all in 2019 U15 Ontario Cup

Track

- PB in 1500 m 4:44.3 min, 800 m 2:17.0 min

Cross Country Running

- 9th place in 2018 U14 Ontario Provincial Championships

Goals

- Continue to improve in running events.
- Work on strength and stamina to improve results in skiing and mountain biking.
- To finish top 5 in an OFSAA (provincial Championships high school) event.
- Compete and podium in my age category for U16 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.