

CALGARY

CALGARY

THE MARGIN OF **VICTORY**

VISION

The Canadian Sport Institute Network is a key contributor to Canada's world leading Olympic and Paralympic podium performances.

MISSION

To provide a world-leading multisport daily training environment for podium pathway athletes and coaches through expert leadership, services and programs.

IS ABOUT **KNOWING**

BRIAN MCKEEVER AND ERIK CARLETON

With 10 Paralympic medals - seven of which are gold - cross-country skier Brian McKeever is one of Canada's most decorated athletes. Equally inspiring is that McKeever also races on the IPC World Cup circuit, and at the Vancouver Games became the first athlete to qualify to compete in both the Winter Olympic and Paralympic Games.

Photo: © Lennart Angermund
Cover photo: © 2009 Canadian Press Images

MESSAGE FROM THE PRESIDENT

I am proud to say that the efforts of the Canadian Sport Centre Calgary (CSCC) over the past 19 years has created nation leading sport programs and services that helped Canada's top athletes achieve Olympic and Paralympic podium performances.

2012-2013 was a year of many milestones that resulted in 24 Olympic and 15 Paralympic CSCC registered athletes competing in London.

Because of our record of success, the CSCC has been awarded the designation of "Canadian Sport Institute" from our two key national funding partners, Sport Canada and Own the Podium. This designation is a significant recognition of the expertise and value our people provide to the athletes and coaches and to the impact they have on performance.

As we transition to the Canadian Sport Institute and work to build a strong recognizable brand, our mission remains: to continue to provide the best daily training environment that supports the athletes' performance objectives and their life outside and beyond sport.

We have been fortunate to have the support of great funding partners as well as great facility partners such as the University of Calgary, the Olympic Oval, Talisman Centre, WinSport Canada (locations at Canada Olympic Park and Canmore Nordic Centre) and the University of Alberta. And our new partnership with WinSport Canada positions us well to become the greatest place for winter sport in the world! The future of Canadian sport will be written at the Canadian Sport Institute in Calgary.

We are grateful for the sustained commitment of the Board of Directors, our dedicated and passionate staff, our talented and expert Service Providers as well as our funding and corporate partners.

Thank you for your support as we continue to build upon our success in the years ahead.

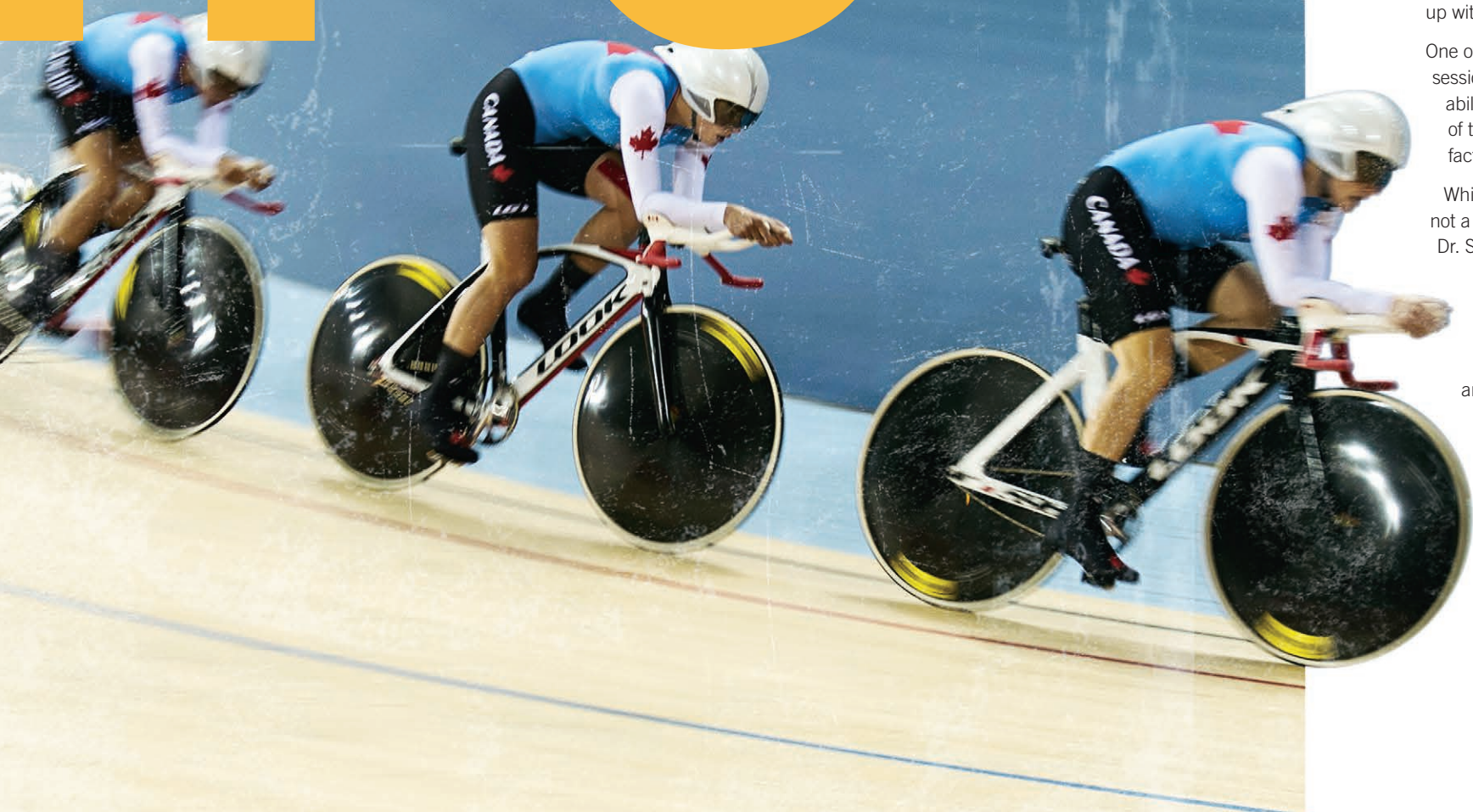


DALE HENWOOD
President and CEO

Dale Henwood

WHO WE ARE.

IT'S REMEMBERING



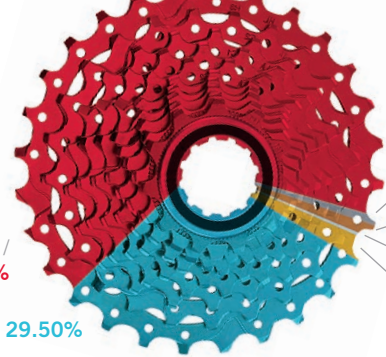
TARA WHITTEN, GILLIAN CARLETON AND JASMIN GLAESSER

Bronze medal winners in the Women's Team Pursuit at the 2012 London Olympic Games. Photo: © 2009 Canadian Press Images

FUNDING

Sport Canada / Own the Podium **66.29%**

Self Generated **29.50%**



0.75% University of Calgary
1.05% Coaching Association of Canada
0.32% WinSport Canada
2.10% ASRPW Foundation

WHERE WE'VE BEEN

FROM LONDON TO PODIUMS AROUND THE WORLD, THE CANADIAN SPORT INSTITUTE INVESTED IN A TEAM OF EXPERTS TO HELP PREPARE CANADIAN ATHLETES TO COMPETE WITH THE WORLD'S BEST. THAT INVESTMENT CONTINUES TO PAY OFF.

On the clock, winning bronze in the Women's Team Pursuit at the 2012 London Games took three minutes 17.915 seconds.

Eighteen months before the Canadian women flashed around the velodrome in London, their coach Tanya Dubnicoff sat down with the Canadian Sport Institute's Director of Sport Science, Dr. David Smith.

"We were working with the coach to give the cyclists the tools to provide them with the best training program and preparation to execute in competition," explains Dr. Smith who successfully teamed up with Dubnicoff when she was the world sprint champion.

One of the strategies was the inclusion of altitude training. Riding sessions at 7000 to 8000 feet above sea level increase the cyclist's ability to sustain power over the duration of a race. The scheduling of the altitude training phase relative to competition is an important factor in the adaptation process.

While the results of altitude training are not always predictable and not a magic bullet, individual athlete responses were monitored. Dr. Smith, coach Dubnicoff and the Integrated Support Team (IST) collaborated on tailoring the training for London to match each athlete's specific, individual response so that the team could race as a synchronous unit.

"Tanya and I sat in my office in June (before the Olympics) and we figured out the time we needed to go to get a medal. We estimated within five tenths of a second," explained Dr. Smith of their more-than-educated guess.

INVESTMENT

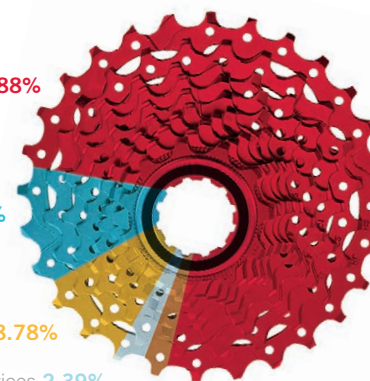
Performances Services **75.88%**

Business Services **10.81%**

Fuel for Gold Operations **8.78%**

Life Services **2.39%**

2.14%
Coaching Services



Detailed financial information can be found at www.csicalgary.ca

MEASURING PERFORMANCE

During last year, the Canadian Sport Institute invested over \$5.8 million in support of Canadian athletes. On the treadmills, bicycles and other testing equipment in the Human Performance Lab at the University of Calgary, over 3700 tests were conducted on athletes representing 25 sports.

Our team conducted 23 workshops that offered athletes access to approximately 100 hours of innovative training from media and job interviews to financial planning.

Additionally, 534 coaches were trained and now have access to the knowledge and tools to help tomorrow's champions attain their full potential.

Canadian Sport Institute events such as Golf with an Olympian, helped raise \$20,000 to sustain our programs and ensure that Canadian teams continue to represent us with pride.

And perhaps the best measure of our performance was the success of the athletes and their coaches and the inspiration they've given Canadians.



Since its inception, athletes supported by the Canadian Sport Institute have won a total of 409 medals at World Championships, Olympic and Paralympic games. In 2012/2013, the CSI athletes had a very successful season winning:

6 GOLD
14 BRONZE
6 SILVER

OUR TEAM OF SPORT SCIENTISTS, SPORT MEDICINE EXPERTS AND MENTAL PERFORMANCE CONSULTANTS WORK BEHIND THE SCENES TO HELP CANADIAN ATHLETES FIND THE EDGE THAT WILL CONTINUE THEIR MARCH TO THE PODIUM AT THE SOCHI OLYMPIC GAMES AND BEYOND.

"The clock doesn't lie." This timeworn adage implies that time is an undeniable measure of an athlete's performance.

But there is a fine line between not lying and not telling the whole story. As Canadian National Luge coach Wolfgang Staudinger understands, that fine line is all too important to be left to chance.

"You think that you are not doing so bad when you come out of the gates extremely well. But in your split times you see that you're already way back, and you wonder, 'what went wrong? Is my sled not working?' The only way you can get a clear reading is to get a true picture of the velocity that you're bringing into your run."

Today, that true picture is being delivered thanks to a little black box known as an accelerometer.

Accelerometers, which are found in air bags or even smart phones, measure changes in velocity or force. The real power of the technology comes from the expertise of the Canadian Sport Institute's Pro Stergiou - Director, Biomechanics and Performance Analysis - who interprets the data and works with coaches and athletes to fine-tune their technique.

This eliminates any guessing about where speed can be found, and gives the athletes the truth they need.

"I can look at the graph and see what part of my start that is," says luge athlete Alex Gough, "I can take things away from there that I can use to improve my start."



MENTAL PERFORMANCE CONSULTANT

In the same way that there isn't one body type that will guarantee a winning performance, it's also true that there are multiple psychological types that are capable of winning.

The key according to Dr. Matt Brown, Mental Performance Consultant who works with the National Luge program, is to appreciate the unique way that each athlete is 'wired' and provide that individual with what they need.

"The Canadian Luge team is a cohesive group and they feed off each other." Matt observes, "Sam (Edney) is the ultimate positive team leader, Alex (Gough) makes everyone's confidence rise because she's such a clutch performer. And then you have that youthful optimism of our doubles team (Justin Snith and Tristan Walker). It's such a great mix and I think that they can feed off of what each of them brings."

The team had a breakthrough year in 2012/2013 winning a silver and a bronze medal at the World Championships and will look to improve its performance in Sochi.

AND **FOCUSING** ON

WHERE WE'RE **GOING.**

JUSTIN SNITH AND TRISTAN WALKER

2010 Olympians and Sochi hopefuls.

Photos: © Dave Holland



DaveHollandPics



Congrats to @CSICalgary athlete @NeilsonEric on finishing 4th at the #FIBT skeleton #worldchampionships #nailedit

POWERING PODIUM PERFORMANCES

THE CANADIAN SPORT INSTITUTE PROVIDES WORLD-LEADING OLYMPIC AND PARALYMPIC TRAINING ENVIRONMENTS TO ELITE ATHLETES AND COACHES ACROSS ALBERTA.

WITH THE SUPPORT OF OUR PARTNERS, OUR TEAM OF EXPERTS DELIVERS SPORT SCIENCE AND MEDICINE, COACHING EDUCATION AND LIFE SERVICES TO POWER PODIUM PERFORMANCES AND HELP CANADA WIN MORE MEDALS.

MAXIMIZING PERFORMANCE

SPORT SCIENCE

Providing leading-edge individualized evaluation, interpretation and monitoring of athletes and coaches in their daily training environments with the ultimate goal to enhance performance.

The team of experts:

- > Exercise physiologists
- > Biomechanists
- > Mental performance consultants
- > Strength and conditioning coaches
- > Registered dietitians

SPORT MEDICINE

Offering ready access and rapid response for diagnosis and treatment of injuries and illnesses as well as proactive performance-based medical monitoring.

The team of experts:

- > Physicians
- > Physiotherapists
- > Athletic therapists
- > Chiropractors
- > Massage therapists
- > Osteopaths

VALUES

- EXCELLENCE** We aspire to utilize and will measure ourselves against world leading practices.
- LEADERSHIP** We embrace our role as leaders that challenge, inspire, empower and encourage ourselves and our partners.
- INNOVATION** We believe innovation is a critical and constant requirement and an expectation for all involved.
- INTEGRITY** We believe the integrity of our individual and collective behaviors is the cornerstone of who and what we are.
- PARTNERSHIP** We believe it is essential to develop and sustain mutually beneficial partnerships which leverage each party's strengths.

ATHLETES & COACHES

LIFE ON AND BEYOND THE PODIUM

LIFE SERVICES

Supporting athletes with education, career and transition with the aim of developing world-class athletes and world-class citizen.

EDUCATING COACHES

NATIONAL COACHING INSTITUTE

Developing world-class coaches who can train athletes for podium performances.

BUILDING A STRONG FOUNDATION TO ENSURE A BRIGHT FUTURE

EDUCATION

Training the future science and medical sport experts that will continue to deliver leading services to Canada's athletes and coaches.

RESEARCH AND INNOVATION

Creating innovative, evidence based best practices and applied research in the fields of sport science and sport medicine.

HIGH PERFORMANCE ATHLETE DEVELOPMENT

Developing athletes with the qualities required to be tomorrow's Olympic and Paralympic champions.

IT'S **UNDERSTANDING**
THAT NEW IDEAS

ALWAYS **REDEFINE** EXCELLENCE

WORKING HARD IS A KEY TO SUCCESS, BUT INCREASINGLY FOR CANADIAN ATHLETES AND COACHES, WORKING SMARTER IS WHERE THE PODIUM RESULTS ARE COMING FROM.

Not too long ago, if you received a concussion you were asked your name, the date and the time of day.

Today, we've come a long way and diagnosis has evolved significantly thanks to the advanced work of the Canadian Sport Institute Director of Sport Medicine, Dr. Brian Benson and his colleagues.

Dr. Benson's research is uncovering that concussion symptoms and recovery are unique to the athlete and the situation in which it occurred.

Thanks to an increased awareness that's been aided by high profile athletes dealing with concussions and post concussion symptoms, Dr. Benson's clinic at the University of Calgary's Sports Medicine Centre has benefitted from increased interest and support.

"The field is evolving with a lot of unanswered questions. There's lots that we don't yet know," explains Dr. Benson. "We're trying to identify how individuals react and recover to different concussion events, so that we can work with them and their coaches to help them heal."

One of the tools that Dr. Benson is utilizing is the concussion robot found in his lab. While not a robot per se, it is a virtual display that tests five tasks including motor sensory performance, reaction time and mental processing. In total, the robot allows Dr. Benson to assess 22 separate brain functions that provide a baseline measure for each individual.

The KINARM robotic device, which is one of the only robotic devices in the world measuring sensorimotor outcomes in athletes for acute sport concussion assessment, is allowing Dr. Benson and his team to offer the best possible treatment on an athlete-by-athlete basis. What is more, it is helping to place Canada as a leader in concussion research.



ISAK

With so much emphasis placed on body composition as part of identifying talent and tracking progress, the International Society for the Advancement of Kinanthropometry (ISAK) certification is helping to ensure that athlete testers and labs across the country are getting a true measure of Canadian talent.

ISAK sets standards that define the way that tests or measures are completed. Through education and training, ISAK stresses the accurate identification of crucial landmarks on the body where a measurement can be taken.

"Millimeters do matter," says Nancy Scholz of the Canadian Sport Institute's Performance Services team. "For coaches it helps them judge the efficacy of what they're doing."

Scholz is the only person in the Canadian Sport Institute network approved to certify other testers. She has currently certified 20 trainers and sport scientists, who as a group, are setting the standard for accuracy that others can follow.

PARTNER CLINICS

Active Life Centre, St. Albert
Chiropractic Performance
& Sports Therapy Centre
EFW Radiology
Glen Sather Sports Medicine
Clinic, Edmonton

Marda Loop Sport Physiotherapy
The Downtown Sports Clinics
University of Calgary
(Sport Medicine Clinic)



Canadian Sport Institute Director of Sport Medicine, **DR. BRIAN BENSON** and the KINARM robotic device.

Photos: © Dave Holland



TRAINING FACILITY PARTNERS

At the Canadian Sport Institute we believe in the exponential power of partnerships. While we promote our brand, we are supported by a host of world-class training facilities that allow us to deliver performance services directly to athletes in their daily training environments.

Bill Warren Training Centre, Canmore Nordic Centre	Saville Centre, Edmonton (High Performance Training Centre)	University of Alberta, Edmonton
Bob Niven Training Centre	Talisman Centre	University of Calgary (Human Performance Lab)
WinSport Canada	The City of Calgary Foothills Track and Field	The Yoga Studio
Cardel Place	The Olympic Oval	Moksha Yoga
Mount Royal University		Yoga Mandala

AND THAT INNOVATION

OUR INNOVATIONS BENEFIT MORE THAN JUST OUR NATIONAL TEAMS. OUR INNOVATIONS SUPPORT AND INFLUENCE ORGANIZATIONS ACROSS THE COUNTRY SO THAT REGARDLESS OF WHERE THEY TRAIN, CANADIAN ATHLETES CAN COMPETE WITH THE BEST.

All performance-driven individuals share one thing: they are focused on finding what will give them an edge over their competition. This search for excellence leads them to revolutionary training methods, to the most advanced equipment and to innovative coaching. And increasingly, their attention has turned to nutrition and supplementation.

The Canadian Sport Institute has committed to taking the guesswork out of nutritional supplements so that athletes feel more confident that what they're taking works for the right and legal reasons.

"Our collaboration with sport scientists and coaches continues to grow with the goal to support and enhance performance," says Kelly Anne Erdman, a Registered Dietitian and former Olympic cyclist. "Everything has to be based on an individual athlete's need related to their sport, and to the stage of training they are at."

Making sure that any supplement is used properly is one priority of the services offered; equally important is testing the products to ensure that they're safe to use both physically and ethically.

The Canadian Sport Institute undertakes third party testing of supplements to minimize risk to the athlete. This process ensures that the system is free from sponsorship or marketing influence, and that the athletes can choose products with the knowledge that they have been tested.

"We are the leaders in Canada," says Erdman. "Many of the other sport centres are following our lead and trust our program."

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 90	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 140 mg	6 %
Carbohydrate / Glucides 12 g	4 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 11 g	0 %
Protein / Protéines 9 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	30 %
Iron / Fer	0 %
Vitamin D / Vitamine D	45 %



anastasure

Off to Europe! I want to thank @CSICalgary & @SSC-PVC for the continued love & support. Couldn't find myself surrounded by better people.



IS PROOF OF LEADERSHIP.



JESSICA ZELINKA

2008 and 2012 Olympian – Athletics

Photo: © Dave Holland



CgyCareerCouns



We are thrilled to announce our new partnership with the @CSICalgary to support the #career development of their elite #athletes! #yyc

IT'S SUPPORTING

PERFORMANCE BEYOND SPORT

THE CANADIAN SPORT INSTITUTE'S CAREER, EDUCATION AND TRANSITION SUPPORT IS HELPING ATHLETES CONTINUE TO MAKE A DIFFERENCE EVEN AFTER THEY LEAVE THEIR SPORT.

On the walls of thousands of businesses you'll find posters featuring elite athletes and teams captioned with motivational phrases.

Yet despite the love for sport as a success metaphor, for many athletes the transition from training room to boardroom remains a challenge.

In the past, athletes entered the work world with little more than a handful of connections and perhaps a one-day resume writing course. According to Olympic medallist Catriona Le May Doan, the transition for athletes is very difficult and one that requires preparation.

"The world of sports is very protected. For elite athletes, it is not unusual to enter the workforce ten years after their friends outside of sport did."

Aside from professional development workshops and support, Le May Doan points to Canadian Sport Institute events such as Golf with an Olympian and Inspiration Nation as playing a major role in ensuring that the athletes have an opportunity to network with corporate Calgary. This allows them to showcase their unique strengths and ultimately help them find a place in the workforce.

The Canadian Sport Institute offers many skill-building workshops. Public speaking and media training are two of the most popular which have translated into success in the broadcast booth.

"The Canadian Sport Institute helped me develop the knowledge and skills to be the diving analyst at the London Games," says Blythe Hartley, Olympic diving bronze medallist and 2013 Alberta Sports Hall of Fame inductee. "And it was at an event they hosted where I was able to network and find my current job with ARC Resources."



CANADIAN SPORT INSTITUTE ALUMNI & 2012 LONDON OLYMPIC GAMES ANALYSTS

David Ford	Canoe/Kayak
Blythe Hartley	Diving
Catriona Le May Doan	Host
Joanne Malar	Swimming
Christine Nordhagen	Wrestling
Kyle Shewfelt	Gymnastics
Michael Smith	Athletics



The CBC's **DOUG DIRKS** interviews Canadian Sport Institute alumni **HELEN UPPERTON** and **SHELLEY ANN BROWN**.

Photo: © Dave Holland



FUNDING PARTNERS



SPONSORS



ALONG WITH OUR CORPORATE SPONSOR ENCANACORPORATION, WE PROVIDE ATHLETES WITH TRAINING AND FINANCIAL SUPPORT SO THEY CAN SHARE THEIR STORIES AND INSPIRE OTHERS.

The Canadian Sport Institute's YES (Youth Education through Sport) program brings Canada's top athletes to communities and schools across Alberta. The goal of the program is to inspire Grade 4 – 6 students to stay involved in sports and to help them see the great role it plays in everyday life.

The bonus is that the youth really get to see that the heroes they only know from the sports pages or TV are very much just like them.

Last year, the YES program visited with 12,936 young Albertans in communities ranging from Calgary to Grande Prairie. The program is provided free of charge to interested groups and schools, and it's made possible through the support of Encana Corporation.

"Students are provided with an extraordinary opportunity to hear stories from their idols. The life values promoted during the presentations are invaluable and inspirational to students, teachers, parents and to us at Encana," says Joan Shilling, Group Lead, Community Involvement for Encana Corporation.

YES is a way for us to give back to the community and to inspire young students to never give up! Our goal is to foster qualities of self-esteem, fair play, respect, dedication, commitment and belief in oneself.

National Team athletes who participate in the YES program are given public speaking training and take part in workshops offered by the Canadian Sport Institute. An ancillary benefit is their chance to connect with the communities that cheer them on.



FUEL FOR GOLD SUPPORTING CANADA'S ATHLETES

Featuring locally sourced and organic ingredients, the Fuel for Gold menu is inspired by athletes and designed by a team of Canadian Sport Institute registered dietitians and professional chefs.

Fuel for Gold offers freshly prepared and ready to eat salads, sandwiches, soup and hot entrée specials every day in MacEwan Hall at the University of Calgary.

Catering also available at www.fuelforgold.com

AND BRINGING INSPIRATION

BACK TO THE
COMMUNITIES
WHERE IT STARTS.

ERIC MITCHELL delivering a YES presentation at Delta West Academy.
Photos: © Dave Holland



JoshuaRikerFox

Met some fantastic kids this afternoon at St Thomas Aquinas through the @CSICalgary & @encanacorp's YES program.



TOP EIGHT RESULTS

GOLD

MARK ARENDZ

Para-Nordic Biathlon, 7.5 km, WC
Coach: Robin McKeever

ERIK CARLETON (GUIDE)

Para-Nordic Cross Country, 20 km, WC
Coach: Robin McKeever

ERIK CARLETON (GUIDE)

Para-Nordic Cross Country, Sprint, WC
Coach: Robin McKeever

KAILLIE HUMPHRIES

Bobsleigh, Two Woman, WC
Coach: Tom De La Hunty

CHAD JASSMAN

Wheelchair Basketball, Men's Team, PG
Coaches: Jerry Tonello, Christian LaSerra, Darrell Nordell and Paul Bowes

BRIAN MCKEEVER

Para-Nordic Cross Country, 20 km, WC
Coach: Robin McKeever

BRIAN MCKEEVER

Para-Nordic Cross Country, Sprint, WC
Coach: Robin McKeever

MEAGHAN REID

Hockey, Women's Team, WC
Coaches: Dan Church, Matt Cockell, Doug Derraugh, Danielle Goyette and Lisa Haley

SHANNON SZABADOS

Hockey, Women's Team, WC
Coaches: Dan Church, Matt Cockell, Doug Derraugh, Danielle Goyette and Lisa Haley

CHELSEA VALOIS

Bobsleigh, Two Woman, WC
Coach: Tom De La Hunty

HAYLEY WICKENHEISER

Hockey, Women's Team, WC
Coaches: Dan Church, Matt Cockell, Doug Derraugh, Danielle Goyette and Lisa Haley

SILVER

SAMUEL EDNEY

Luge, Team Relay, WC
Coaches: Wolfgang Staudigner, Bernhard Glass and Mikhail Zavalov

VIVIANE FOREST

Para-Alpine, Ladies' Giant Slalom, WC
Coach: Jean-Sébastien Labrie

JASMIN GLAESSER

Cycling, Women's Points Race, WC
Coach: Richard Wooles

ALEX GOUGH

Luge, Team Relay, WC
Coaches: Wolfgang Staudigner, Bernhard Glass and Mikhail Zavalov

ZAK MADELL

Wheelchair Rugby, Men's Team, PG
Coach: Kevin Orr

JUSTIN SMITH

Luge, Team Relay, WC
Coaches: Wolfgang Staudigner, Bernhard Glass and Mikhail Zavalov

ALEXANDRA STARKER

Para-Alpine, Ladies' Giant Slalom, WC
Coach: Jean-Sébastien Labrie

AMBER THOMAS

Swimming, 400m IM Women, PG
Coach: Chris Nelson

TRISTAN WALKER

Luge, Team Relay, WC
Coaches: Wolfgang Staudigner, Bernhard Glass and Mikhail Zavalov

BRONZE

MARK ARENDZ

Para-Nordic Biathlon, 15 km, WC
Coach: Robin McKeever

MARK ARENDZ

Para-Nordic Biathlon, 12.5 km, WC
Coach: Robin McKeever

JUSTINE BOUCHARD

Wrestling, Women's 63kg, WC
Coaches: Leigh Vierling and Paula Ragusa

LAURA BROWN

Cycling, Women's Team Pursuit, WC
Coach: Tanya Dubnicoff

LAURA BROWN

Cycling, Team Pursuit, WC
Coach: Tanya Dubnicoff

GILLIAN CARLETON

Cycling, Women's Team Pursuit, OG
Coach: Tanya Dubnicoff

GILLIAN CARLETON

Cycling, Women's Team Pursuit, WC
Coach: Tanya Dubnicoff

GILLIAN CARLETON

Cycling, Team Pursuit, WC
Coach: Tanya Dubnicoff

VIVIANE FOREST

Para-Alpine, Ladies' Slalom, WC
Coach: Jean-Sébastien Labrie

JASMIN GLAESSER

Cycling, Women's Team Pursuit, WC
Coach: Tanya Dubnicoff

JASMIN GLAESSER

Cycling, Team Pursuit, WC
Coach: Tanya Dubnicoff

ALEX GOUGH

Luge, Women's Singles, WC
Coaches: Wolfgang Staudigner, Bernhard Glass and Mikhail Zavalov

ALEX HARVEY

Cross-country Skiing, Men's Sprint, WC
Coaches: Justin Wadsworth and Louis Bouchard

CAROL HUYNH

Wrestling, Women's 48kg, OG
Coaches: Leigh Vierling and Paula Ragusa

CHRISTINE NESBITT

Long Track Speed Skating, 1500m Ladies, WC
Coaches: Xiuli Wang and Mark Wild

SARAH REID

Skeleton, Women, WC
Coach: Duff Gibson

ALEXANDRA STARKER

Para-Alpine, Ladies' Super-Combined, WC
Coach: Jean-Sébastien Labrie

AMBER THOMAS

Swimming, 200m IM Women, PG
Coach: Chris Nelson

TARA WHITTEN

Cycling, Women's Team Pursuit, OG
Coach: Tanya Dubnicoff

TARA WHITTEN

Cycling, Women's Team Pursuit, WC
Coach: Tanya Dubnicoff

FOURTH

IVAN BABIKOV

Cross-country Skiing, Men's 15 km, WC
Coach: Justin Wadsworth

EARLE CONNOR

Athletics, Men's 100m, PG
Coach: Les Gramantik

JAMIE GREGG

Long Track Speed Skating, Combined, WC
Coaches: Bart Schouten and Michael Crowe

ALEX HARVEY

Cross-country Skiing, Men's Team Sprint, WC
Coaches: Justin Wadsworth and Louis Bouchard

DEVON KERSHAW

Cross-country Skiing, Men's Team Sprint, WC
Coach: Justin Wadsworth

ERIC NELSON

Skeleton, Men, WC
Coach: Duff Gibson

CHRISTINE NESBITT

Long Track Speed Skating, 1000m Ladies, WC
Coaches: Xiuli Wang and Mark Wild

AMANDA REASON

Swimming, Women's 4x200m Freestyle Relay, OG
Coach: Jan Bidrman

JUSTIN SMITH

Luge, Men's Doubles, WC
Coaches: Wolfgang Staudigner, Bernhard Glass and Mikhail Zavalov

AMBER THOMAS

Swimming, 100m Freestyle Women, PG
Coach: Chris Nelson

TRISTAN WALKER

Luge, Men's Doubles, WC
Coaches: Wolfgang Staudigner, Bernhard Glass and Mikhail Zavalov

TARA WHITTEN

Cycling, Women's Omnium, OG
Coach: Richard Wooles

TARA WHITTEN

Cycling, Women's Omnium, WC
Coach: Richard Wooles

FIFTH

GILLIAN CARLETON

Cycling, Omnium, WC
Coach: Richard Wooles

KALI CHRIST

Long Track Speed Skating, 1500m Ladies, WC
Coach: Todd McClements

SAMUEL EDNEY

Luge, Men's Singles, WC
Coaches: Wolfgang Staudigner, Bernhard Glass and Mikhail Zavalov

MELLISA HOLLINGSWORTH

Skeleton, Women, WC
Coach: Duff Gibson

CLARA HUGHES

Cycling, Women's Time Trial, OG
Coach: Chris Rozdilsky

CHRISTINE NESBITT

Long Track Speed Skating, Combined, WC
Coaches: Xiuli Wang and Mark Wild

AMBER THOMAS

Swimming, 100m Breaststroke Women, PG
Coach: Chris Nelson

TARA WHITTEN

Cycling, Women's Individual Pursuit, WC
Coach: Richard Wooles

SIXTH

LASCELLES BROWN

Bobsleigh, Two Man, WC
Coach: Tom De La Hunty

DAVID CALDER

Rowing, Men's Lightweight Pairs, OG
Coach: Mike Spracklen

TARA FESER

Wheelchair Basketball, Women's Team, PG
Coaches: Bill Johnson, Marni Abbott-Peter and Michael Broughton

SCOTT FRANDSEN

Rowing, Men's Lightweight Pairs, OG
Coach: Mike Spracklen

KENDRA OHAMA

Wheelchair Basketball, Women's Team, PG
Coaches: Bill Johnson, Marni Abbott-Peter and Michael Broughton

CHRISTOPHER SPRING

Bobsleigh, Two Man, WC
Coach: Tom De La Hunty

MONIQUE SULLIVAN

Cycling, Women's Omnium, OG
Coach: Richard Wooles

SEVENTH

MARK ARENDZ

Para-Nordic Biathlon, Team Relay, WC
Coach: Robin McKeever

BRAYDEN MCDUGALL

Cycling, Individual Time Trial Men, PG
Coach: Eric Van den Eynde

KIMBERLEY MCRAE

Luge, Women's Singles, WC
Coaches: Wolfgang Staudigner, Bernhard Glass and Mikhail Zavalov

JON MONTGOMERY

Skeleton, Men, WC
Coach: Duff Gibson

ALEXANDRA STARKER

Para-Alpine, Ladies' Super-G, WC
Coach: Jean-Sébastien Labrie

JESSICA ZELINKA

Athletics, Women's Heptathlon, OG
Coach: Les Gramantik

JESSICA ZELINKA

Athletics, Women's Hurdles, OG
Coach: Les Gramantik

EIGHTH

JORDAN BELCHOS

Long Track Speed Skating, Team Pursuit Men, WC
Coaches: Xiuli Wang and Mark Wild

IVANIE BLONDIN

Long Track Speed Skating, 5000m Ladies, WC
Coaches: Xiuli Wang and Mark Wild

IVANIE BLONDIN

Long Track Speed Skating, Team Pursuit Ladies, WC
Coaches: Xiuli Wang and Mark Wild

KALI CHRIST

Long Track Speed Skating, Team Pursuit Ladies, WC
Coach: Todd McClements

TYLER DERRAUGH

Long Track Speed Skating, Team Pursuit Men, WC
Coaches: Bart Schouten and Michael Crowe

MARIE-MICHÈLE GAGNON

Alpine, Ladies' Giant Slalom, WC
Coaches: Hugues Ansemoz, Jim Pollock, Tim Gfeller and Jay Keddy

SCOTT GOW

Biathlon, Men 4x7.5 km Relay, WC
Coaches: Roddy Ward and Matthias Ahrens

ARIANNE JONES

Luge, Women's Singles, WC
Coaches: Wolfgang Staudigner, Bernhard Glass and Mikhail Zavalov

JEAN-PHILIPPE LEGUELLEC

Biathlon, Men 4x7.5 km Relay, WC
Coach: Jean Paquet

JESSE LUMSDEN

Bobsleigh, Two Man, WC
Coach: Tom De La Hunty

LUCAS MAKOWSKY

Long Track Speed Skating, Team Pursuit Men, WC
Coaches: Xiuli Wang and Mark Wild

DENNY MORRISON

Long Track Speed Skating, Team Pursuit Men, WC
Coaches: Bart Schouten and Michael Crowe

CHRISTINE NESBITT

Long Track Speed Skating, Team Pursuit Ladies, WC
Coaches: Xiuli Wang and Mark Wild

SCOTT PERRAS

Biathlon, Men 4x7.5 km Relay, WC
Coach: Matthias Ahrens

MICHELLE PLOUFFE

Basketball, Women's Team, OG
Coaches: Allison McNeill, Mike McNeill and Lisa Thomaidis

LYNDON RUSH

Bobsleigh, Two Man, WC
Coach: Tom De La Hunty

BRITTANY SCHUSSLER

Long Track Speed Skating, 1500m Ladies, WC
Coaches: Xiuli Wang and Mark Wild

BRITTANY SCHUSSLER

Long Track Speed Skating, Team Pursuit Ladies, WC
Coaches: Xiuli Wang and Mark Wild

NATHAN SMITH

Biathlon, Men 4x7.5 km Relay, WC
Coach: Matthias Ahrens

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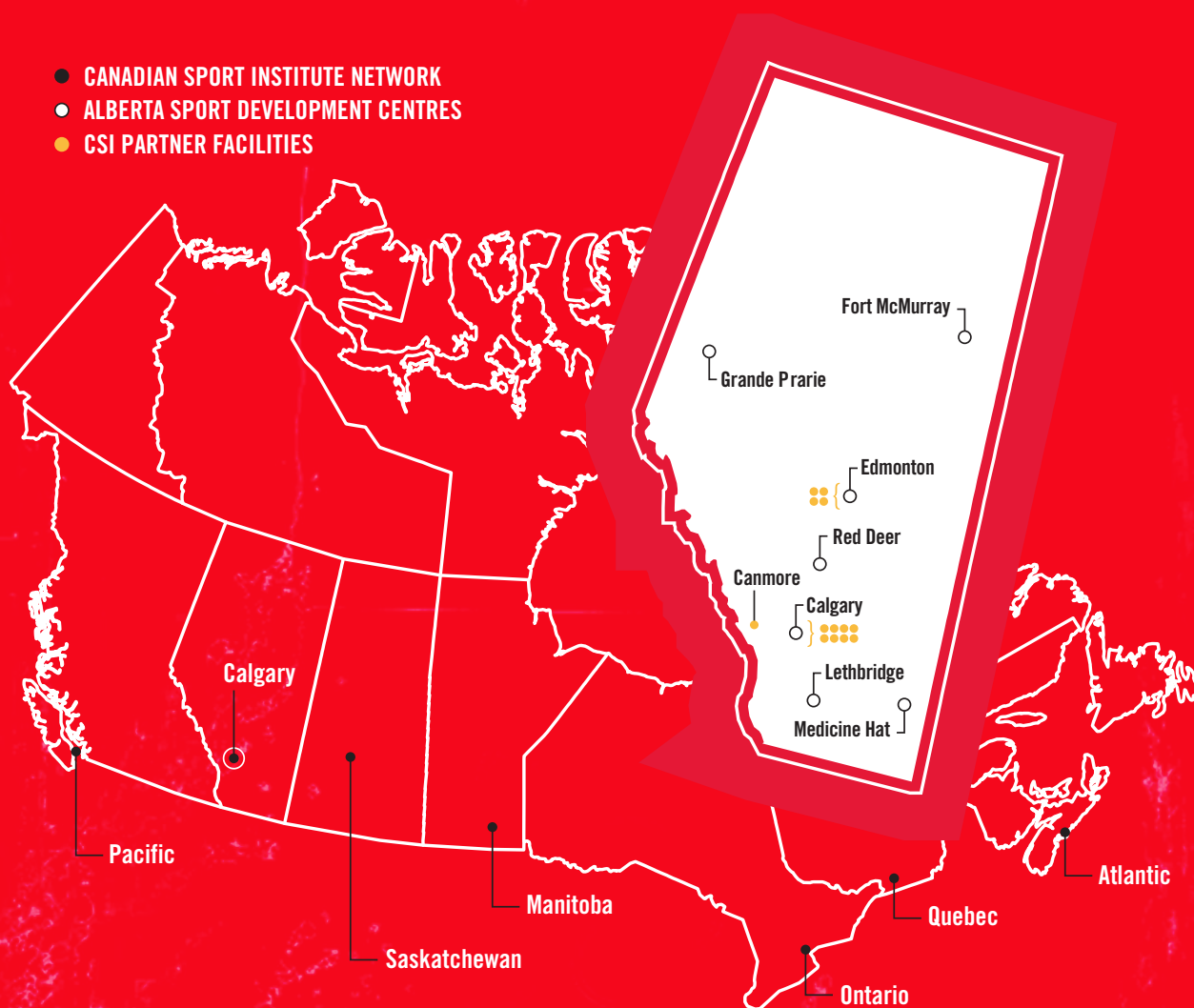
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CANADIAN SPORT INSTITUTE

Room 125, Olympic Oval, 2500 University Drive NW, Calgary, Alberta T2N 1N4
P 403 220 4405 F 403 282 6972 csi@csicalgary.ca

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