

2021 / 2022

ANNUAL REVIEW

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



COMING TOGETHER

CSI Calgary has much to celebrate. With two Olympic and Paralympic Games in one year, highlighted by 10 gold medals won by CSI Calgary-affiliated Olympians and Paralympians in Tokyo and Beijing, a great deal has been accomplished.

As we look back on the last two years, we as an organization have persevered, grown and emerged from the pandemic stronger than ever. With eye facing forward, we are focused on elevating the athlete - in sport and in life.

A top priority at CSI Calgary remains supporting the physical and mental health of all athletes. This means prioritizing total athlete health through specialized programs and services. These include return-to-sport programs for injured athletes, athlete intake processes that incorporate baseline testing across multiple metrics for all athletes, and addressing mental health and wellness through awareness and strategies with CSI Calgary's mental health practitioner.

Additionally, CSI Calgary has achieved a level of financial stability that ensures the continuity of world-leading high-performance services to Canadian athletes and sport organizations. Multiple funding sources have contributed to this stability, which has also enabled CSI Calgary to fund sport at the provincial level in Alberta for the first time.

A big thank you goes out to CSI Calgary funding partners and sponsors. Their ongoing, unconditional support is critical for CSI Calgary to continue elevating athletes, coaches, and their performances.

The future of Canadian sport has never been brighter. CSI Calgary is proud to be an integral member of the sport community, contributing to podium performances and successful futures.

Cheryl & Gary



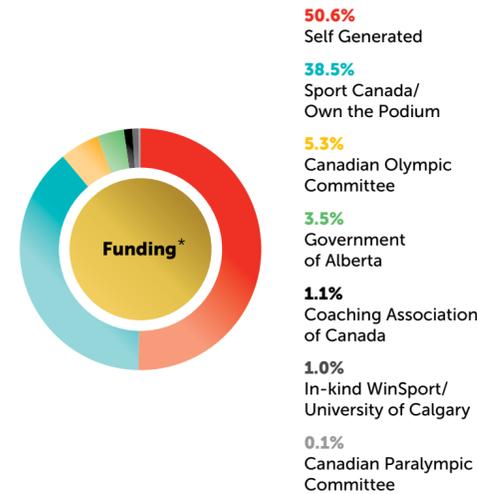
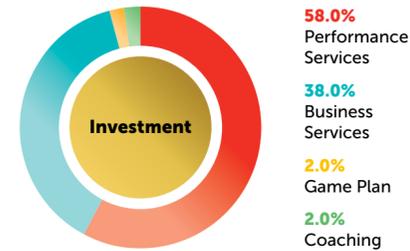
CHERYL SANDERCOCK
Chair, Board of Directors



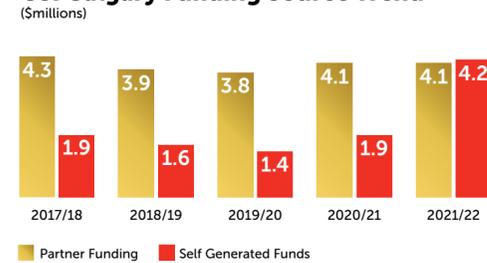
GARY DAVIES
President and CEO



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.



CSI Calgary Funding Source Trend



* Self-generated revenue includes Team Canada 50/50 funds where the surplus is donated to Provincial Sport Organizations.

BUSINESS OPERATIONS

We ensure our financial sustainability by increasing revenues from discretionary contributions and ancillary services; improving partner and sport relationships; and communicating our value through a strengthened brand.



COVID-19 Testing and Medical Services

Coordinated **6,589** COVID-19 PCR tests in collaboration with our partners Dynalife, TapLabs and Switch Health with revenue totalling **\$909,261**.

Team Canada 50/50

\$1,882,560 raised in Alberta through the Team Canada 50/50 during the Tokyo Olympic Games and Beijing Olympic and Paralympic Games which also added **18,036** people to our database.



Team Canada 50/50 winner Robert Dubois is presented with his cheque alongside Tokyo Olympians Alison Beveridge, Kasia Gruchalla-Wesierski and Erica Wiebe.



BUSINESS OPERATIONS SPORT PRODUCT TESTING

SPORT PRODUCT TESTING



Sport Product Testing

\$496,000

in revenue

▲ up from \$308,514

140

subjects participated in our research

▲ up from 102

9

different projects

▲ up from 5

Government of Canada

The Government of Canada, through Prairies Economic Development Canada (PrairiesCan), is investing \$315,000 over three years to enable the CSI Calgary Sport Product Testing group to expand its capacity to deliver services to companies within the sports and health fields.



Western Diversification

"The Government of Canada's investment toward the Canadian Sport Institute Calgary will directly benefit western Canadian companies as they commercialize new ideas and products for the sports and health technology industry. This initiative will help small and medium-sized businesses in demonstrating and preparing their products for market, allowing them to meet consumer demands and grow their product lines in this unique sector of our economy."



The Honourable Daniel Vandal
Minister of Northern Affairs, Minister responsible for Prairies Economic Development Canada and Minister responsible for the Canadian Northern Economic Development Agency



BUSINESS OPERATIONS BRAND AWARENESS



WECAN Tokyo and Beijing

We led the WECAN Tokyo and Beijing national campaign bringing awareness of the Canadian Olympic and Paralympic Sport Institute Network and raising the profile of our athletes, coaches and sport science practitioners.

7 viewing events

hosted in collaboration with Trolley 5

attended by **1,000**

athletes, alumni athletes, sport & corporate partners, and staff

Social Media Analytics

f 22,244 reach ▲ up from 2,003

ig 46,544 reach ▲ up from 7,625

tw 25.5k average monthly impressions

18 live appearances

on Global TV Calgary morning show

averaging

34.7k viewers per morning

1,200

average online views per segment



Canada's Golden Goal

Take a moment and think back to where or how proud you were when you saw the Canadian women's Olympic soccer team win gold in Tokyo. Remember? It was a nail-bitingly intense shoot-out victory that lit Canada on fire and likely still sends a shiver down your spine when you think of it. That gold medal

was the outcome of a remarkable journey in Canadian sport, and it galvanized the nation around a moment of inspiration that continues to spread throughout our hearts and minds. When Canadian athletes win they inspire us all to see our own potential and strive to be better—for ourselves and for Canada.



ATHLETE DEVELOPMENT



Athlete progression to the Olympic and Paralympic podium is a long-term process and understanding the development pathway for young athletes is a critical piece of the puzzle.

CSI Calgary is proud to support the entire Canadian sport system and this year extended its reach to provide funding to Provincial Sport Organizations across Alberta, reaching younger athletes who are working tirelessly toward the ultimate goal of competing for Canada on the world stage. It's a sound investment in future Olympians.

Canada Games Enhancement Program

We awarded **\$195,557** in funding to **14** Provincial Sport Organizations through the Canada Games Enhancement Program. The program is funded by revenue generated via the Team Canada 50/50 lottery and was created to enhance the development of provincial-level athletes and coaches in Olympic and Paralympic disciplines.

Bowness High School

118 students are enrolled in the Bowness High School High Performance Athlete Development pathway with **20** scheduled to graduate in June 2022.

RBC Training Ground

The RBC Training Ground in-person events were back. **234** athletes participating in the Edmonton and Calgary provincial qualifiers with **936** field tests administered by our practitioners.



SERVICES

579

athletes received testing services

+1,900

individuals visited CSI Calgary over the past year

18,725

total visits to our facility

One of the major cornerstones of CSI Calgary expertise is laboratory and field testing for athletes.

Throughout the pandemic, CSI Calgary crafted creative services and overcame obstacles to provide first-class solutions. With those lessons learned, CSI Calgary is thrilled to be back to a normal environment, providing high levels of field and laboratory testing to athletes across all sports, now better than ever.

Monitoring and Performance Testing

480

blood samples analyzed in-house
▲ up from 250

1,773

field tests
▲ up from 74

630

anthropometric tests
▲ up from 204

945

lab tests
▲ up from 493

847

Strength and Power lab tests
▲ up from 256

Nutrition

111 nutrition intakes were completed virtually



Flames

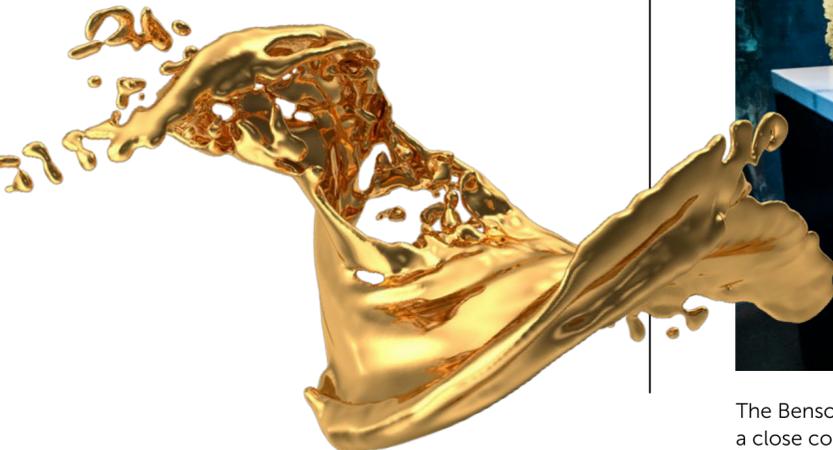
69 Calgary flames players went through pre-season health and fitness testing at the CSI Calgary.



SERVICES



AT CANADIAN SPORT INSTITUTE CALGARY



Return to Sport

27
Olympians/
Paralympians went
through the Return
to Sport program
including 4 Olympic/
Paralympic podium
athletes

915
treatment/training
sessions

74
force plate assessment/
monitoring sessions

702
athletes through the
concussion program
▲ up from 577

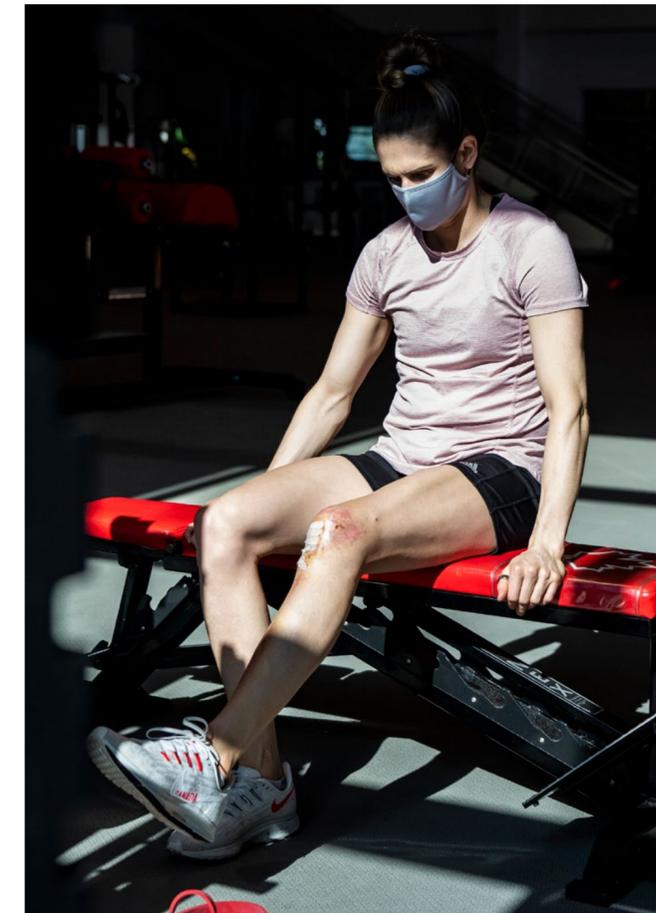
262
soft tissue
treatment sessions

49
physiology monitoring
assessments

123
concussions treated



The Benson Concussion Institute opened a new, state-of-the-art clinic at Winsport and we continue to maintain a close collaboration with BCI to deliver high-performance medical services.



Taking one for the Team

An awkward skate position mixed with a check into the boards blew Meaghan Mikkelson-Reid's left knee apart seven months before the Beijing Olympics. It was a devastating injury requiring major surgery and a year-long rehab journey. But the blueliner doubled down and did what she could to get back in time for the Games. Mikkelson-Reid focused on two things: being a good example to her kids by showing them what overcoming adversity looked like, and redefining success for herself, Olympics or not.

Mikkelson-Reid credits incredible support from the CSI Calgary paramedical team and her own diligence and hard work for making it back to the ice in just five months. She played four games for Canada before the Olympic team was named, but in a race against time Mikkelson-Reid knew that even though she'd exceeded all expectations, she was at high risk for re-injury. It was a risk the team couldn't afford to take. Still, Mikkelson-Reid's return-to-sport journey is a feat without comparison; regaining peak performance against the odds and coming back faster and stronger is a win she—and her kids—can be proud of.

The Knee Classes

The Knee Classes at Canadian Sport Institute Calgary is a new public offering, providing evidence-based group rehabilitation classes for anyone trying to get back to health and sport after a knee injury. The program is led by CSI Calgary's Return to Performance Lead, Isabel Aldrich-Witt.



AT CANADIAN SPORT INSTITUTE CALGARY

SERVICES

Coaching

We hosted **275** hours of targeted coach education including delivery of the Advanced Coaching Diploma to **35** coaches from **18** different sports.

IST Learning Lab

The IST Learning Lab is an internal knowledge sharing initiative developed to provide CSI Calgary professionals with experiences, technical and non-technical skills and competencies to work effectively in interdisciplinary Integrated Support Team contexts.

Research and Innovation

\$413,630
invested in research and innovation
▲ up from \$322,551

\$36,500
of the total was for I4G projects

Studentship

\$77,000
awarded in scholarships to students
▲ up from \$72,000

14
students and practicum placements



A Dream Come True

From two university degrees, in nutrition, and sport and exercise studies, to an internship at CSI Calgary, then a graduate degree, and finally, a full-time position as Performance Dietitian at CSI Calgary, Paige Wyatt is on the road to the top. For students with a keen desire to contribute to the field of high performance sport, like Paige, the establishment of internal

professional development pathways has enabled new expertise to emerge within the CSI Calgary family. And the pathway keeps on going: built-in mentorship, leadership courses and supporting other budding experts are ways that Wyatt will continue to grow. Accelerated development of Canada's next generation of high performance sport experts— it's the road best travelled.



PERFORMANCES

CSI Calgary affiliated athletes

173

athletes proudly represented Canada at the 2020 Tokyo and 2022 Beijing Olympic and Paralympic Games

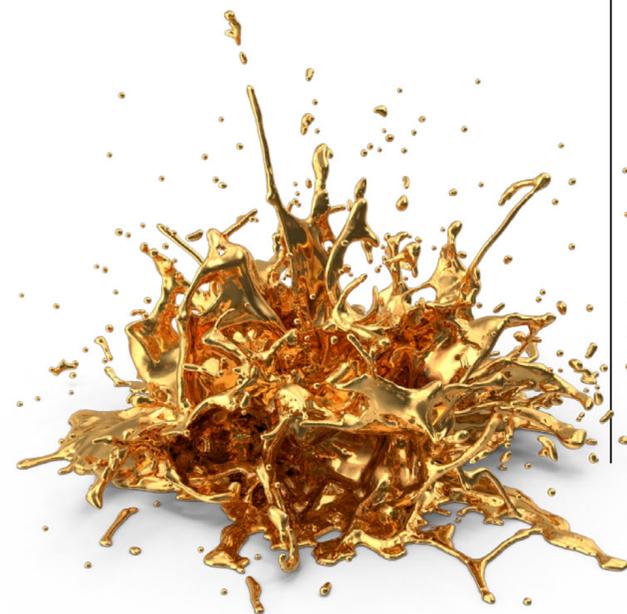
56%

of athletes in Beijing were affiliated with CSI Calgary, and contributed to 25 of Canada's 51 medals:

8 Gold

6 Silver

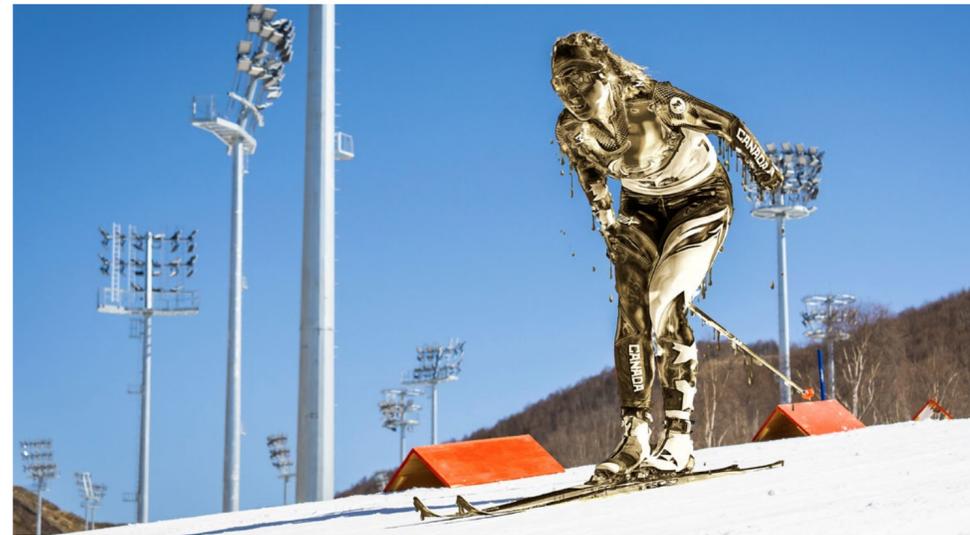
11 Bronze



Mission Accomplished

Count to 10 and you'll get to the number of Olympic and Paralympic gold medals won by CSI Calgary athletes in Tokyo and Beijing. Ten!

Behind each one is a remarkable and rare person or team that was simply the best at the moment it mattered the most. Gold is not just the colour for first place, it is also a representation of what can be achieved when athletes and their Integrated Support Team (IST) work together to achieve something special. In para-nordic, the dynamo IST was instrumental in powering consistent podium performances from athletes across several events. It was a herculean effort that yielded pure gold.



TOP 8 RESULTS

Olympic, Paralympic Games and World Championships

Gold

Kasia Gruchalla-Wesierski

Rowing, Women's Eight, OG

Stephanie Labbé

Soccer, OG

Erin Ambrose
Ashton Bell
Kristen Campbell
Emily Clark
Melodie Daoust
Ann-Renee Desbrien
Renata Fast
Sarah Fillier
Brianne Jenner
Rebecca Johnston
Jocelyne Larocque
Emma Maltais
Emerance Maschemeyer
Sarah Nurse
Marie-Philip Poulin
Jamie Lee Rattray
Jillian Saulnier
Ella Shelton
Natalie Spooner
Claire Thompson
Laura Tracey
Blayne Turnbull
Micah Zandee-Hart
 Women's Hockey, OWG

Ivanie Blondin
Valerie Maltais
Isabelle Weidemann
 Speed Skating, Women's Team Pursuit, OWG

Mark Arendz

Para Biathlon, Men's Middle Distance Standing, PWG

Brian McKeever, Russell Kennedy (Guide)

Para Cross Country Skiing, Men's Long Distance Vision Impaired, PWG

Brian McKeever, Russell Kennedy (Guide)

Para Cross Country Skiing, Men's Sprint Free Vision Impaired, PWG

Brian McKeever, Graham Nishikawa (Guide)

Para Cross Country Skiing, Men's Middle Distance Vision Impaired, PWG

Natalie Wilkie

Para Cross Country Skiing, Women's Long Distance Standing (Classic), PWG

Natalie Wilkie

Para Cross Country Skiing, Women's Sprint Standing (Free), PWG

Rebecca Johnston
Emerance Maschemeyer
Kristen Campbell
Blayne Turnbull

Ice Hockey, Women's Ice Hockey, WC

Silver

Ivanie Blondin

Speed Skating, Women's Mass Start, OWG

Laurent Dubreuil

Speed Skating, 1000m, OWG

Isabelle Weidemann
 Speed Skating, 5000m, OWG

Mark Arendz

Para Biathlon, Men's Individual Standing, PWG

Natalie Wilkie

Para Cross Country Skiing, Women's Middle Distance Standing (Free), PWG

Rob Armstrong
Billy Bridges
Rod Crane
Ben Delaney
Adam Dixon
James Dunn
Tyrone Henry
Liam Hickey
Adam Kingsmill
Anton Jacobs-Webb
Dominic Larocque
Zach Lavin
Antoine Lehoux
Tyler McGregor
Garrett Riley
Branden Sison
Greg Westlake
 Para Ice Hockey, Standing (Free), PWG

Bronze

Justin Kripps
Ben Coakwell
Ryan Sommer
Cam Stones
 Bobsleigh, 4-man, OWG

Christine de Bruin
 Bobsleigh, Women's Monobob, OWG

Rachael Karker

Freestyle Skiing, Women's Freeski Halfpipe, OWG

Mackenzie Boyd-Clowes
Alexandria Loutitt
Matthew Soukup
Abigail Strate

Ski Jumping, Mixed Team, OWG

Isabelle Weidemann
 Speed Skating, 3000m, OWG

Morgan Bird

Para-Swimming, Women's 4x100m Freestyle Relay (S8), PG

Stefan Daniel

Para-Triathlon, Triathlon (PT55), PG

Mark Arendz

Para Biathlon, Men's Sprint Standing, PWG

Brittany Hudak

Para Biathlon, Women's Individual Standing, PWG

Mark Arendz
Collin Cameron
Emily Young
Natalie Wilkie

Para Cross Country Skiing, Mixed 4x2.5km Relay, PWG



Collin Cameron

Para Cross Country Skiing, Men's Long Distance Sitting, PWG

Collin Cameron

Para Cross Country Skiing, Men's Sprint Sitting, PWG

Brittany Hudak

Para Cross Country Skiing, Women's Long Distance Standing (Classic), PWG

Samantha Stewart
 Wrestling, 53kg, WC

Vanessa James
Eric Radford
 Figure Skating, Pairs, WC

Fourth

Allison Beveridge
Georgia Simmerling
 Cycling, Women's Team Pursuit, OG

Piper Gilles
Vanessa James
Michael Marinaro
Kristen Moore-Towers
Paul Poirier
Eric Radford
Roman Sadovsky
Madeline Schizas

Figure Skating, Team Event, OWG

Noah Bowman

Freestyle Skiing, Men's Freeski Halfpipe, OWG

Laurent Dubreuil

Speed Skating, 500m, OWG

Collin Cameron

Para Biathlon, Men's Individual Sitting, PWG

Mark Arendz

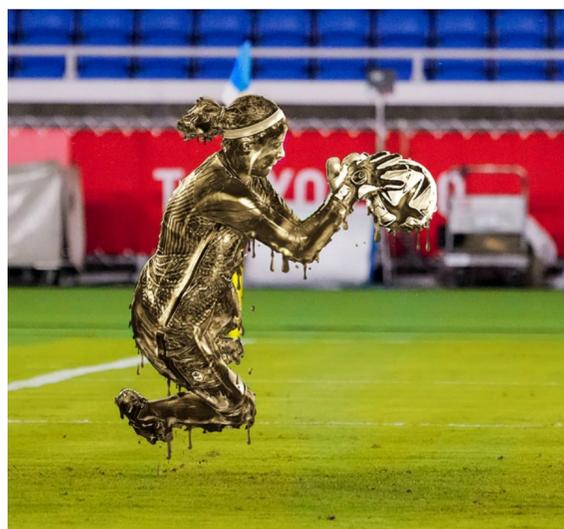
Para Cross Country Skiing, Men's Long Distance Standing (Classic), PWG

Collin Cameron

Para Cross Country Skiing, Men's Middle Distance Sitting, PWG

TOP 8 RESULTS

Olympic, Paralympic Games and World Championships



Fifth

Vincent De-Haitre
Cycling, Men's Team Pursuit, OG

Alanna Goldie
Eleanor Harvey
Kelleigh Ryan
Fencing, Team Foil, OG

Scott Gow
Biathlon, Men 20km Individual, OWG

Christine de Bruin
Kristen Bujnowski
Bobsleigh, 2-Woman, OWG

Antoine Cyr
Graham Ritchie
Cross Country Ski, Men's Team Sprint Classic, OWG

Rachel Homan
John Morris
Curling, Mixed Doubles, OWG

Jocelyn Peterman
Curling, Women, OWG

Mirela Rahneva
Skeleton, Women, OWG



Brittany Phelan
Ski Cross, Women, OWG

Jordan Belchos
Ted-Jan Bloemen
Tyson Langelarr
Speed Skating, Men's Team Pursuit, OWG

Connor Howe
Speed Skating, 1500m, OWG

Zak Maddell
Wheelchair Rugby, Men, PG

Arinn Young
Wheelchair Basketball, Women, PG

Emily Young
Para Cross Country Skiing, Women's Long Distance Standing (Classic), PWG

Karrick Martin
Brad Thiessen
Darren Moulding
Brendan Bother
Marc Kennedy
Curling, Men, WC

Briane Meilleur
Shannon Birchard
Val Sweeting
Kerri Einarson
Krysten Karwacki
Curling, Women, WC

Sarah Orban
Cycling, Team Sprint, WC

Piper Gilles
Paul Poirier
Figure Skating, Ice Dance, WC

Sixth

Christian Gow
Scott Gow
Adam Runnalls
Jules Burnotte
Biathlon, Men 4x7.5km Men's Relay, OWG

Trinity Ellis
Justin Snith
Tristan Walker
Reid Watts
Luge, Team Relay, OWG

Courtney Hoffos
Ski Cross, Women, OWG

Brady Leman
Ski Cross, Men, OWG

Graeme Fish
Speed Skating, Men 10000m, OWG

Valerie Maltais
Speed Skating, Women's Mass Start, OWG

Morgan Bird
Para-Swimming, Women's 50m Freestyle - S8, PG

Brittany Hudak
Para Biathlon, Women's Middle Distance Standing, PWG

Emily Young
Para Biathlon, Women's Individual Standing, PWG

Brian McKeever
Russell Kennedy (guide)
Brittany Hudak
Para Cross Country Skiing, Open 4x2.5km Relay, PWG

Christina Picton
Para Cross Country Skiing, Women's Sprint Sitting, PWG

Evelyn Walsh
Trennt Michaud
Figure Skating, Pairs, WC

Nam Nguyen
Roman Sadovsky
Figure Skating, Mixed Team, WTT

Seventh

Christopher Spring
Mike Evelyn
Bobsleigh, 2-Man, OWG

Piper Gilles
Paul Poirier
Figure Skating, Ice Dance, OWG

Justin Snith
Tristan Walker
Luge, Men's Doubles, OWG

Hannah Schmidt
Ski Cross, Women, OWG

Morgan Bird
Para-Swimming, Women's 100m Butterfly - S8, PG

Collin Cameron
Para Biathlon, Men's Sprint Sitting, PWG

Emily Young
Para Biathlon, Women's Sprint Standing, PWG

Christina Picton
Para Biathlon, Women's Individual Sitting, PWG

Christina Picton
Para Biathlon, Women's Sprint Sitting, PWG

Mark Arendz
Para Cross Country Skiing, Men's Middle Distance Standing (Free), PWG

Brittany Hudak
Para Cross Country Skiing, Women's Middle Distance Standing (Free), PWG

Madison Parks
Wrestling, Women's 50kg, WC

Eighth

Kelleigh Ryan
Fencing, Individual Foil, OG

Blair Bann
Jay Blankenau
TJ Sanders
Lucas Van Berkel
Graham Vigrass
Volleyball, Men's Volleyball, OG



Cynthia Appiah
Bobsleigh, Women's Monobob, OWG

Cynthia Appiah
Dawn Richardson
Wilson
Bobsleigh, 2-Woman, OWG

Amy Fraser
Freestyle Skiing, Women's Freeski Halfpipe, OWG

Ted-Jan Bloemen
Speed Skating, Men's 10000m, OWG

Nik Goncin
Chad Jassman
Wheelchair Basketball, Men's Wheelchair Basketball, PG

Derek Zaplotinsky
Para Biathlon, Men's Middle Distance Sitting, PWG

Brittany Hudak
Para Biathlon, Women's Sprint Standing, PWG

Emily Young
Para Biathlon, Women's Middle Distance Standing, PWG

Christina Picton
Para Biathlon, Women's Middle Distance Sitting, PWG

Christina Picton
Para Cross Country Skiing, Women's Middle Distance Sitting, PWG

Carla Shibley
Meghan Brown (guide)
Para Cycling, Women Tandem B - Time Trial, RWC

GAME PLAN



GAME PLAN PLAN DE MATCH

Powered by | Parrainé par

Deloitte.



Our athletes achieve life-changing performances on and off the field of play. We focus on all stages and all aspects of our athletes' journey while in sport and when transitioning from sport. We achieve that by embedding Game Plan and all services the program offers into athlete plans.

Game Plan

568

interactions by the Game Plan team

255

unique athletes from 49 sports

37 Olympic, 12 Paralympic

Mental Health

185

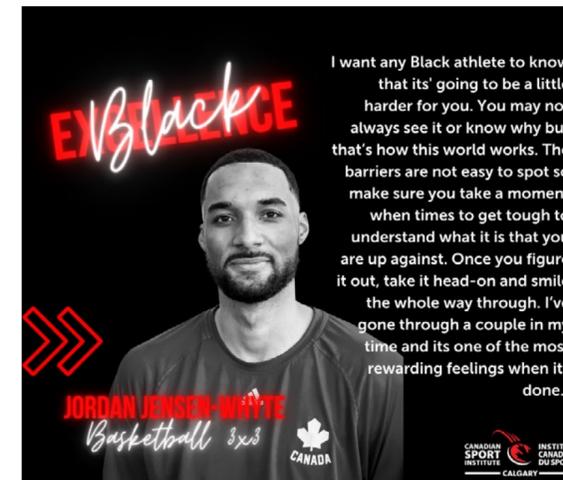
athletes nationally sought and received sport-informed mental health care in 2021 through Game Plan services

You Toi 2.0

The Game Plan team hosted 2 cohorts of You Toi 2.0, a program to help Olympians, Paralympians and national team athletes transition into their post-athletic careers, which included 13 CSI Calgary affiliated athletes.

Smith School

8 CSI Calgary athletes are enrolled in or graduated from Graduate Degree Programs and MBA Programs through the Smith School of Business at Queens University and are recipients of Game Plan Scholarships.



Sam Effah graduated from the Smith School of Business at Queens University with a Master of Management Innovation & Entrepreneurship.



Olympic champion and CSI Calgary Board Member Kyle Shewfelt released 'Make It Happen: My Story of Gymnastics, the Olympics, and the Positive Power of Sport.'



We are proud.

PARTNERS

Funding Partners



FOUNDATION
FONDATION



UNIVERSITY OF
CALGARY



Sponsors



High Performance Partners



Mount Royal University
Olympic Oval
MNP Community
and Sport 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

Sport Organizations

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



PARTNERS

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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

Dan Proulx
Coach, Mountain Biking

Kyle Shewfelt
Olympic Gold Medallist
Kyle Shewfelt Gymnastics

Geoff Thompson
Entrepreneur

Erica Wiebe
Olympic Gold Medallist, Wrestling
Neo Financial

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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





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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.

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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

