

*Our*  
**PROMISE**  
*in the face of*  
**CHANGE**  
2019/20 ANNUAL REVIEW

*message from the*  
**BOARD CHAIR  
 and PRESIDENT**



The pressure is unrelenting: from years of economic fragility to the COVID-19 pandemic to the postponement of the 2020 Tokyo Olympic and Paralympic Games, collectively, we are facing the most challenging and difficult time in a generation.

At CSI Calgary, we are highly adaptable and resilient as we confront these times of change, with our focus remaining squarely on supporting our athletes, coaches and partners in sport.

As an organization, we've handled many changes over time, which have extended an opportunity to grow, change and lead.

Through innovation, expertise and exceptional service delivery we have been leaders with impact. We have retained our values and looked out for people. We have been agile, and we are still delivering. That's how we've maintained our promise in the face of change.

Particularly, we recognize the importance of supporting mental health and the whole person during this time of unprecedented change. This support is critical in a time of crisis and will equip athletes, coaches and staff with the tools they need for dealing with disruption and new ways of service delivery and training.

CSI Calgary remains extremely grateful for the support of our funding partners, performance partners, sport partners and sponsors. As we continue to evolve and grow, through the pandemic and beyond, we look forward to a future filled with exciting competition, togetherness and the experience of joy in the world of sport.

**CHERYL SANDERCOCK**  
 Chair, Board of Directors

**DALE HENWOOD**  
 President and CEO

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
- Innovation
- Partnerships
- Leadership
- Integrity

# SUPPORT

PREPARING ATHLETES FOR LIFE AND ENSURING THEIR SUCCESS IS JUDGED ON MORE THAN JUST PERFORMANCE.

## SUPPORT

In the face of change, showing we care and are available to provide support for Canadian athletes, coaches, and sports is critical.



**914 athletes** were serviced by the Canadian Sport Institute Calgary.

## GAME PLAN

486 athletes and coaches tuned in to 'Disruption by COVID-19 – Now What?' – The first virtual experience of a series (COPSIN Advantage Series) established in collaboration with Game Plan.



Game Plan Advisor had a total of **769 interactions** with **326 athletes**.

## EDUCATION

In the face of change, we recognize that offering an innovative development pathway for sport science professionals and coaches that is flexible, accessible, and multi-disciplinary is more important than ever.



**475 hours** of targeted coach education including delivery of the Advanced Coaching Diploma to **82 coaches** from **40 different sports**.



**\$65,600** awarded in scholarships to students.



**19 internship** placements.

*we are*  
**THE ONES**  
*they turn to*

It's not necessarily a position to aspire to, but one that must be filled on a frequent basis in Canadian sport: expert in crisis intervention.

It's a difficult role to fill, but one that Frank Van den Berg, Lead Mental Performance at CSI Calgary, has come to accept and deeply understand. When he gets the call, no matter how difficult the situation is, he knows he and his peers are ready to act. "Sometimes bad stuff happens," he says. "We don't want to do this, we don't want it to happen, but it does. And when it does, we are the ones they turn to."

Being first on the line underscores the significant contribution Van Den Berg and his colleagues across the country have made in this field. In 2013, Van den Berg helped to establish the Crisis Interventions in Sport Protocol, which serves as the framework for managing a sport tragedy.

With the advent of the COVID-19 pandemic, the Canadian sport system has been challenged again, this time with a scenario that is new for everyone. But Van den Berg says the call to action has been swift and effective.

"Unfortunately, in recent years, three tragic accidents have helped us prepare for this," he says. "Some singular tragic events have enabled a process and responsiveness to crisis that can be used in today's situation."

The strong and existing network of stakeholders in Canadian sport was quick to establish a task force to respond to the pandemic, which enabled the rapid organization and alignment of key communications and activities.

That early mobilization focused on the pandemic response, mental health, resilience and change management. Van den Berg says they have also borrowed from the field of disaster response psychology to understand the collective responses and stages that people go through during times of crisis.

During difficult and unprecedented times Van den Berg says that what ultimately drives him, along with the entire Canadian Olympic and Paralympic Sport Institute (COPSI) Network, is providing extensive and effective support to athletes, coaches and sport organizations across Canada. "Everyone across the country is contributing their best efforts to help manage this extraordinary crisis in sport."



**Frank van den Berg**  
Lead Mental Performance Consultant at the Canadian Sport Institute Calgary.

# ENVIRONMENT

CREATING AN ATHLETE-CENTRIC ATMOSPHERE  
BY PLACING THE ATHLETE AT THE CENTRE OF  
THE SPORT ECOSYSTEM.

## SPORT SCIENCE SOLUTIONS

In the face of change, we build resilience by learning to adapt to a swiftly changing environment – keeping sight that a complete commitment to elevating the athletes and coaches is still key to becoming the high-performance sport partner of choice.

This is realized through providing leadership and support in the development of the sport plan, and ongoing support in the implementation of services in every aspect of the sport plan.

A sample of data we've collected to help athletes get better. Every. Single. Day.



**1,506** lab tests  
**3,199** field tests



**981** anthropometric tests



**1,616** samples of in-house blood analysis



**102** Hb mass tests



**1,183** Strength and Power lab tests

## ART, meet SCIENCE

Data is not the first thing that comes to mind when you think about figure skating. Instead it's grace, artistry, skill, and landing those spectacular jumps in front of a captivated audience. But in recent years, with the guidance and expertise of service providers at CSI Calgary, the field of sport science has made inroads in a sport where, historically, art trumps all.

It all started when Kaetlyn Osmond broke her leg in 2014 and ended up working with Chris Osmond, former Strength and Conditioning Coach at CSI Calgary, to regain the form she needed to get back on the ice and compete again.

The success of that experience – Osmond won bronze at the Olympics in 2018 – showed Mike Slipchuk, High Performance Director at Skate Canada, that maybe there was a place for integrating sport science into his program, even though it is decentralized, and the top athletes all have different coaches.

"We knew the work CSI Calgary had done with speed skating and with other sports," recalls Slipchuk. "They presented a more scientific approach that we hadn't seen before."

At first it started with a basic audit of the program, looking at testing protocols, training camps, and yearly training plans. Kelly Quipp, Sport Physiologist and Lead, Exercise Physiology, at CSI Calgary also developed a sport-specific testing regime to help evaluate the athletes and worked with coaches to use the data to make appropriate adjustments in training.

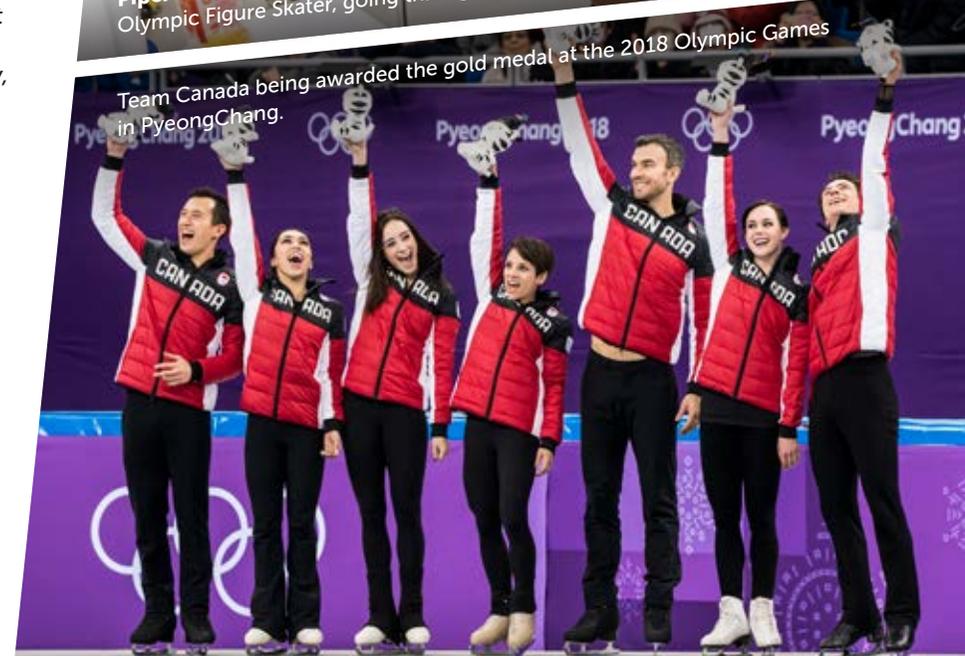
"My job is to make sure the athletes show up to the ice able to do what is needed to train and perform," says Quipp. "So, I work on how to use the data to help make them better."

Both Quipp and Slipchuk agree that keeping the athletes healthy by addressing strength and fitness gaps, and preventing injuries is key to sustaining their careers. Quipp is now working on an injury surveillance program that will identify and track injuries throughout the season, giving coaches more information to address programming needs.

The integration of sport science into figure skating hasn't always been easy, even though it's effective. "It took two years for people to feel comfortable with what CSI Calgary is doing," says Slipchuk. "We were slow to the party with sport science," he adds. "But whatever we are looking at they are receptive and there to guide us. They want to help make skating better."



**Piper Gilles**  
Olympic Figure Skater, going through testing in the Sport Performance Laboratory.



Team Canada being awarded the gold medal at the 2018 Olympic Games in PyeongChang.

## RESEARCH AND INNOVATION

In the face of change, we remember that new ideas always redefine excellence.

We work to find new ways to help athletes and coaches by removing barriers to performance. Investing in research allows us to better understand the demand of a sport. Our goal is to help sports improve efficiencies which will ultimately build capacity to do more and to optimize performance.

Some of the innovative projects include:

- Studying the effect of cadence, body position and equipment setup on metabolic efficiency and muscle activation patterns in Para Sport
- The examination of technique and player characteristics involved in on-ice acceleration and agility in Para-Hockey
- Optimizing heat adaptation protocols for Tokyo 2020 female wrestlers



**1,435 field tests** were administered for the RBC Training and we are proud to have supported the first ever National Final in Calgary. The program is designed to uncover athletes with Olympic potential and provide them with the high-performance sport resources they need to achieve their podium dreams.



**\$382,786** invested in research and innovation.

## ATHLETE HEALTH

In the face of change, we continue our promise to help athletes build resilience to injuries and to get them back to health and performance after injury.

We rely on cutting edge testing that is backed by scientific research. We build tailored rehabilitation programs to get athletes back to training and performance healthy and safe.



**619 athletes** went through the Benson Concussion Institute program. **81 concussions** were reported, completing **133 KINARM** robotic assessments.



**245 athletes** from **18 different sports** went through the R2P Code program to help identify risk factors for injuries and to assess neuromuscular readiness to train.

## constructive RECONSTRUCTION

A broken-down T-bar at an Austrian ski hill is what gave Mark Hendrickson the push he needed to make his first big jump after rehabbing his second ACL reconstruction. At his first training camp back with the team, the 21-year old slopestyle skier, then 18, was ready to jump, but without a lift up the mountain there was no time for a warmup.

A little nudge from a teammate not to hesitate, to just commit to it, helped Hendrickson take a leap of faith. "I needed that to get back into my original mindset," recalls Hendrickson.

So, without hesitation he launched himself into the air and made a perfect landing.

If Hendrickson seems young to have already endured two full ACL surgeries and recoveries, it's because he is. At 15, the first ACL recovery went well, but the second one, in 2017, was more painful and took longer.

That's when he started working with CSI Calgary's physiotherapist, Sarah Robinson, and strength and conditioning coach, Mike Lane. On the long road back, Hendrickson says they helped him get back on track. "They took a very coordinated approach," he remembers. "It was cool to be looked after with focus and importance. I felt like I wanted to come back for them too."



Mark Hendrickson enjoying a cold tub after competing in the World Cup in Calgary 2020.

A full year off, a lot of hard work, and a bit of soul-searching is what Hendrickson needed to find himself ready to jump again. After that first landing in Austria, he was back.

Hendrickson credits Robinson and Lane and the whole team at CSI Calgary with helping him to regain his form. "They were really good at keeping me focused and on task," he says. "I owed it to them as much as myself."

Back on the hill, Hendrickson unexpectedly found himself on top of the podium, winning a gold medal – his first – at a World Cup in France in January 2020. His victory gave him confidence that he could keep up with the sport and that his knees were as good as new. It also gave him gratitude for the team who helped him get there.

"The first thing I thought about after that win in France was, 'I can't wait to see those guys'", says Hendrickson. "I definitely would have quit skiing if it wasn't for them."

# PERFORMANCE

FOCUSED ON MOVING ATHLETES HIGHER UP THE PODIUM AND IMPROVING RESULTS.

## TOP 8 WORLD CHAMPIONSHIPS RESULTS

In the face of change, we still reflect and celebrate our successes.

### GOLD

**TED-JAN BLOEMEN**  
Speed Skating, 5000m, WC  
Coach: Bart Schouten

**IVANIE BLONDIN**  
Speed Skating, Mass Start  
16 Laps, WC  
Coach: Rimmelt Eldering

**STEFAN DANIEL**  
Para Triathlon, PTS5, WC  
Coach: Carolyn Murray

**GRAEME FISH**  
Speed Skating, 10000m, WC  
Coaches: Bart Schouten,  
Todd McClements

### SILVER

**TED APPELMAN**  
**COLTON FLASCH**  
**BEN HEBERT**  
**KEVIN KOE**  
**BRENDAN NEUFELD**  
Curling, Team, WC  
Coach: John Dunn

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

**TED-JAN BLOEMEN**  
Speed Skating, 10000m, WC  
Coach: Bart Schouten

**BRETT GALLANT**  
**JOCELYN PETERMAN**  
Curling, Doubles, WC  
Coaches: Scott Pfeifer,  
Jeff Stoughton

### BRONZE

**IVANIE BLONDIN**  
**VALÉRIE MALTAIS**  
**ISABELLE WEIDEMANN**  
Speed Skating, Team Pursuit  
6 Laps, WC  
Coach: Rimmelt Eldering

**CHRISTINE DE BRUIN**  
**KRISTEN BUJNOWSKI**  
Bobsleigh, 2-Man  
Competition, WC  
Coach: Todd Hays

**LAURENT DUBREUIL**  
Speed Skating, 1000m, WC  
Coach: Gregor Jelonek

**GRAEME FISH**  
Speed Skating, 5000m, WC  
Coaches: Bart Schouten,  
Todd McClements

**ANTOINE GÉLINAS-BEAULIEU**  
Speed Skating, Mass Start  
16 Laps, WC  
Coach: Gregor Jelonek

**BRIANNE JENNER**  
**REBECCA JOHNSTON**  
**BRIGETTE LACQUETTE**  
**BLAYRE TURNBULL**  
Ice Hockey, Team, WC  
Coaches: Matt Desrosiers,  
Caroline Ouellette,  
Perry Pearn, Troy Ryan

**ROSS WILSON**  
Para Cycling, C1 - Time Trial, WC  
Coach: Richard Wooles

### FOURTH

**JORDAN BELCHOS**  
**TED-JAN BLOEMEN**  
**TYSON LANGELAAR**  
Speed Skating, Team Pursuit  
8 Laps, WC  
Coach: Todd McClements,  
Bart Schouten

**ALLISON BEVERIDGE**  
**GEORGIA SIMMERLING**  
Cycling - Track,  
Team Pursuit, WC  
Coach: Matt Shallcrass

**CAELI MCKAY**  
Diving, 10m Platform  
Synchro, WC  
Coach: Yihua Li

### FIFTH

**JORDAN BELCHOS**  
Speed Skating, 5000m, WC  
Coach: Bart Schouten

**IVANIE BLONDIN**  
Speed Skating, 10000m, WC  
Coach: Rimmelt Eldering

**ALAINE CHARTRAND**  
**GABRIELLE DALEMAN**  
**MICHAEL MARINARO**  
**KEEGAN MESSING**  
**KIRSTEN MOORE-TOWERS**  
**NAM NGUYEN**  
**ANDREW POJE**  
**KAITLYN WEAVER**  
Figure Skating, Team,  
World Team Trophy

### SIXTH

**IVANIE BLONDIN**  
Speed Skating, 3000m, WC  
Coach: Rimmelt Eldering

**LAURENT DUBREUIL**  
Speed Skating, 500m, WC  
Coach: Gregor Jelonek

**ALANNA GOLDIE**  
Fencing, Team Foil, WC  
Coaches: Paul Apsimon,  
Vladimir Nazlymov

**VALÉRIE MALTAIS**  
Speed Skating, Mass Start  
16 Laps, WC  
Coach: Rimmelt Eldering

**ISABELLE WEIDEMANN**  
Speed Skating, 5000m, WC  
Coach: Rimmelt Eldering

### SEVENTH

**IVANIE BLONDIN**  
Speed Skating, 1500m, WC  
Coach: Rimmelt Eldering

**ANTOINE GÉLINAS-BEAULIEU**  
Speed Skating, 1500m, WC  
Coach: Gregor Jelonek

**CAELI MCKAY**  
Diving, 10m Platform, WC  
Coach: Yihua Li

### EIGHTH

**JANE CHANNELL**  
Skeleton, Individual, WC  
Coach: John Farrow

## ONE DAY AT *at a time*

When you look up Carla Shibley's biography on Canada's Paralympic website you'll see that her goal is to compete in paracycling at the 2020 Paralympic Games in Tokyo. At least it was.

The global COVID-19 pandemic has shattered that dream, throwing Shibley's life into terra incognita, rife with uncertainty. Countless other Canadian athletes are in the same boat as the 2020 Olympic and Paralympic Games have been postponed until 2021, and even that is not a given.

When Shibley, a 4-time 2019 Parapan Am Games medalist, learned that the rest of her racing season was cancelled, she was devastated. The Paralympic hopeful hadn't yet qualified for the Games and was gearing up for a chance to earn her ticket. "I was crushed when I couldn't race, it was a total letdown," she recalls. "I felt a lot of anxiety. I felt like I lost my chance to prove myself."

This isn't the first big setback Shibley, now 29, has faced. At age 10 she was diagnosed with Stargardt's disease, which left her visually impaired. The young athlete had been active in many sports and the diagnosis turned her world turned upside down. But she found a way to turn it right side up – on a bike.

"At first I was angry about my vision loss and finding cycling has been like therapy to me," says Shibley, who started cycling in 2015. "I still see it that way and it helps me mentally deal with this situation a lot better."

CSI Calgary's Director of Mental Performance, Frank van Den Berg, says that athletes across Canada and around the world are grappling with the postponement of the 2020 Games and it's a different experience for everyone.

"Many athletes are feeling uncertainty, upset, frustration, boredom, and pondering what will happen," says van Den Berg. "For some there is anxiety and trepidation about the delay, and some who might not feel ready there is even a sense of relief."

Shibley says her initial disappointment has turned into a new opportunity. "I'm working on getting super strong and training hard," she says. "I have another year to get stronger to try and make the Tokyo Paralympics."



Carla Shibley and pilot Meghan Lemiski racing for gold at the 2019 Pan Am Games in Lima.

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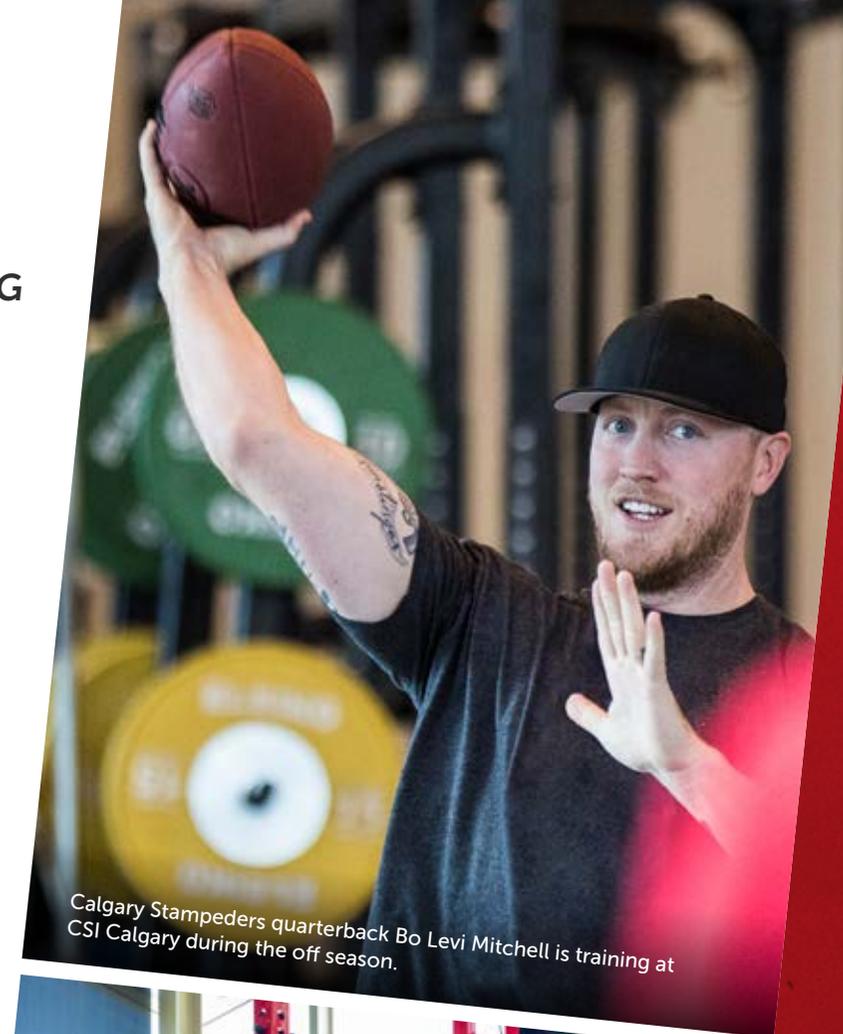
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## THANK YOU

THANK YOU TO OUR MAJOR SPORT PARTNERS FOR CHOOSING CSI CALGARY TO SERVICE YOUR ATHLETES AND THEIR COACHES.



Calgary Stampeders quarterback Bo Levi Mitchell is training at CSI Calgary during the off season.



The Calgary Flames go through pre-season health and fitness testing at CSI Calgary.

# FINANCIAL INFORMATION

## INVESTMENT

<b>1</b> Performance Services	<b>75.0%</b>
<b>2</b> Business Services	<b>18.3%</b>
<b>3</b> Game Plan	<b>3.6%</b>
<b>4</b> Coaching	<b>3.0%</b>

## FUNDING

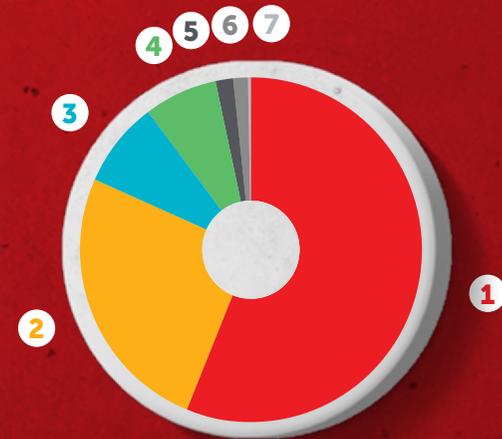
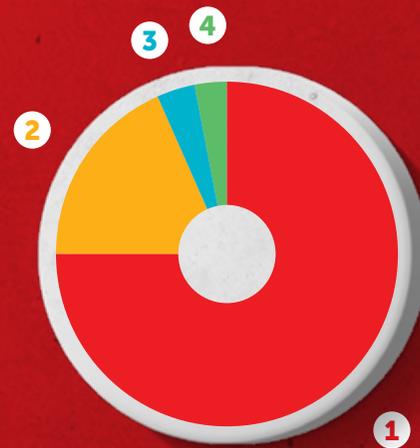
<b>1</b> Sport Canada/ Own the Podium	<b>56.3%</b>
<b>2</b> Self Generated	<b>25.6%</b>
<b>3</b> Canadian Olympic Committee	<b>8.1%</b>
<b>4</b> Alberta Sport Connection	<b>6.9%</b>
<b>5</b> In-kind WinSport/ University	<b>1.5%</b>
<b>6</b> Coaching Association of Canada	<b>1.4%</b>
<b>7</b> Canadian Paralympic Committee	<b>0.2%</b>

## CSI CALGARY FUNDING SOURCE TREND (\$MILLIONS)

- PARTNER FUNDING
- SELF GENERATED FUNDS



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.



**Ivania Blondin**  
Gold, bronze and 3-top 8 finishes at the 2020 World Single Distances Championships.

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This limited edition report is printed on paper made using sustainable forestry practices.  
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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](http://csicalgary.ca)