

Jack Ormsby - Athlete Profile



I haven't been skiing for long, only since the winter of grade 10 when I was 15 years old. My focus has been to build strength, coordination and balance through skiing to compliment other sports I do. As well, to have fun and get outside more in the winter months. I compete in many other sports such as running and hockey to stay physically fit and push myself to the next level. I participate in many school sports to collaborate with others and teach younger students' skills and techniques to improve themselves and the team. Some of my favourite school sports are soccer, ultimate frisbee and basketball. I'm always looking for opportunities to athletically better myself and be the best I can be.

Vital Stats

DoB	April 16, 2004
Height	5'11" / 180cm
Weight	138lbs / 62.5 Kg
Hometown	Brechin, Ontario, Canada

Sports History

Cross Country Skiing

- 2019-2020 Grade 10 U16 OFSAA 48th Place

Track

- 2019 Grade 9 U15 OFSAA Regionals 3000m 11th place, 10:27.73
- PB in 3000m 10:09.62, 1500m 4:43.34

Cross Country Running

- 2019 Grade 10 U16 GBSAA Race Series 4th Place
- 2019 Grade 10 U16 GBSAA Championships 7th Place
- 2021 Grade 12 U18 GBSAA Race Series 1st Place
- 2021 Grade 12 U18 GBSAA Championships 3rd Place

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Road Running

- 2021 Muskoka Half Marathon 3rd Place, 1:15:10
- PB in Half Marathon 1:15:10, 10Km 35:06, 5Km 16:17

Soccer

- 2021 Captain of Varsity SCAA Champions

Hockey

- 2017-2018 GBMHL Bantam B Finalists
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Athletics

- 2018 Brechin Public School Male Athlete
- 2019 Orillia Breakfast of Champions Recipient
- 2019-2020 Twin Lakes Junior Male Athlete of the Year

Goals

- Qualify for OFSAA Regionals in two track events
- Continue to improve my running PBs
- Win Twin Lakes Senior Male Athlete of the Year

Aspirations

- Run for a University XC and Track team
- Incorporate running and other sports into the rest of my life
- Continue to mentor younger athletes in a variety of sports