

elevating the athlete.

2017/18 annual review

the goal is simple.

Get better. Every. Single. Day.

Find new ways to push past the pain.

To shave hundredths of a second. To gain tenths of a point.

Find a way to be ready on the day, and every day after.

We are not just training for sport. We are preparing for life.

We are raising the bar, pushing the limits.

We are climbing the podium and inspiring the nation.

We are Canadian Sport Institute Calgary and we are

elevating the athlete.

our vision

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

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
Leadership
Innovation
Integrity
Partnerships

960

athletes are
affiliated with the
Canadian Sport
Institute Calgary.



we are focused on being the partner of choice for high performance sport expertise and evidence-based best practices.

A complete commitment to elevating Canadian athletes, coaches and our employees is key to becoming the high performance sport partner of choice. This is realized through a focus on creating and providing an optimal Daily Training Environment, continuing to attract, develop and retain the top professionals in Sport Science and Medicine, and an ongoing commitment to our culture, values and excellence.



60%

of Olympic and Paralympic winter sports work with the Canadian Sport Institute Calgary.



40%

of the Olympic and Paralympic medals won by Canadians in PyeongChang were from Canadian Sport Institute Calgary affiliated athletes.



athlete impact

Brady Leman

Summertime. Truckloads of ice rink snow on a homemade ramp. A makeshift ski cross start gate at the top of the ski hill at WinSport. This is how Brady Leman eked out his place atop the Olympic podium. Leman's victory was borne of creativity, expertise and a deep dedication to excellence, no matter the circumstance.



After decades of hard work, Luge Canada's athletes finally reached the podium at the Winter Olympic Games in PyeongChang. Without Jeremiah Barnert pushing our athletes in the gym, Lauren Vickery rehabbing the athletes on the physio table and all other members of the Integrated Support Team at the Canadian Sport Institute Calgary, our athletes could have never achieved this success.

Tim Farstad Executive Director, Luge Canada



16

Olympic and Paralympic sports have training group agreements with the Canadian Sport Institute Calgary.



Proud partner of choice for the following national teams:



alpine skiing



biathlon



bobsleigh



cross country skiing



figure skating



hockey (women)



long track speed skating



luge



para ice hockey



para nordic (biathlon and cross country skiing)



para swimming



ski jumping



skeleton



water polo (men)



wrestling

we are committed to delivering impactful performance solutions.

Life-changing performances only happen with proper preparation. Our key programs and priorities include four areas of focus:

- implementing a comprehensive athlete intake and assessment system
- delivering return to sport and injury prevention services
- embedding Game Plan into athlete plans
- a commitment to innovative research and leading-edge training methods.



athlete impact

Ted Bloemen

50,903 data points

That is four years of collecting the right data from Ted-Jan Bloemen which led to specific and valuable knowledge about how his body responded to training – and how to tweak it to optimize performance. This leading-edge monitoring strategy made the difference for Bloemen, in the weeks, days and hours before his medal-winning races.



300+

athletes went through the intake and assessment system – information gathered to ensure athletes are healthy and ready to train.



\$557,917

invested in research and innovation.

84% of 2018 PyeongChang Olympians and Paralympians affiliated with the Canadian Sport Institute Calgary accessed our Game Plan services.



GAME PLAN
PLAN DE MATCH
Powered by | Prepared for
Deloitte.



Proud to partner with the Benson Concussion Institute to bring innovative sport concussion assessment and management strategies to high performance athletes utilizing evidence-based, research-driven practices.

465 athletes went through the concussion program, with 58 concussions treated.



athlete impact

Kaetlyn Osmond

Down but not out – Kaetlyn Osmond suffered a series of injuries leading into PyeongChang that tested her limits, and those of our experts who worked with Osmond and her coach Ravi Walia to achieve her potential. A collaborative, science-based approach helped craft the ideal plan for Osmond to heal, train – and win.



203

athletes from 10 different sports went through the ACL program to help identify risk factors for injuries and to assess neuromuscular readiness to train.

we provide world-class high performance athlete pathways.

By focusing on all stages of the athlete journey we can help achieve life-changing performances. We develop successful athlete pathways through the creation of annual sport audits to identify potential areas of impact, expanding our involvement where we can provide a greater impact, and establishing an ongoing evaluation process to ensure our programs are aligned and sustainable.

NextGen

Proud to be an official sport science and sport medicine provider for the following NextGen sports:



\$127 K

of value added in kind services provided, increasing the total investment by National Sport Organizations on NextGen athletes by an **average of 38%**.



athlete impact

Michael Sametz



For Michael Sametz, 2017 Para-Cycling Road World Champion and 2016 Paralympic bronze medallist, training is training, whether it is alongside fellow para-cyclists or able-bodied cyclists. Our fully integrated cycling program is focused on performance and creating a training environment that breeds success for all.



athlete impact

Mark Arendz

With his six-medal performance in PyeongChang, Mark Arendz joined Brian McKeever among the world's greatest Para Nordic skiers of all time. Together, along with coach Robin McKeever and our experts, they represent the power of mentorship, collaboration and the successful creation of a complete athlete development pathway.

coaching

We are focused on offering an innovative development pathway for coaches that is flexible, accessible and multi-disciplinary.

652 hours of targeted coach education including delivery of the Advanced Coaching Diploma to **55** coaches from **33** different sports.



RBC Training Ground

We are proud to support this talent identification program to uncover Olympic potential.

2,952 field based tests were administered and analyzed for the RBC Training Ground, in partnership with the Alberta Sport Development Centre. Athlete participation **increased by 105%**.



71%

of our Talent Lab athletes met performance expectations.

we are committed to ensuring a sustainable operation.

Our commitment to athletes can only be made if we ensure our sustainability. We have prioritized five key areas:

- increasing revenues from discretionary contributions and ancillary services
- utilizing existing resources more efficiently
- working with our partners to confirm multi-year investment commitments
- continued access to leading high-performance facilities
- communicating our value through a strengthened brand

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.

Brien Perry

Secure Energy
Services Inc.

Mark Ward

David de Vliger
Repsol Oil & Gas Inc.

Les Gramantik

Mandy Moran

founding partner representatives

Kelly Dearborn

Joanne Thomson
Sport Canada

Jeff Christie

Canadian Olympic Committee

Scott Fraser

Alberta Sport Connection

Bernie Asbell

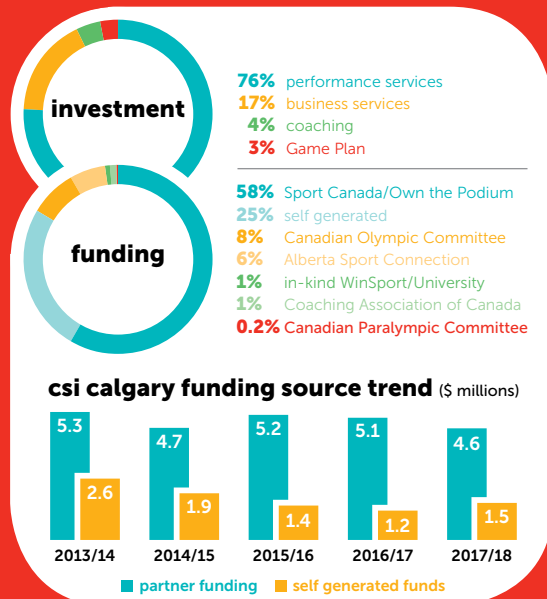
WinSport

Dr. Penny Werthner

University of Calgary

Lorraine Lafrenière

Coaching Association
of Canada



We value our longstanding partnership with WinSport and thank them for their many contributions. The CSI Calgary and Canadian athletes and their coaches benefit from these contributions.

funding partners

Canada



FOUNDATION
FONDATION



sponsors

GEW Radiology
Specialists In Diagnostic Imaging



high performance partners



City of Calgary: Foothills & Glenmore Athletic Park,
Glenmore Velodrome, Repsol Sports Centre

Mount Royal University

Olympic Oval

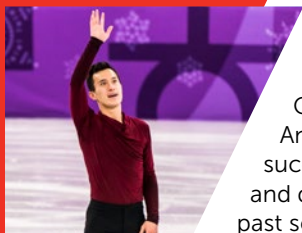
University of Alberta: Glen Sather Sports
Medicine Clinic, High Performance
Training and Research Centre,
Saville Community Sports Centre

University of Calgary Sport
Medicine Centre

\$75 K in funding
received from
fuelforgold.com

fuel for gold





I am extremely grateful for the guidance and support provided by the Canadian Sport Institute Calgary, notably Kelly Quipp and Anna Aylwin. I owe my Olympic success to their strategic planning and dedication to my career. This past season, I finally achieved a career long goal to step onto the biggest stage feeling confident and ready. It allowed me to fully enjoy my Olympic moment.

Patrick Chan



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The Canadian Sport Institute Calgary provides world-class training environments in Alberta. With the support of our partners, we deliver leading sport science and medicine, coaching education and life services to help Canada's high performance athletes achieve Olympic and Paralympic podium performances. For more information, please visit csicalgary.ca

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