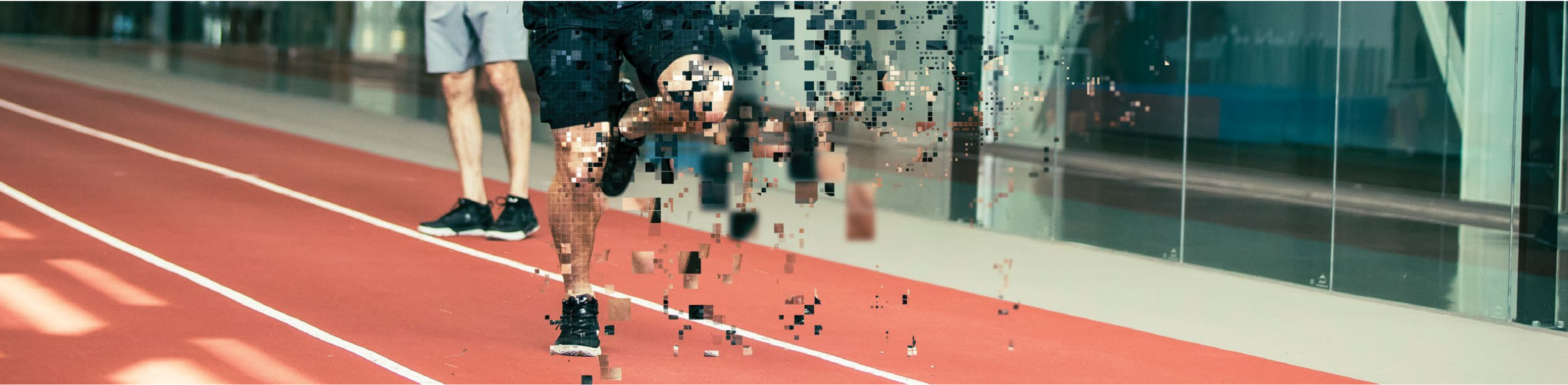




# buildingchampions

2016/17 ANNUAL REVIEW



**The path to building champions is completed little by little.**

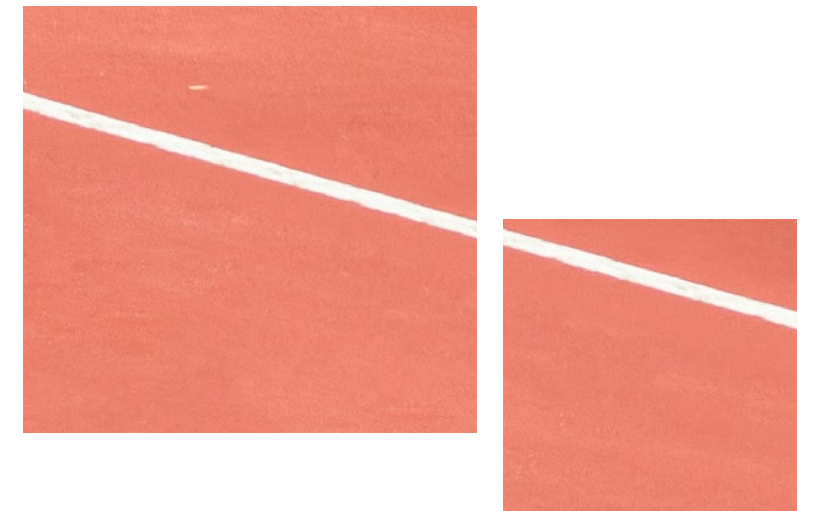
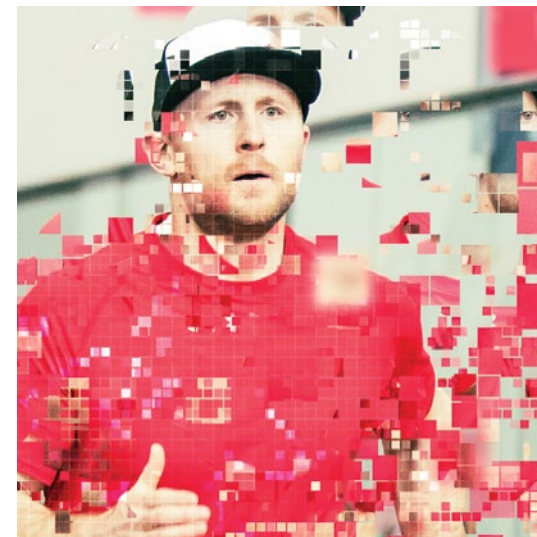
**Piece by piece.**

**Moment by moment.**

The Canadian Sport Institute Calgary (CSI Calgary) is a key contributor to this effort as we collaborate with sports, the coaches and their athletes to optimize training and maximize performance. The more than 70 practitioners that power CSI Calgary provide expertise and services in sport science and medicine, coaching, research and innovation, education, Game Plan and athlete development.

To build a champion takes time, planning, focus and determination. It is only when all the pieces come together when it matters most that we can all say mission accomplished.

**Canada has built a champion.**



“

*After my injuries last year, the team at the Canadian Sport Institute Calgary put me back together and back on the podium. There's no better place than the Canadian Sport Institute Calgary for return-to-sport methodologies.*

**Brady Leman, Ski Cross Olympian**

”



Photo du COC/Jason Ransom

**Erica Wiebe**  
2016 Olympic  
Champion -  
Wrestling

Through sport we can build a better community and a better country. At the CSI Calgary we are committed to our holistic approach when working with athletes, coaches and our sport partners to build champions. Athletes competing with class, integrity and respecting their opponents reinforces our nation's commitment to investing in sport and the benefits it brings to all Canadians.

Sincere thanks are extended to our funding partners for their continued support of the CSI Calgary and the athletes and coaches we serve.

**Cheryl Sandercock**  
Chair, Board of Directors

**Dale Henwood**  
President and CEO

## Champions come in all shapes and forms – both on and off the field.

At the CSI Calgary, we have been building champions since 1994, promoting excellence, providing support and developing leaders through their sport careers and beyond. Not only are the athletes we work with champions, so are our staff – the more than 70 dedicated professionals associated with the Institute across a multitude of disciplines.

As we move beyond the 2016 Rio Olympic/Paralympic Games and head into the 2018 PyeongChang Winter Games, we take the time to reflect upon our successes. This past year, athletes we supported stood on an impressive 22 World Championships and 7 Olympic/Paralympic Games podiums, which represent 31% of total Canadian podiums. Many athletes we supported are also champions of our community, sitting on non-profit boards and working on causes to better our city, province and country.

Members of our expert, long-term staff have also been recognized as leaders in their fields – receiving awards, speaking at high profile conferences, and being acknowledged by their peers for their research and innovation.

**Michael Sametz**  
2016 Paralympic bronze  
medallist - Cycling



At the CSI Calgary, we endeavour to provide athletes and their coaches the opportunity to access the best daily training environment and expertise in science, medicine and technology. Through our established expertise, we are able to create training environments to best meet the individual and unique needs of athletes and their sports. Building champions for high performance sport is the primary focus of our dedicated support teams. Our professionals understand what needs to be done to impact performance on an individual basis and what needs to be done to build champions – one at a time.

This next year will be busy and exciting as the winter athletes prepare for the 2018 Olympic/Paralympic Games. At the end of the 2016-2017 Winter World Championships season, Canada was ranked second overall for Olympic and fifth for Paralympic winter sports. Next year, Canada expects to send its largest team ever to an Olympic/Paralympic Winter Games.

Other significant developments that have occurred in the world of sport over the past year have been the increased attention on ethics in sport, the fight for clean sport, the ongoing challenges of high performance sport funding and the need for sustaining Canadian sport facilities. Funding is an ongoing issue as governments worldwide, navigate through financial difficulties.



**Stefan Daniel**  
2016 Paralympic silver  
medallist - Triathlon



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

**our vision**

**our mission**

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

**our values**

Five core values guide our vision, shape our processes and outcomes, and help to secure our continued positive reputation nationally and internationally:

**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 behaviours is the cornerstone of who and what we are.

**Partnerships**  
We believe it is essential to develop and sustain mutually beneficial partnerships which leverage each party's strengths.



- sport medicine
- sport science
- game plan
- research & innovation

**Brianne Jenner**  
Women's Hockey, training in preparation for the 2018 PyeongChang Olympic Games.

# olympic and paralympic preparation

We aim to optimize each sport's investment in their athletes by providing focused and customized services in an integrated high performance training environment.

## Sport Science

Providing leading-edge individualized testing, planning, training, monitoring and recovery of athletes and coaches in their daily training environments.



Athletes from **17 winter sport disciplines** and **15 summer sport disciplines** for a total of **855 athletes** tested in the Sport Performance Lab



**4,123** field tests and **1,806** lab tests conducted

## The team of experts:

- Physiologists
- Strength and Conditioning Coaches
- Biomechanics and Performance Analysts
- Registered Sport Dietitians
- Mental Performance Consultants
- Anthropometrists
- Biochemistry Lab Technicians



**790** blood draws taken  
**850** hours of lab analysis for full blood profiling



**1,160** anthropometric measures taken



## Sport Medicine

Specializing in injury prevention, return-to-play methodologies and offering proactive performance-based athlete intake and monitoring.

## The team of experts:

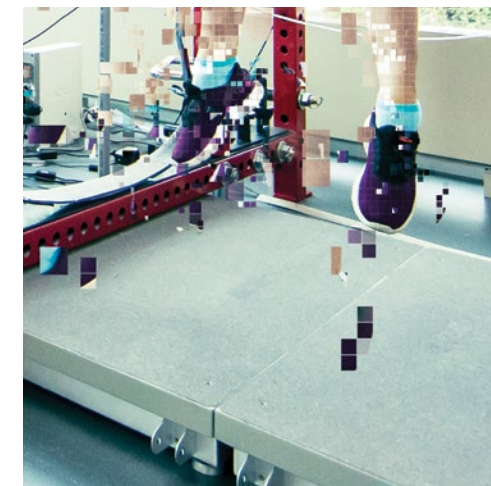
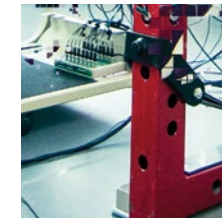
- Physicians
- Physiotherapists
- Athletic Therapists
- Osteopaths
- Chiropractors
- Massage Therapists

### Trevor Philp

Alpine, testing in preparation for the 2018 PyeongChang Olympic Games.



Olympic and World silver medalist **Kaetlyn Osmond** testing in the Sport Performance Lab.



## 2016 Olympic Summer Games

**Gold**  
Erica Wiebe  
wrestling

**Bronze**  
Allison Beveridge  
cycling



## 2016 Paralympic Summer Games

**Silver**  
Stefan Daniel  
triathlon

**Ross Wilson**  
para cycling road, individual time trial

**Alister McQueen**  
para-athletics, javelin throw

**Ross Wilson**  
para cycling track, individual pursuit

**Bronze**

**Michael Sametz**  
para cycling, road, individual time trial

## Game Plan

Canada's total athlete wellness program, Game Plan, offers career, education and transition support with the aim of developing world-class athletes and world-class citizens.

**211** athletes accessed Game Plan services



**GAME PLAN PLAN DE MATCH**  
Powered by | Parrainé par  
**Deloitte.**

**605** individual Game Plan sessions delivered

# research and innovation

**Gaining knowledge through innovation and applied research is a vital component in giving Canadian athletes a competitive advantage.**

In 2016/17, we had completed or are currently conducting 18 research projects with focus ranging from:

- sport concussion assessment, management and prevention
- dietary intakes and supplement use in pre-adolescent athletes
- development of a mobile application to collect and transfer heart rate variability
- bone health study in development of figure skaters
- biomechanical assessments of performance in freestyle skiing and para hockey

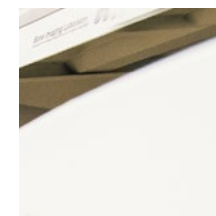
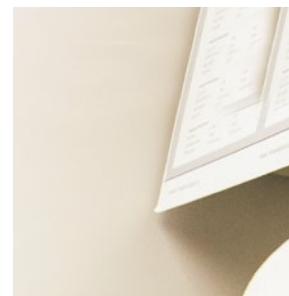
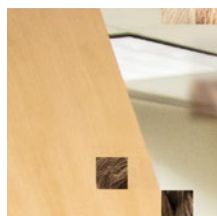
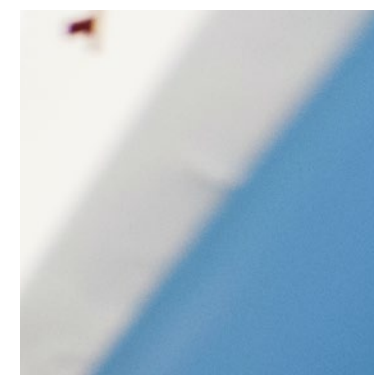
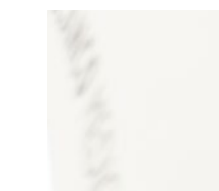


Figure skater **Kaitlyn Weaver** participating in the bone health study in development of figure skaters. The high-resolution CT scanner, located at the Mobility and Joint Health Centre, University of Calgary, is one of two machines of its kind in Canada. It is used to measure bone density, structure and strength, and to assess fracture risk in athletes, astronauts, and throughout the lifespan.

Using hardware technology developed for motor sport racing and a proprietary software program developed by Olympic Oval IT specialist, the development of a new timing system for speed skaters is now providing real-time streaming data to coaches and has the potential to be used for physical testing and race analysis.



### Inertial Measurement Unit

We use a device called Inertial Measurement Unit (IMU), typically used to maneuver aircraft, to assess performance in freestyle skiing.

# athlete development

The CSI Calgary offers programs intended to identify talent and support the development of targeted athletes.

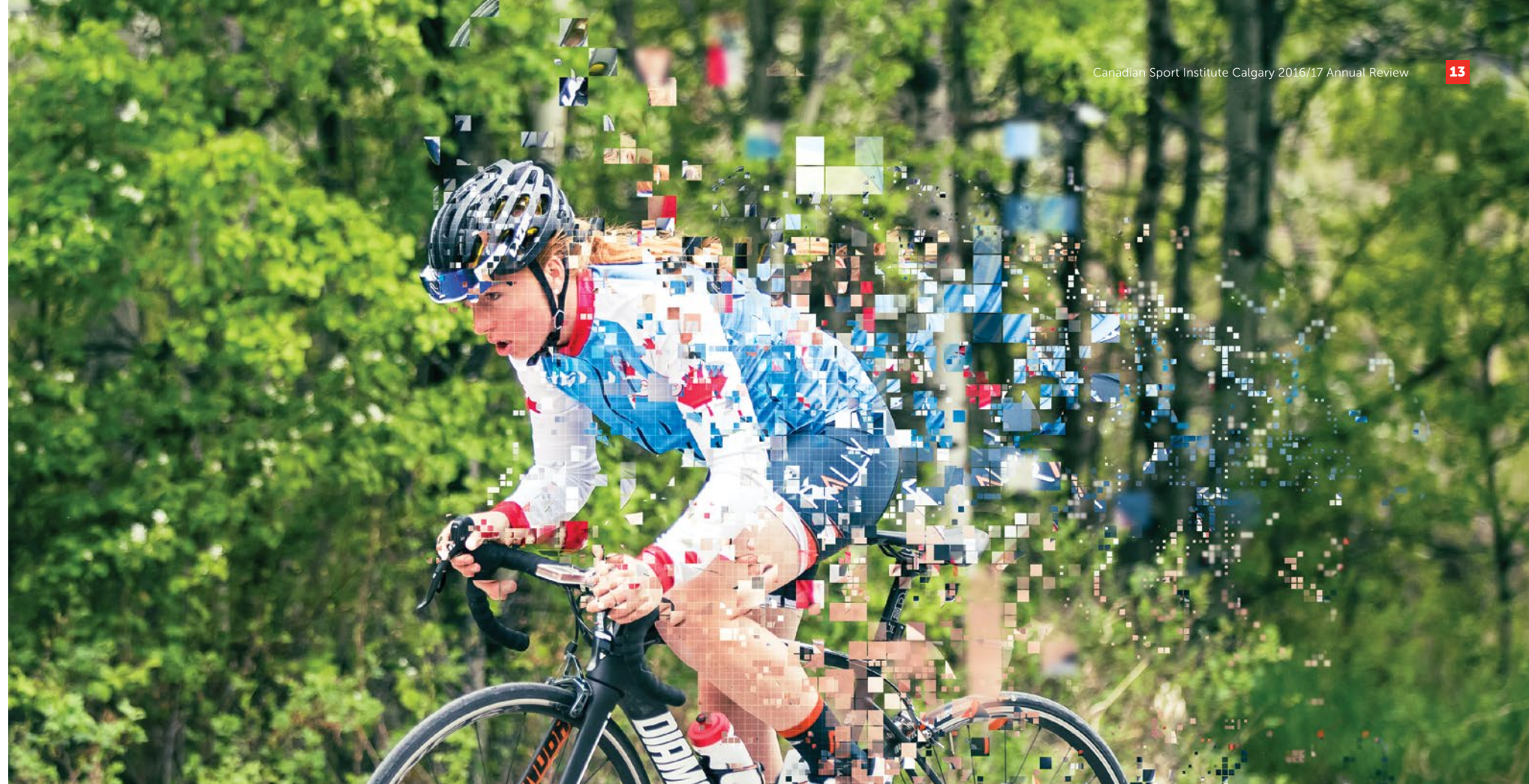
## Athlete Development Programs

### NextGen

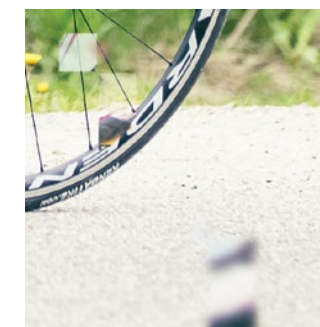
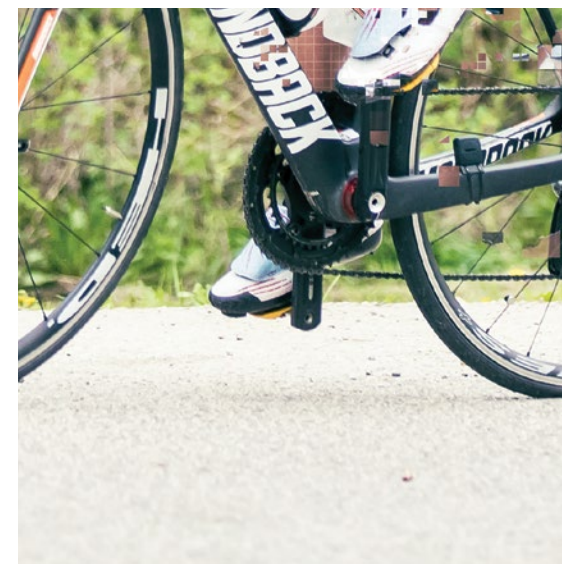
The NextGen program support focuses on athletes and teams 8-5 years from the podium, as identified by the sport.

### Talent Lab

Through the Talent Lab initiative, CSI Calgary identifies and fast tracks the development of targeted athletes into national team programs. We also facilitate the transfer of athletes from one sport into a different sport.



**16 Talent Lab**  
**75 NextGen**  
91 athletes received support through our athlete development programs



Allison Beveridge began her cycling career with the CSI Calgary Cycling program. She first took to the track as a 13 year old and was coached by CSI Calgary cycling coach Philippe Abbott. She has won four world championships medals on her way to winning Olympic bronze in Rio this past year.

Supported the RBC Training Ground events in search of the next great Olympian.  
**326 athletes tested across Alberta**

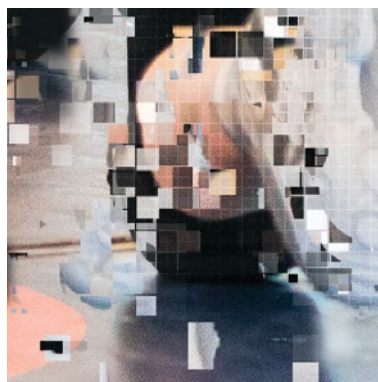
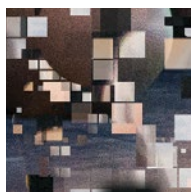
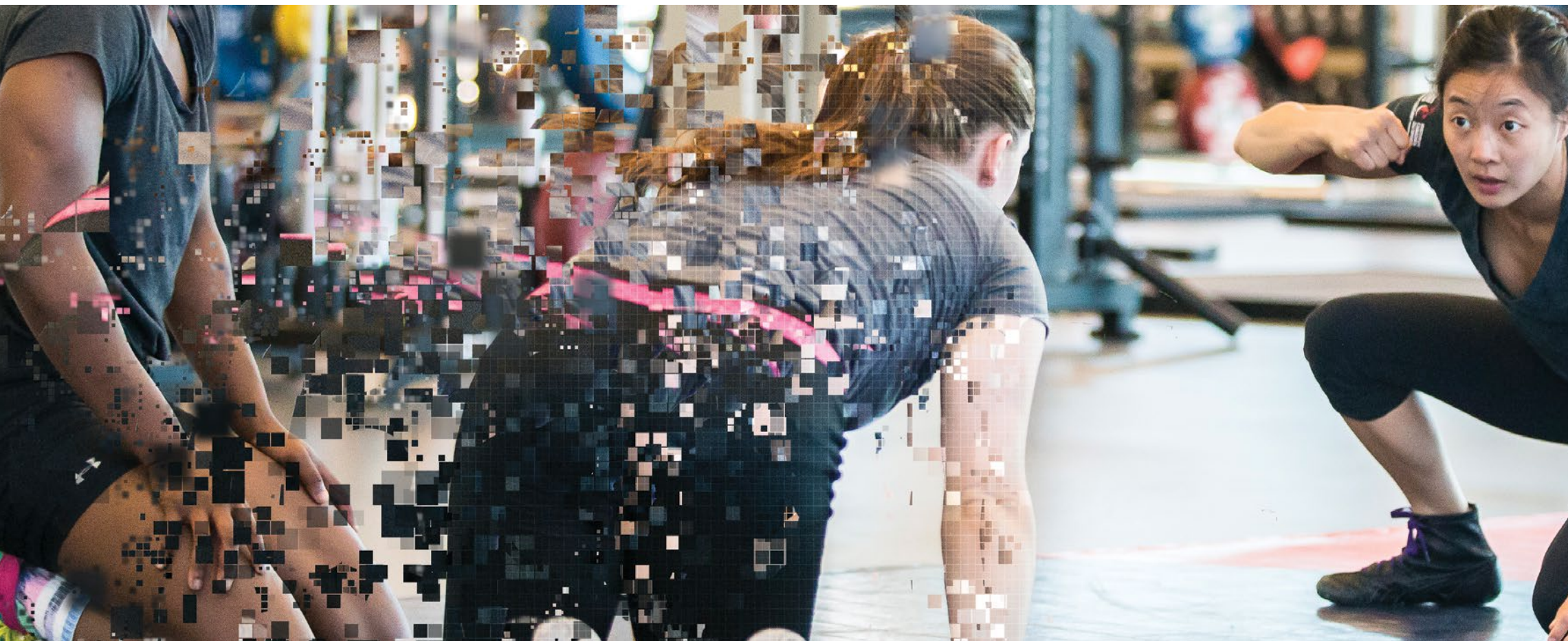
**Talent Lab Alumni**  
Kirsti Lay and Allison Beveridge won Olympic bronze in the Cycling Women's Team Pursuit event.

**CSI Calgary Cycling**  
We offer year-round programming for athletes of all ages and abilities ranging from youth development to national team and Olympic/Paralympic cyclists.



## coaching and education

**Trained and educated coaches play an instrumental role in the athletes' career. CSI Calgary shares learning and ensures transfer of knowledge through coach education programs.**



**More than 4,000 hours** of training and education delivered to coaches



**7 coaches** at the 2016 Olympic/Paralympic Games were engaged with coach education

### Coaching Programs

#### Advanced Coaching Diploma

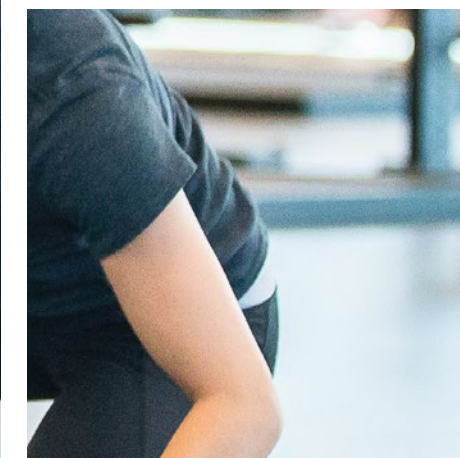
The Advanced Coaching Diploma (ACD) is a coach-driven, expert-led, peer-enriched and mentor-supported coach education program delivered both in person and online.

#### Continuing Coach Education

In partnership with Alberta Sport Connection and the Coaching Association of Canada, we hosted a number of professional development workshops on topics such as: make ethical decisions, design a basic sport program and managing conflict.



First Canadian Sport Institute to have taken the pledge to abide by the **Responsible Coaching Movement**



### Education

#### Strength and Power Performance Course

The Strength and Power Performance Course provides practical experience in a high performance training environment combined with classroom knowledge translation and the ability to exchange training ideas and philosophy with some of Canada's top strength and conditioning coaches. The course is approved by the National Strength and Conditioning Association.

Olympic champion and 2016 Rio Olympic Games assistant chef de mission **Carol Huynh** has joined the Advanced Coaching Diploma cohort and is scheduled to graduate in June 2019. In this photo, Carol is coaching NexGen athletes **Tianna Kennett** and **Temitope Ogunjimi**.



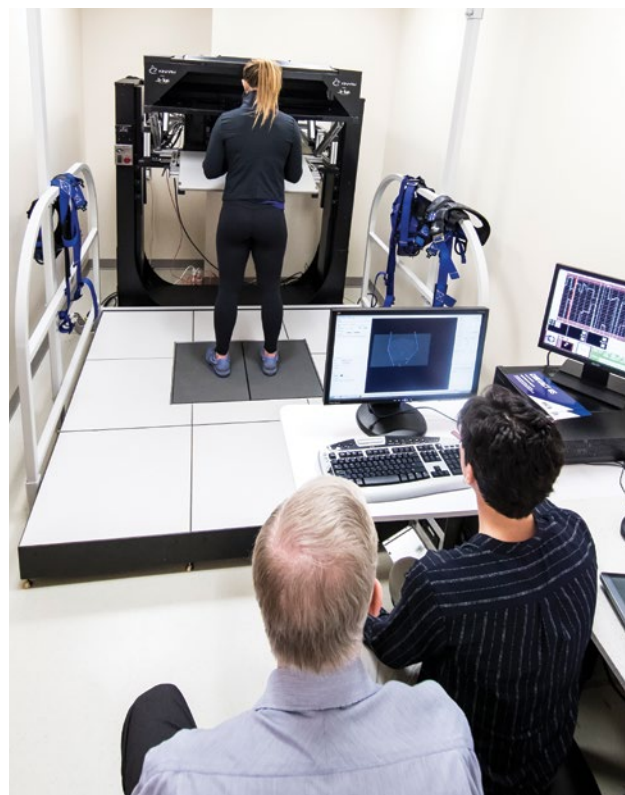
# when all the pieces come together

## Dr. Tara Whitten

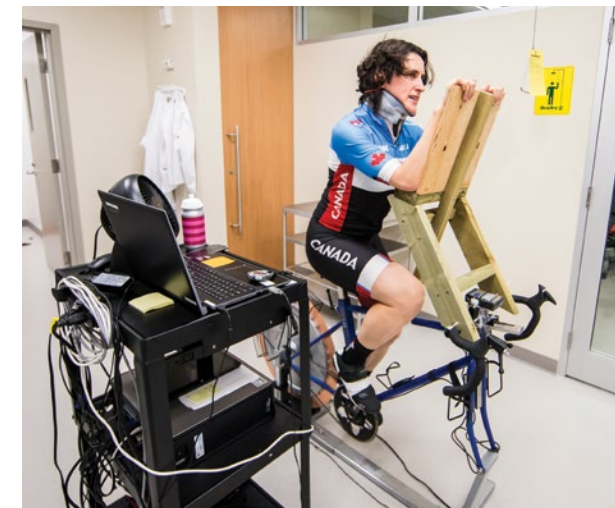
She started her career in one sport, transferred to another, participated in two Olympic Games, winning bronze in 2012, recovered from a major injury, completed her PhD and found work in her field of neuroscience and sport. Dr. Tara Whitten is a prime example of a Champion who utilized the variety of services and expertise available for athletes at the CSI Calgary throughout her sporting career and beyond.

Whitten's journey exemplifies the importance of an Integrated Support Team approach and the value it lends athletes throughout their journeys. Champions are built one day at a time, with a team behind them.

"The CSI Calgary was incredible. I felt so supported through the whole process of my journey. There was huge collaboration between the support team and it was the best approach. I couldn't have asked for a better team."



*Dr. Tara Whitten and Dr. David Smith are working on a project examining the stress on the body during mental overload during the KINARM Robotic test which is used in the baseline concussion evaluation. The KINARM device is located at the Benson Concussion Institute at WinSport.*



*Photo du COC/Jason Ransom*

# the partners

**CSI Calgary believes that our valued partnerships with funding partners and sponsors enable us to deliver a wide array of world-leading services to athletes and coaches. We are grateful for their support.**

## Funding Partners

## Sponsors





*Thanks so much for all you do to enable us as athletes to shoot for the stars. I am so incredibly blessed by this facility and even more by the people who work to make this place great.*

**Melissa Lotholz,  
Bobsleigh Athlete**



### Partner Training Facilities

**WinSport** offers Olympic and Paralympic quality training to all winter sports through its first-rate facilities which include Canada Olympic Park in Calgary (sliding track, ski hill, hockey rinks) and the Bill Warren Training Centre at the Canmore Nordic Centre. WinSport also funds two-thirds of the operating costs for the Olympic Oval at the University of Calgary.

The CSI Calgary is also supported by select facilities and clinics across Alberta that allow us to deliver high performance services to athletes and their coaches in their daily training environments.

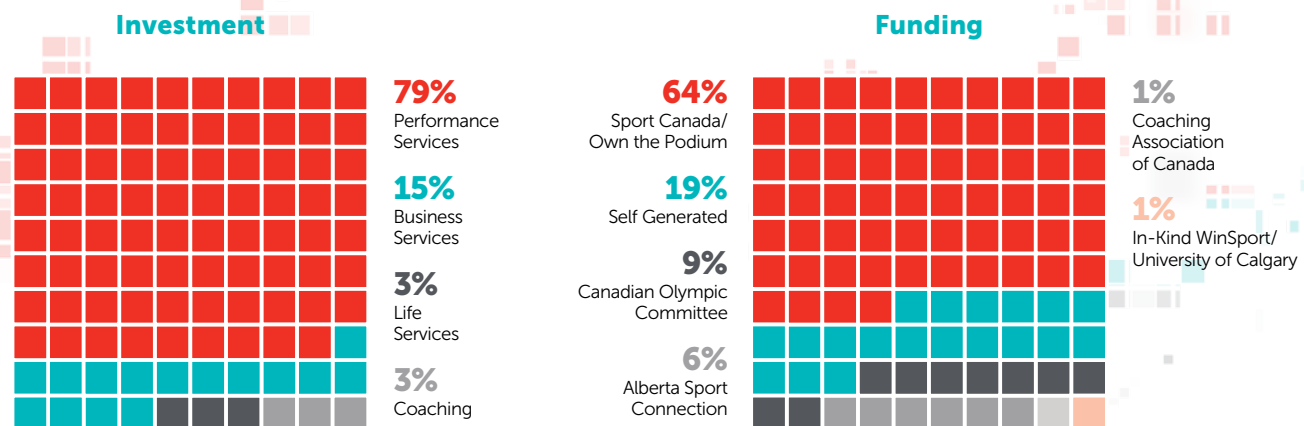
- Glenmore Velodrome**
- Mount Royal University**
- City of Calgary - Foothills Athletic Park**
- Repsol Centre**
- University of Alberta**
  - High Performance Training and Research Centre/ Saville Centre
- University of Calgary**
  - Olympic Oval

### Partner Clinics

- EFW Radiology**
- Glen Sather Sports Medicine Clinic**
- Marda Loop Physiotherapy**
- THE Downtown Sports Clinics**
- University of Calgary Sport Medicine Centre**
- WinSport Medicine Clinic**



# financial information



## Board of Directors

- Cheryl Sandercock** (Chair)  
BMO Capital Markets
- Catriona Le May Doan** (Vice Chair)  
Sport Calgary
- Doug Penner** (Secretary-Treasurer)  
Candour Resources Development Corp.
- Mark Ward**  
OBS Global
- Brien Perry**  
Secure Energy Services Inc.
- Les Gramantik**  
Coach
- Mandy Moran**  
Athlete

## Founding Partner Representatives

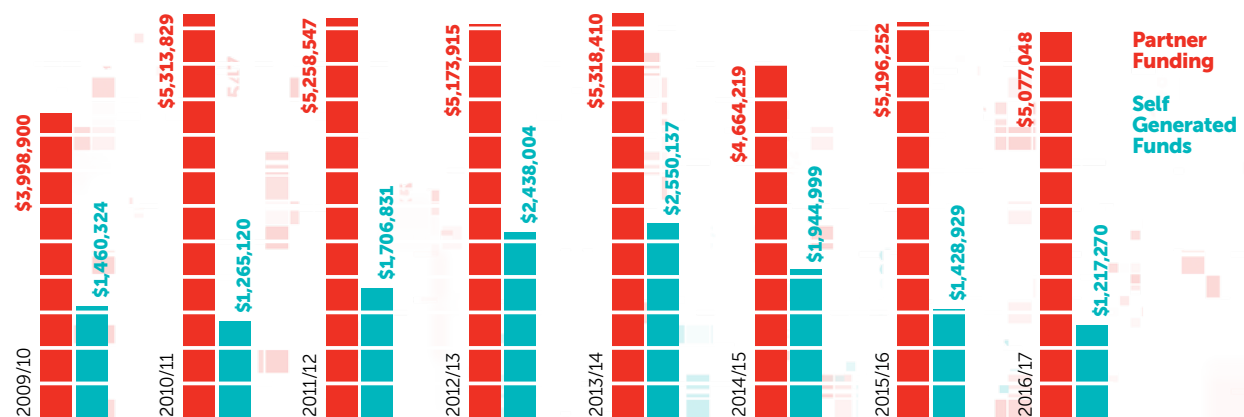
- Kelly Dearborn**  
Sport Canada
- David de Vlieger**  
Canadian Olympic Committee
- Scott Fraser**  
Alberta Sport Connection
- Bernie Asbell**  
WinSport
- Dr. Penny Werthner**  
University of Calgary
- Lorraine Lafrenière**  
Coaching Association of Canada



Featuring healthy, fresh and organic menu choices, the FFG kiosk is located at the University of Calgary. Fuel for Gold (FFG) is designed to generate sustainable funding to reinvest into support services and programming.



## CSI Calgary Funding Source Trend



CSI Calgary is incorporated under the Societies Act of the Province of Alberta as a not-for-profit organization. The Institute is a tax-receipt Registered Canadian Amateur Athletic Association (RCAAA). The independent auditing firm of KPMG audits CSI Calgary finances annually.



# olympic, paralympic and world championships top 8 results

## gold

### Mark Arendz

PARA - Biathlon, 12.5km Middle - Standing, WC  
Coach: Robin McKeever

### Mark Arendz

PARA - Biathlon, 7.5km Sprint - Standing, WC  
Coach: Robin McKeever

### Ben Hebert

Curling, Men's, WC  
Coach: John Dunn

### Brian McKeever

PARA - Cross-Country Skiing, 20km - Visually Impaired, WC  
Coach: Robin McKeever

### Brian McKeever

PARA - Cross-Country Skiing, 10km - Visually Impaired, WC  
Coach: Robin McKeever

### Graham Nishikawa Robin McKeever (Guide)

PARA - Cross-Country Skiing, 20km - Visually Impaired, WC  
Coach: Robin McKeever

### Graham Nishikawa Robin McKeever (Guide)

PARA - Cross-Country Skiing, 10km - Visually Impaired, WC  
Coach: Robin McKeever

### Erica Wiebe

Wrestling, Freestyle 75 kg, OG  
Coaches: Leigh Vierling, Paul Ragusa

## silver

### Mark Arendz

PARA - Biathlon, 15km Individual - Standing, WC  
Coach: Robin McKeever

### Bailey Bram

### Sarah Davis

### Brianne Jenner

### Rebecca Johnston

### Brigitte Lacquette

### Meaghan Mikkelsen-Reid

### Lauriane Rougeau

### Jillian Saulnier

### Blayre Turnbull

### Hayley Wickenheiser

Hockey, Women's, WC  
Head Coach: Laura Schuler Assistant Coaches:  
Doug Derrough, Howie Draper, Dwayne Gylywoychuk

### Stefan Daniel

Para-triathlon, Men, PG  
Coach: Carolyn Murray

### Vincent De Haître

Speed Skating, 1000m, WC  
Coach: Bart Schouten

### Kaillie Humphries

### Melissa Lotholz

Bobsleigh, 2-Man Competition - Women, WC  
Coach: Stephan Bosch

### Justin Kripps

### Jesse Lumsden

Bobsleigh, 2-Man Competition - Men, WC  
Coach: Stephan Bosch

### Alister McQueen

Athletics, Javelin Throw, PG  
Coach: Kim Cousins

### Kaetlyn Osmond

Figure Skating, Singles, WC  
Coach: Robin McKeever

### Alana Ramsay

Para - Alpine Skiing, Super-G - Standing, WC  
Coach: Robin McKeever

### Kirk Schornstein

Para - Alpine Skiing, Downhill - Standing, WC  
Coach: Robin McKeever

### Ross Wilson

Para-cycling, Individual Time Trial, PG  
Coach: Cam Jennings

### Ross Wilson

Para-cycling, Individual Pursuit, PG  
Coach: Cam Jennings

## bronze

### Mark Arendz

### Brian McKeever

### Graham Nishikawa

### Robin McKeever (Guide)

### Emily Weekes

PARA - Cross-Country Skiing, 4 x 2.5km Relay Open, WC  
Coach: Robin McKeever

### Mark Arendz

PARA - Cross-Country Skiing, 10km - Standing, WC  
Coach: Robin McKeever

### Allison Beveridge

Cycling - Track, Team Pursuit, OG  
Coach: Craig Griffin

### Ivanie Blondin

Speed Skating, 5000m, WC  
Coach: Bart Schouten

### Olivier Jean

Speed Skating, Mass Start 16 Laps, WC  
Coach: Bart Schouten

### Kimberley McRae

Luge, Women's Singles, WC  
Coach: Wolfgang Staudinger

### Manuel Osborne-Paradis

Alpine Skiing, Super G, WC  
Coach: Burkhard Schaffer

### Alana Ramsay

Para - Alpine Skiing, Downhill - Standing, WC  
Coach: Jean-Sébastien Labrie

### Alana Ramsay

Para - Alpine Skiing, Super Combined - Standing, WC  
Coach: Jean-Sébastien Labrie

### Alana Ramsay

Para - Alpine Skiing, Giant Slalom - Standing, WC  
Coach: Jean-Sébastien Labrie

### Michael Sametz

Para-cycling, Individual Time Trial, PG  
Coach: Philippe Abbott

## fourth

### Jordan Belchos

### Ted-Jan Bloemen

### Benjamin Donnelly

Speed Skating, Team Pursuit 8 Laps, WC  
Coaches: Bart Schouten, Todd McClements

### Ted-Jan Bloemen

Speed Skating, 1000m, WC  
Coach: Bart Schouten

### Ivanie Blondin

Speed Skating, 3000m, WC  
Coach: Bart Schouten

### Vincent De Haître

Speed Skating, 1500m, WC  
Coach: Bart Schouten

### Zak Madell

Wheelchair Rugby, Mixed, PG  
Coach: Kevin Orr

### Andrew Poje

### Kaitlyn Weaver

Figure Skating, Ice Dance, WC  
Coaches: Nikolai Morozov, Pasquale Camerlengo

### Kirk Schornstein

Para - Alpine Skiing, Super-G - Standing, WC  
Coach: Jean-Sébastien Labrie

### Kirk Schornstein

Para - Alpine Skiing, Super Combined - Standing, WC  
Coach: Jean-Sébastien Labrie

### Emily Weekes

PARA - Cross-Country Skiing, 15km - Standing, WC  
Coach: Robin McKeever

## fifth

### Mark Arendz

PARA - Cross-Country Skiing, 20km - Standing, WC  
Coach: Robin McKeever

### Blair Bann

### Jay Blankenau

### Rudy Verhoeff

### Graham Vigrass

Volleyball, Men, OG  
Head Coach: Glenn Hoag

### Morgan Bird

Para-swimming, 4 x 100m Freestyle Relay, PG  
Coaches: Wendy Johnson, Kristina Crook

### Morgan Bird

Para-swimming, 4 x 100m Medley Relay, PG  
Coaches: Wendy Johnson, Kristina Crook

### Morgan Bird

Para-swimming, 100m Freestyle, PG  
Coaches: Wendy Johnson, Kristina Crook

### Ted-Jan Bloemen

Speed Skating, 5000m, WC  
Coach: Bart Schouten

### Phil Brown

### Candace Crawford

### Erin Mielzynski

### Ali Nullmeyer

### Trevor Philp

### Erik Read

Alpine Skiing, Team Event, WC  
Coaches: Paolo De Florian, Manuel Gamper, Peter Rybarik

### Patrick Chan

Figure Skating, Singles, WC  
Coaches: Marina Zoueva, Oleg Epstein, Johnny Johns

### Alex Gough

Luge, Women's Singles, WC  
Coach: Wolfgang Staudinger

### Brittany Hudak

PARA - Biathlon, 12.5km Individual - Standing, WC  
Coach: Robin McKeever

### Brittany Hudak

PARA - Cross-Country Skiing, 15km - Standing, WC  
Coach: Robin McKeever

### Heather McLean

Speed Skating, 500m, WC  
Coach: Kevin Crockett

### Nick Poloniato

### Neville Wright

Bobsleigh, 2-Man Competition, Men, WC  
Coach: Stephan Bosch

### Alana Ramsay

Para - Alpine Skiing, Slalom - Standing, WC  
Coach: Jean-Sébastien Labrie

### Arinn Young

Wheelchair Basketball, Women, PG  
Head Coach Michael Broughton

## sixth

### Cynthia Appiah

Bobsleigh, 2-Man Competition - Women, WC  
Coach: Stephan Bosch

### Jordan Belchos

Speed Skating, 1000m, WC  
Coach: Bart Schouten

### Noah Bowman

Freestyle Skiing, Halfpipe  
Coach: Trennon Paynter

### Lascelles Brown

### Alexander Kopacz

### Justin Kripps

### Jesse Lumsden

Bobsleigh, 4-Man Competition, WC  
Coach: Stephan Bosch

### Sam Edney

### Alex Gough

### Justin Snith

### Tristan Walker

Luge, Team - Relay, WC  
Coach: Wolfgang Staudinger

### Marie-Michèle Gagnon

Alpine Skiing, Alpine Combined, WC  
Coach: Manuel Gamper

### Marsha Hudey

Speed Skating, 500m, WC  
Coach: Kevin Crockett

### Alysia Rissling

Bobsleigh, 2-Man Competition - Women, WC  
Coach: Stephan Bosch

### Kirk Schornstein

Para - Alpine Skiing, Slalom - Standing, WC  
Coach: Jean-Sébastien Labrie

### Elisabeth Vathje

Skeleton, Individual, WC  
Coach: Ivo Pakalns

### Emily Weekes

PARA - Cross-Country Skiing, 1km Sprint - Standing, WC  
Coach: Robin McKeever

### Isabelle Weidemann

Speed Skating, 5000m, WC  
Coach: Xiuli Wang

## seventh

### Chantal Beuchesne

### Angelena Dolezar

### Danielle Ellis

### Leanne Muldrew

### Jennifer Oakes

### Shacarra Orr

### Heidi Peters

### Tessa Popoff

### Amber Skyran

### Jolan Wong

### Katelyn Wright

Sitting Volleyball, Women, PG  
Coach: Nicole Ban

### Morgan Bird

Para-swimming, 50m Freestyle, PG  
Coaches: Wendy Johnson, Kristina Crook

### Jenn Brown

Athletics, Discus, PG  
Coach: Kim Cousins

### Rosalind Groenewoud

Freestyle Skiing, Halfpipe, WC  
Coach: Trennon Paynter

### Brady Leman

Ski Cross, WC  
Coach: Stanley Hayer

### Brendan Mackay

Freestyle Skiing, Halfpipe, WC  
Coach: Trennon Paynter

### Emily Weekes

PARA - Cross-Country Skiing, 5km - Standing, WC  
Coach: Robin McKeever

### Tara Whitten

Cycling - Road, Time Trial, OG  
Coach: Denise Kelly

## eighth

### Jordan Belchos

Speed Skating, 5000m, WC  
Coach: Bart Schouten

### Brittany Hudak

PARA - Biathlon, 10km Middle - Standing, WC  
Coach: Robin McKeever

### Kate O'Brien

### Monique Sullivan

Cycling - Track, Team Sprint, OG  
Coach: Erin Hartwell

### Mirela Rahneva

Skeleton, Individual, WC  
Coach: Ivo Pakalns

### Emily Weekes

PARA - Biathlon, 6km Sprint - Standing, WC  
Coach: Robin McKeever

# building champions

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