

2020/2021 annual report

CANADIAN
SPORT
INSTITUTE



INSTITUT
CANADIEN
DU SPORT

CALGARY

CHERYL SANDERCOCK
Chair, Board of Directors



GARY DAVIES
President and CEO

one athlete at a time

Like most Canadian organizations, the Canadian Sport Institute Calgary (CSI Calgary) had to be creative and resilient this past year to fulfill our mandate of *Impacting Sport Performance through Science - One Athlete at a Time*.

The challenges facing athletes and coaches given the current global context meant the support CSI Calgary provided had to change, too. We are incredibly proud of the accomplishments of our people, who persevered, implemented effective incremental safety protocols, adapted training and service programs, and launched new key services, such as COVID-19 testing. Together, they served the athletes, coaches, National Sport Organizations, and stakeholders with real impact.

The proof: our supported athletes accomplished 32 Top-8 finishes at World Championships, an incredible demonstration of their determination and resilience in a year where training, travel, competition, and all aspects of life were disrupted. This wave of positive momentum will result in inspiring performances in the upcoming Olympic and Paralympic Games – the best is yet to come, for our athletes and for Canada.

These accomplishments were possible with the unconditional backing of our funding partners – we remain extremely grateful to partner with you all.

This year, in Canada and around the globe, impacts of racial and social injustice were particularly acute. Sport and the Olympic and Paralympic movements have long been arenas that both highlight, and more importantly, advance, racial, gender, LGBTQ+ and accessibility inequities toward equity. We acknowledge the power of sport to effect real change, as well as still requiring more much evolution.

The upcoming year will be a unique in recent times, with both the Tokyo Summer and Beijing Winter Games within a year. At CSI Calgary we are excited to continue Powering Podium Performances!

Cheryl & Gary

vision

Impacting Sport Performance through Science
– One Athlete at a Time.



mission

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

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



Women's Fencing National Team during a camp in Calgary in 2020



Mandy Chan, CSI Calgary Biochemistry Lab Technician

STRATEGIC PRIORITY 1

we are focused on improving athlete and sport performance.

With lower demand for sport science testing due to COVID-19 restrictions, we pivoted our approach to respond to an emerging need and added a new service offering for our athletes, coaches, and officials to keep them safe during training, travel, and competitions.

"What an exceptional experience we had under the care of CSI Calgary service providers who kept Team Canada game-ready throughout the World Championship. The treatments by each of your people was truly appreciated. They are skilled both professionally and personally and we really value the wonderful relationships we developed."

ELAINE DAGG-JACKSON, CH.P.C.
National Coach & Program Manager – Curling Canada



578 athletes were serviced by the Canadian Sport Institute Calgary from 41 summer and winter sports.

COVID-19 testing

Coordinated 6,158 COVID-19 PCR tests in collaboration with our partners Dynalife and TapLabs. We also conducted 545 Point of Care Songbird tests.

curling bubble

We established a new major partnership with Curling Canada to coordinate COVID-19 testing during the Calgary Bubble and provide sport therapy and mental health support to all athletes entering the bubble.



Administered **5,585** COVID-19 PCR tests.

Delivered **273** comprehensive sport therapy treatments to **75** curlers or a total of **195** hours of treatments over **60** days.



intake and assessment

332 athletes from 22 training groups completed our pre-season health and fitness baseline assessments.

nutrition

107 nutrition intakes were completed virtually.



monitoring and performance testing

493 lab tests. 74 field tests.
204 anthropometric tests.
250 samples of in-house blood analysis.
256 Strength and Power lab tests.



More than 500 athletes received in-person services at CSI Calgary over the past year for a total of 6810 athlete visits to our facility (*from July 6th to March 31st). We continued to deliver essential services to injured athletes by loaning them equipment to train from home, increased our mental health support following the Olympic and Paralympic Games postponement, and continued to adapt and shift our services online.

The Game Plan team had **784** interactions with **312** unique athletes from **49** sports.



return to sport

577 athletes went through the concussion program, with **13** concussions treated.



409 hours of rehabilitation treatment time provided to injured athletes through the R2P Code since its launch in August 2020.



Photo, from left to right: Abby McEwen (Ski Cross), India Sherret (Ski Cross), Courtney Hoffos (Ski Cross), Zach Belczyk (Ski Cross), Isabel Aldrich-Witt (R2P Lead), Rachael Karker (Freestyle), Sascha Pedenko (Freestyle), Adam Fiselier (Freestyle), Megan Bankes (Biathlon)

top 8 at world championship events



Women's Speed Skating Team Pursuit

gold

LAURENT DUBREUIL
Speed Skating, Men, 500m, WSDC

silver

JORDAN BELCHOS
TED-JAN BLOEMEN
CONNOR HOWE
Speed Skating, Team Pursuit 8 Laps,
Men, WSDC

IVANIE BLONDIN
Speed Skating, Mass Start 16 Laps,
Women, WSDC

IVANIE BLONDIN
VALÉRIE MALTAIS
ISABELLE WEIDEMANN
Speed Skating, Team Pursuit 6 Laps,
Women, WSDC

RACHAEL KARKER
Freestyle Skiing, Halfpipe,
Women, WC

bronze

LAURENT DUBREUIL
Speed Skating, 1,000m, Men, WSDC

PIPER GILLES
PAUL POIRIER
Figure Skating, Ice Dance, Mixed, WC

fourth

JORDAN BELCHOS
Speed Skating, Mass Start 16 Laps,
Men, WSDC

JAMES CRAWFORD
Alpine Skiing, Alpine Combined,
Men, WC

BRODIE SEGER
Alpine Skiing, Super G, Men, WC

ISABELLE WEIDEMANN
Speed Skating, 5,000m,
Women, WSDC

fifth

CYNTHIA APPIAH
Bobsleigh, Monobob, Women, WC

BRENDAN BOTTCHER
MARC KENNEDY
KARRICK MARTIN
DARREN MOULDING
BRAD THIESSEN
Curling, Team, Men, WC

BEN COAKWELL
JUSTIN KRIPPS
RYAN SOMMER
CAMERON STONES
Bobsleigh, 4-Man Competition,
Open, WC

COURTNEY HOFFOS
Freestyle Skiing, Ski Cross,
Women, WC

REECE HOWDEN
Freestyle Skiing, Ski Cross, Men, WC

ISABELLE WEIDEMANN
Speed Skating, 3,000m,
Women, WSDC

sixth

TED-JAN BLOEMEN
Speed Skating, 10,000m, Men, WSDC

GABRIELLE DALEMAN
THIERRY FERLAND
SHANE FIRUS
LORI-ANNE MATTE
NAM NGUYEN
ROMAN SADOVSKY
ALISON SCHUMACHER
CAROLANE SOUCISSE
Figure Skating, Team, Mixed, WTT

MARIE-MICHÈLE GAGNON
Alpine Skiing, Super G, Women, WC

CONNOR HOWE
Speed Skating, 1,500m, Men, WSDC

MICHAEL MARINARO
KIRSTEN MOORE-TOWERS
Figure Skating, Pairs, Mixed, WC

KEEGAN MESSING
Figure Skating, Singles, Men, WC

seventh

JAMES CRAWFORD
CASSIDY GRAY
ERIN MIELZYNSKI
ERIK READ
JEFFREY READ
Alpine Skiing, Team, Mixed, WC

MELISSA LOTHOLZ
Bobsleigh, Monobob,
Women, WC

BRENDAN MACKAY
Freestyle Skiing, Halfpipe,
Men, WC

VALÉRIE MALTAIS
Speed Skating, 5,000m,
Women, WSDC

HEATHER MCLEAN
Speed Skating,
500m, Women,
WSDC

eighth

JORDAN BELCHOS
Speed Skating, 10,000m, Men, WSDC

JANE CHANNELL
Skeleton, Individual, Women, WC

LAURENCE FOURNIER BEAUDRY
NIKOLAJ SØRENSEN
Figure Skating, Ice Dance, Mixed, WC

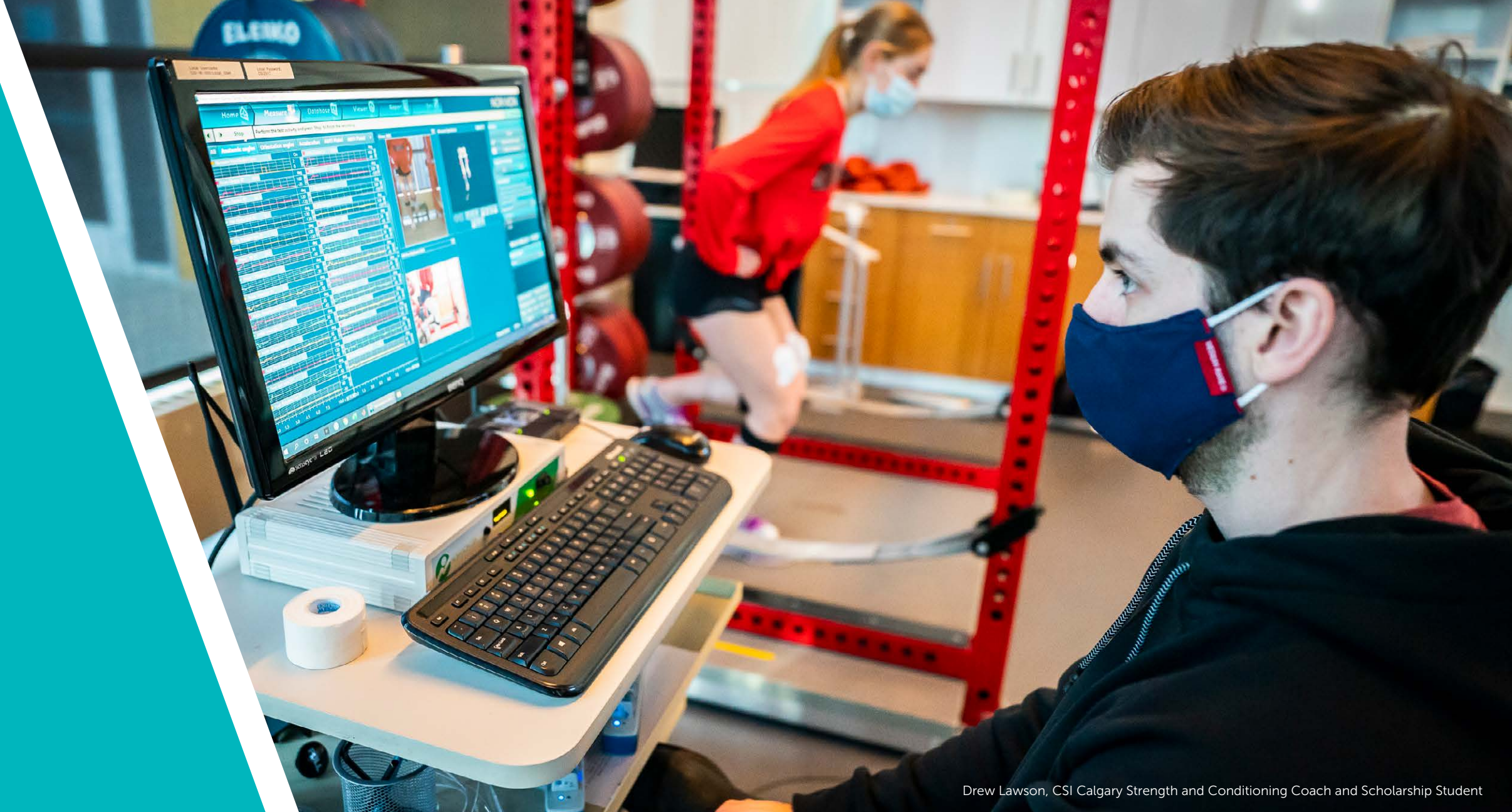
VALÉRIE MALTAIS
Speed Skating, 3,000m, Women, WSDC



Figure skaters Piper Gilles and Paul Poirier



The Sport Product Testing team in action



Drew Lawson, CSI Calgary Strength and Conditioning Coach and Scholarship Student

STRATEGIC PRIORITY 2

we are committed to growing our knowledge and expertise.

A complete commitment to elevating Canadian athletes, coaches, and our employees is key to being the high-performance sport partner of choice. This is demonstrated through attracting, developing and retaining the top professionals in Sport Science and Medicine, and an ongoing commitment to our culture, values and excellence.

Sport Product Testing

Generated \$308,514 in revenue.
102 subjects participated in our research across 5 different projects.



Western Diversification

"After completing the Advanced Coaching Diploma program, I now have the confidence to really share my views and opinions."

ALEX D
2020 Advanced Coaching Diploma Graduate

coaching

We hosted 475 hours of targeted coach education including delivery of the Advanced Coaching Diploma to 64 coaches from 28 different sports.

research and innovation

\$322,551 invested in research and innovation.
Of this, \$90,670 was for I4G projects.

studentship

\$72,000 awarded in scholarships to students.



13 student and practicum placements.





STRATEGIC PRIORITY 3

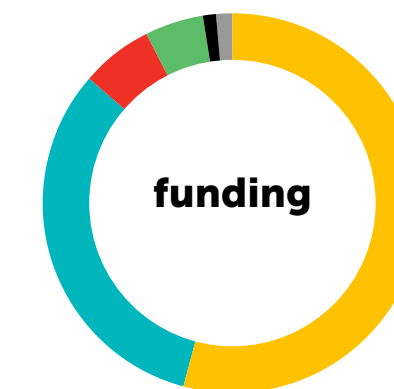
**we operate
like a business
and work as
one team.**

financial information

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

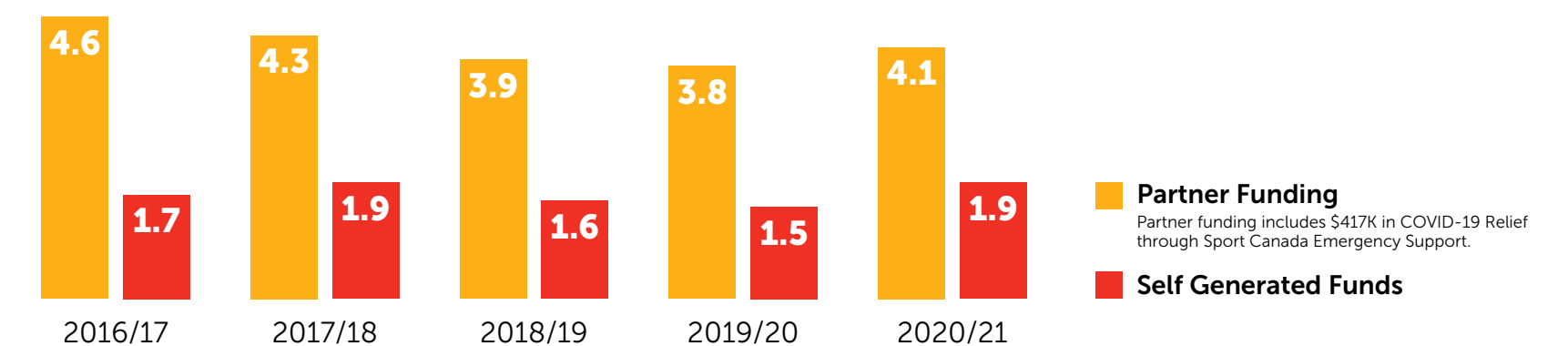


74.0% Performance Services
18.2% Business Services
4.3% Game Plan
3.6% Coaching



54.4% Sport Canada/Own the Podium
32.1% Self Generated
6.3% Canadian Olympic Committee
4.8% Government of Alberta
1.3% In-kind WinSport/University of Calgary
1.2% Coaching Association of Canada

**CSI Calgary
funding source trend**
(\$millions)



board of directors

CHERYL SANDERCOCK (Chair)
BMO Capital Markets

DAVID DE VLIGER (Vice Chair)
Repsol Oil & Gas Inc.

DOUG PENNER (Secretary-Treasurer)
Workhub Software Corp.

LES GRAMANTIK
Coach, Athletics

WHITNEY HUGHES-PLUMMER
Boston Consulting Group

CATRIONA LE MAY DOAN
Olympic Gold Medallist, Speed Skating
Sport Calgary

MANDY MORAN
Olympian, Diving
Avant Garde Marketing Inc.

DAN PROULX
Coach, Mountain Biking

KYLE SHEWFELT
Olympic Gold Medallist
Kyle Shewfelt Gymnastics

GEOFF THOMPSON
Entrepreneur

ERICA WIEBE
Olympic Gold Medalist, Wrestling
Deloitte

founding partner representatives

KELLY DEARBORN
Sport Canada

PENDING APPOINTMENT
Canadian Olympic Committee

DON WILSON
Government of Alberta

PHIL GRAHAM
WinSport Canada

DR. PENNY WERTHNER
University of Calgary

LORRAINE LAFRENIÈRE
Coaching Association of Canada



Zak Maddell training at CSI Calgary

STRATEGIC PRIORITY 4

we are committed to improving partner and sport relationships.

funding partners

sponsors

CFW Radiology
Specialists In Diagnostic Imaging

high performance partners

Mount Royal University
Olympic Oval
Repsol Sports Centre
University of Calgary
Sport Medicine Centre

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

sport organizations

Proud partner of choice for the following national and provincial teams:



**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.**

Freestyle Skier Rachael Karker



Canadian Sport Institute Calgary

WinSport

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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

