



1 Strategic framework
Including revised vision and strategic pillars with detailed KPIs in support of today's mission and values

Defined priority set
Priorities with quantification of potential revenues and costs, and qualitative assessment of associated practitioner and administrative capabilities to deliver

Financial forecast model

Enabling forward looking "normalized" revenue and costs to be considered beside impact of selected incremental priorities



### **Executive summary**

Since June, BCG has been working with CSI to review and refresh their strategy which has included an **assessment of historical financial performance**, **20+ interviews with internal and external stakeholders** (practitioners, athletes, coaches, NSOs), site visit and numerous working sessions with staff

Internal and external stakeholder interviews identified a **highly positive view of CSI services and capabilities**, and that both employees and customers were eager to maintain/expand services with athletes

- Customers were highly satisfied with CSI staff, culture, facility and services, and **eagerly wanted more/broader services and more support** for developing athletes while maintaining the high-quality staff and facility
- CSI employees are very positive about recent growth and open to new revenue opportunities, provided they align with existing CSI mission & values

The initial financial baseline analysis uncovered that CSI has made significant progress in improving the financial stability of the organization since 2020 (11% CAGR revenue growth '20-23 vs. -5% CAGR decline '15-20)

• That said, after accounting for one-off revenues (e.g., Covid subsidies) the normalized historical net income showed that CSI was improving but **not yet fully prepared** to absorb the incoming WinSport lease cost and maintain a surplus (FY2023 net income of \$136k is insufficient to fund expected lease cost of \$306k)

As a result of the baseline, it's clear that CSI provides services and a facility that are highly valued by customers and that staff recognize and support efforts to increase financial stability to maintain & expand its offering to existing and new customers

As a result of this conclusion, CSI undertook four activities to identify new profit generating initiatives that align with CSI's vision and value

- 1. Iterate on strategic framework to ensure that the vision, mission, values and strategic pillars were well defined and provided criteria for future strategic priorities to be measured against
- 2. Define strategic priorities based on input from the entire organization and then prioritized based on their alignment with CSI strategic pillars & ability to contribute to financial stability (net income)
- 3. Assess execution readiness of the strategic priorities to understand the capability gaps (if any) that need to be closed prior to pursuing the identified opportunities
- 4. Build roadmap & financial forecast of strategic priorities based on the current capability gaps and expected financial impacts of each strategic priority to serve as a guide for executing and tracking progress of the new priorities

Based on the strategic roadmap and financial forecast, CSI has identified several strategic priorities that could add \$1.9M of new ancillary revenues by 2026 resulting in a net income surplus of \$0.5M (2026) while also considering the added cost of the WinSport lease (\$0.3M)

- To support the execution of these strategic priorities, CSI can use the provided KPIs and tracking tool to monitor progress of performance & strategic objectives
- Additionally, as new strategic opportunities arise, **CSI can re-use the included strategic framework, prioritization and executional readiness assessment tools** to evaluate priorities and determine whether they are worth pursuing and how to pursue them



The proposed strategic initiatives are intended to capture the following five outcomes



Increase intake of partner & developmental athletes (PSOs)



Offer broader range of services that support athletes & their development



Provide a differentiated offering that best supports athletes compared to alternatives



Maintain a sustainable margin with minimal capital contribution & risk



Enhance corporate relationships and potential donor partners

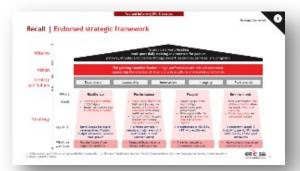


# Progress | Team has progressed across four key activities to define strategic priorities and build a future roadmap & forecast

- 1 Iterate on strategic framework
- 2 Define strategic priorities
- 3 Assess executional 4 Build roadmap & readiness
  - financial forecast

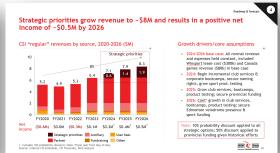
- Refine vision and strategy considering prior input
- Socialize framework with CSI leadership
- Define additional KPIs
- Determine potential revenue, costs, and timing associated with each strategic priority
- Identify administrative and practitioner considerations
- Evaluate strategic priority's fit with margin impact along with CSI's current capability to execute
- If required, identify capability gaps to be addressed to enable execution

- Build out priority roadmap based on executional readiness gaps
- Consolidate base financials with option set in scenario model



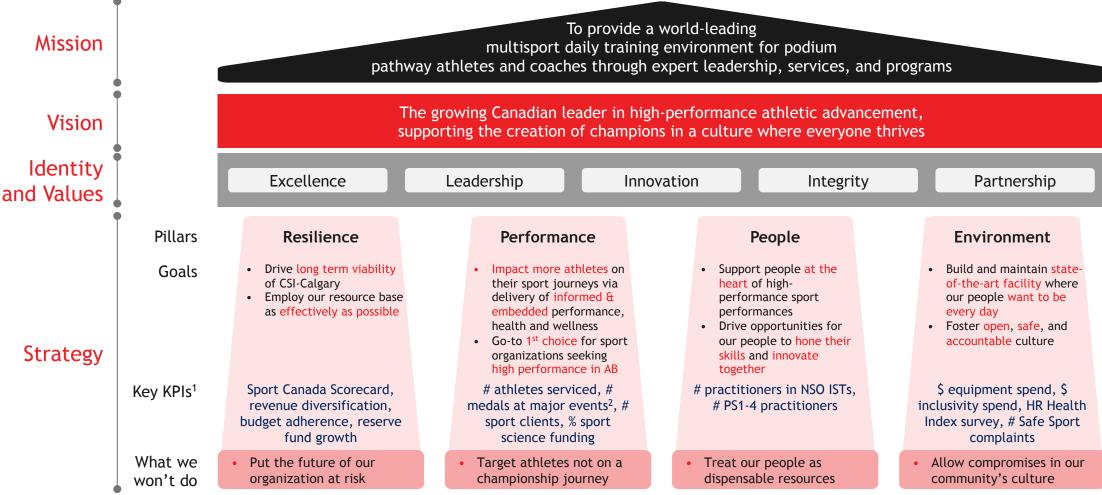




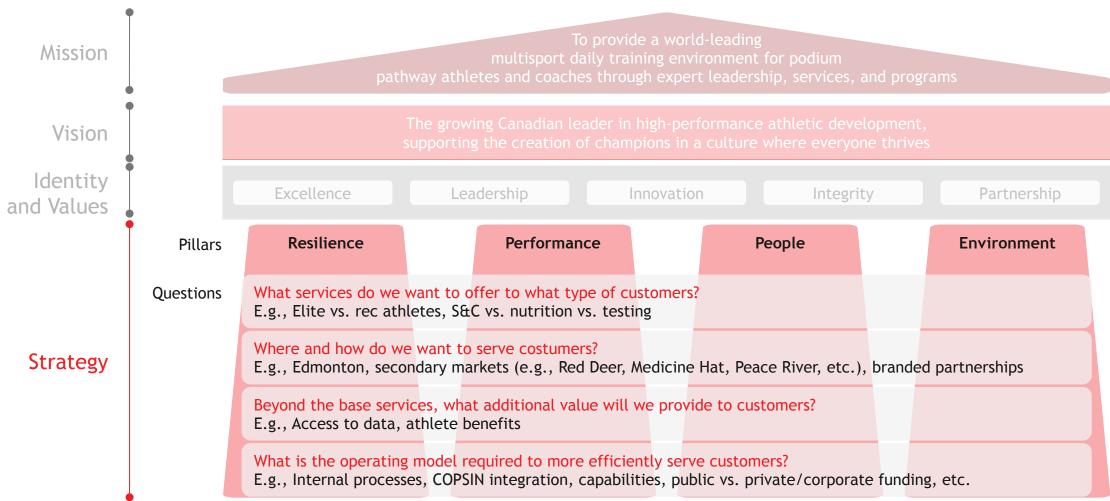




## The strategic framework was revised and used to assess strategic priorities



# Recall | Four fundamental questions guided our assessment of strategic priorities, all with the potential to realize impact across strategic pillars



# Recall | 16 strategic priorities were identified out of those critical questions

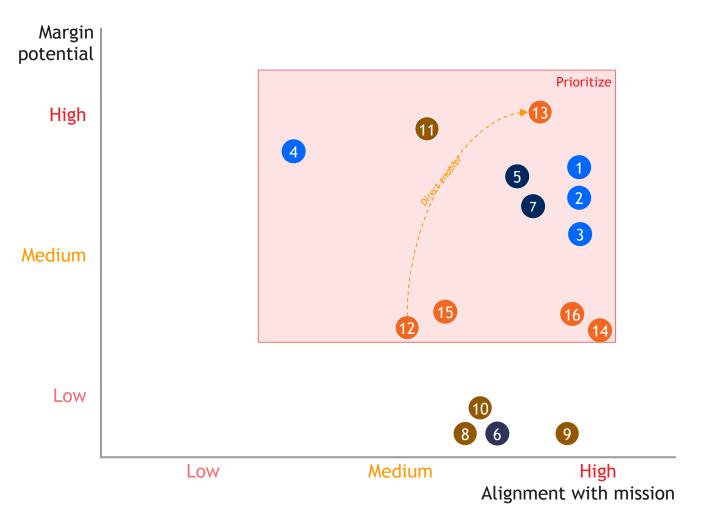
Backup

Question	Priorities	Description		
What services do we	Developmental level athlete testing	Provide expanded intermittent testing services (e.g., combines) to developlevel athletes		
want to offer to what	Developmental level S&C training	Provide expanded ongoing strength and conditioning services to developlevel athletes		
type of customers?	3 Developmental level non-S&C services	Provide expanded ongoing support (e.g., mental performance) to developlevel athletes		
	Podium Performance for Professionals	Provide athletic experiences to corporate clients		
Where and how do we want to serve	New physical presence in Edmonton or secondary market(s)	Establish new brick-and-mortar presence with similar service offering level as Calgary in Edmonton, or secondary market(s)		
costumers?	New facility & clinic partnership(s) in Edmonton or secondary market(s)	Provide services under CSI-C banner through established offices in Edmonton, or secondary market(s)		
	7 Provincial recognition	Provide services under CSI-C banner in secondary market(s) replacing former sport development centers		
Beyond the base services, what	8 Consolidated athlete platform	Provide instant access to athlete data (e.g., biometrics, performance, medical history) on singular platform spanning CSIs		
additional value will we	9 Equipment upgrades	Focused effort to revitalize core equipment (e.g., weight area, heart rate sensors, etc.)		
provide to customers?	10 No/low cost programming	Increased effort to provide no/low cost value-add services (e.g., speaker series, reference materials) to organizations		
	Expanded sport product testing	Increase partnership level with leading athletic brands		
What is the operating model required to more	(2) COPSIN network integration	Increase collaboration with other CSIs in areas of performance innovation, athlete data sharing, standardized protocols and procedures		
efficiently serve	(B) COC partnership (naming rights)	Market naming rights to corporate partner		
customers?	Staff experience	Build on current culture and growth mindset to further support employee value proposition		
	15 Supporting processes	Continue to drive improvements across process life cycle		
	16 Performance measurement	Invest in formal performance measurement system with high visibility and organizational buy-in to drive continuous improvement		

Drive access to new customers

Improve experience of current customers

# Recall | Top priorities were selected based on a framework that considered qualitative revenue potential and strategic fit



### Customer-service types

- Developmental level athlete testing
- Developmental level S&C training
- 3 Developmental level non-S&C services<sup>1</sup>(e.g., nutrition)
- 4 Podium Performance for Professionals

#### Service location and model

- 5 Edmonton physical presence
- 6 Edmonton facility & clinic partnerships
- Provincial recognition

#### Customer value

- 8 Consolidated athlete platform
- 9 Equipment upgrades
- **10** Expansion of no/low-cost programming<sup>2</sup>
- 11 Expanded sport product testing

### Operating model

- 12 COPSIN network integration
- COC partnership (naming rights)
- 4 Staff experience
- 15 Supporting processes
- 16 Performance measurement

## The strategic priorities were tested against strategic pillars to confirm fit

#### Vision

The growing Canadian leader in high-performance athletic advancement, supporting the creation of champions in a culture where everyone thrives

### Strategic pillars

### **Strategic priorities**

- 123 Expanded sport development services
  - Podium Performance for Professionals
  - Edm. physical presence
  - 6 Edm. facility and clinic partnerships
  - Provincial recognition
  - Expanded sport product testing
  - COC partnership (via integrated COPSIN)
  - 14 Staff experience
  - 15 Supporting processes
  - Performance measurement

#### Resilience

- Generates incremental margin on existing base
- Generates margin and increases awareness
- Expands athlete pool, but potentially risky
- Expands footprint, but limited financial benefit
- Expands footprint and pool, but many moving pieces
- Generates incremental margin on existing base
- Generates new margin with limited downside
- Build healthy pipeline of talent to support org.
- Min. low-value tasks for staff; pot. new rev. opp.
- Measure & improve business performance

#### Performance

- Onboards athletes earlier to CSI
- Funds incremental NSO and PSO support services
- Creates new hub for athletes
- Homogenizes athlete experience
- Accesses new athlete pools
- Funds incremental NSO and PSO support services
- Creates opportunities, and funds incremental NSO and PSO support services
- Attract & develop top talent staff for athletes
- Leverage data for athlete dev., improve staff effic.
- Support desired outcomes & results for athletes

### People

- Creates opportunities for low-risk learning
- Supports non-technical skill development
- Creates new hub for practitioners
- Supports networking opportunities
- New opportunities with new athletes
- Funds incremental NSO and PSO support services
- Funds incremental NSO and PSO support services
- Create an outstanding staff experience
- Minimize administrative burden for staff
- Recognize strong performers, monitor issues

#### **Environment**

- Devel. opp for new staff, inclusive of rising talent
- Creates development opp. for new staff & funding
- Offers new opp. for athlete/staff development
- Potential risk from non-CSI cultures/environments
- Province-wide inclusion, new spaces/athletes
- Funds facilities and equipment
- Funds incremental NSO and PSO support services
- Maintain a safe, respectful, transparent environment
- Minimize admin time, max. time with athletes
- Monitor environment, address concerns

- Directly supports goals of pillar with limited risk
- Supports pillar goals, but some nuances or risks
- Indirectly supports pillar goals or higher risks



Added since previous meeting

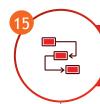
# Beyond strategic priorities, 3 foundational enablers were highlighted in order to support the full organization and Environment pillar



### Staff experience

Build on current culture and growth mindset to further support employee value proposition

- Align organization with vision and strategic pillars to solidify "one team, one goal" mindset
- Clearly articulate available opportunities and associated incentives or rewards
- Identify and communicate where there is, and isn't, flexibility for staff
- Define and formalize expectations for employees vs. contractors



### Supporting processes

Continue to drive improvements across process life cycle

- Ensure adequate support and attention is given to Ignite Data Fluency project
- Consider long term scalability as new processes are developed
- Identify short list of "go-fix" processes and assign resources against them





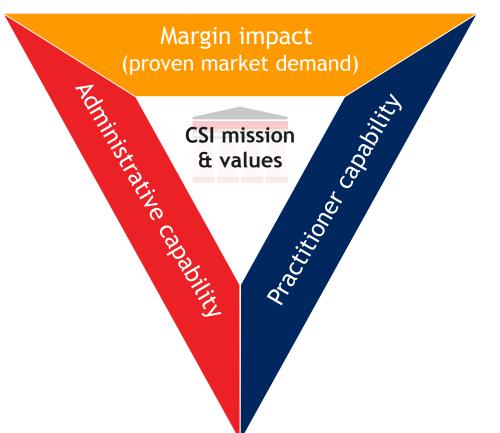
Performance measurement

Invest in formal performance measurement system with high visibility and organizational buy-in to drive continuous improvement

- Refresh and baseline core KPIs for full organization
- Work with teams to define more granular supporting KPIs to embed within specific teams
- Create scorecards to track against KPIs and steward at defined intervals
- Develop feedback loop to ensure action is taken drive improvement against metrics

# Strategic priorities were evaluated against three executional readiness criteria to understand CSI's ability to pursue these opportunities

### Executional readiness criteria





### Margin impact (proven market demand)

What is the potential bottom-line impact and timing considering revenue and associated costs?



### Administrative capability

What processes are required to deliver the priority sustainably and how are they developed?



### Practitioner capability

What is the impact on our people's capacity and do they have the skills required?

# Evaluation of priorities identified areas of strength and ones requiring additional capabilities and focus

Strategic priorities	Absolute margin impact Bottom-line impact considering timing, revenue, and costs	Administrative capability Development of required processes	Practitioner capability Capacity and skills
1 Expanded sport 2 3 development services	Double current biz. via WinSport contract absorption + organic growth	Need to refine client-focused offerings and support processes	Required capacity and skills available in market to grow with business
Podium Performance for Professionals	High margin and strong demand	Need to modify/establish new structure	Will need to adapt to clientele; potential for cultural fit concerns
5 Edm. physical presence	Potential OTP funding from cycling + triathlon in 2026+	Need to improve scalability of current athlete management processes	Will need structured development plan
6 Edm. facility & clinic partnerships	Neutral / modestly positive	Onboard partners to existing	Onboard partners to our standards
7 Provincial recognition	Potential funding for development centers in 2025+	TBD - varies by funding level and agreed scope	Will need structured development plan
Expanded sport product testing	New equipment unlocks new revenue streams	In place	In place
COC partnership (via integrated COPSIN)	High potential for no-cost revenue and cost offsets	TBD - varies by sponsorship activation commitments	In place
14 Staff experience 15 Supporting processes Performance measurement	Foundational ele	ments that enable and support strategic vis	ion and priorities
Legend	Positive impact in <2 years  Margin neutral; 2+ years out	Processes well established and scalable Processes need improvement Processes will need to be developed	Skills and capacity available  Skills will have to be adapted  Will need to develop  CANADIAN DUSPORT  CALGARY  CALGARY

# Four priorities have all required capabilities in place while the remainder

#### require additional effort Requires administrative Requires further All criteria satisfied capability build definition Positive bottom line impact in <2 years Positive bottom line impact in <2 yrs; Uncertain impact timing, capabilities are in place or there is a and existing practitioner capabilities; and requires administrative & **Evaluation** clear path to develop administrative capabilities required practitioner capability builds category Expanded sport Podium Performance development services Edm. physical presence for Professionals Edm. facility and Strategic

priorities

- clinic partnerships
- Expanded sport product testing

integrated COPSIN)

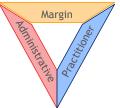
COC partnership (via

Provincial recognition

- Solidify business case
- Develop administrative capabilities
- Build practitioner capabilities, engaging external resources where required

Foundational enablers

Indirect positive impact on margin and capabilities; requires capability development and continuous support



- Staff experience
  - N/A Supporting processes
- Performance measurement

Required actions

- Progress development and execute on priority
- Develop or tailor required processes and administrative capabilities

- Maintain positive staff experience
- Improve processes to enhance customer/staff experience
- Build formal performance measurement and embed in all levels of organisation

Additional details on next page



### Priority-specific capability builds complimented by foundational elements

All criteria satisfied Define scope and detail roadmaps



Execute in near term (<6 months)

Requires administrative capability build **Build** capability while beginning planning

> Execute in medium term (6-18 months)

Requires further definition Continue to evaluate and define priority Execute in longer term (18+ months)

1(2(3) Expanded sport development services

- Edm. facility and clinic partnerships
- Expanded sport product testing

**Podium** 

Performance for

COC partnership (via

integrated COPSIN)

**Professionals** 

Edm. physical

presence

Provincial

recognition

#### Administrative capabilities

- Develop customer outreach materials and process, and back-end support (e.g., billing, scheduling, etc.)
- Develop partner activation processes (scope TBD based on agreement)

#### Administrative capabilities

- Develop scalable target operating model (org structure, decision rights, R&Rs)
- Improve scalability of athlete and partner management processes (intake, billing, record keeping)

#### Practitioner capabilities

- Identify and recruit local experts; supplement with temporary assignments from Calgary where required
- Develop structured development pathways and plan to support practitioner excellence

Foundational elements across strategic priorities Ongoing execution



Enhance staff experience Build on current culture and growth mindset to further support employee value proposition



Supporting process improvement

Continue to drive improvements across process life cycle



Advance performance measurement

Invest in formal performance measurement system with high visibility and organizational buy-in to drive continuous improvement











# Strategic priorities can potentially grow 2026 net income by \$0.5M, unlocking add'l investment for employees, facilities & athletes

Recall: Starting point for projections is 2023 normalized profitability analysis from phase 1

- Normalized revenues: \$6.4M (Excludes COVID testing & wage subsidies, lottery revenues, Canada games)
- Normalized costs: \$6.2M (Excludes COVID testing, lottery revenues, Canada games)
- Anticipated forward-looking costs and revenues: (\$0.2M) (Winsport lease + recurring Canada games benefit)



"Base case/do nothing" scenario for 2024: \$6.4M revenue, (\$0.1M) net loss

Strategic priorities can generate an incremental \$1.5-2M in revenues by 2026, est. 25% increase vs. '23 normalized revenues

How this plan breaks down:

- Self-generated, margin-positive initiatives: est. \$1.2M revenue, \$0.5M<sup>1</sup> profit (Sport product testing, developmental-level services, corporate bootcamps, CSI naming rights)
- Additional government/NSO funding: est. \$0.7M revenues,
   \$0 margin (funding dedicated to athletes)

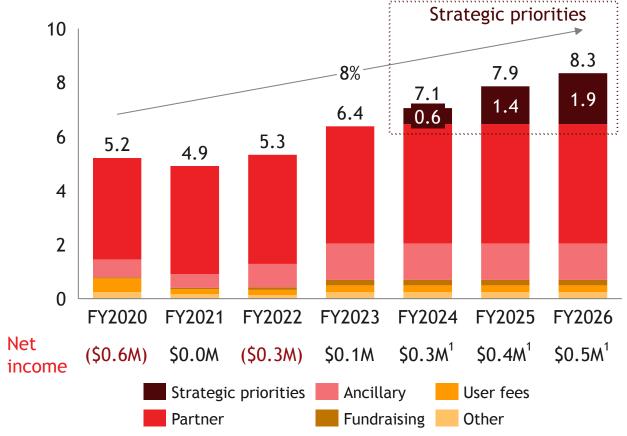


2026 projections: \$8.2M revenue, \$0.5M<sup>1</sup> net income



# Strategic priorities can grow revenue to ~\$8M and result in a positive net income of ~\$0.5M by 2026

### CSI "normalized" revenues by source, 2020-2026 (\$M)



### 1. Includes 10% probability discount; Note: Fiscal year from May to May Source: Internal CSI estimates, CSI financials, BCG analysis

### Growth drivers/core assumptions

- 2024-2026 base case: All normal revenue and expenses held constant, included Winsport lease cost (\$300k) and Canada games revenue (\$80k) in base case
- 2024: Begin incremental developmental-level services & corporate bootcamps, secure naming rights, grow sport prod. testing
- 2025: Grow developmental-level services, bootcamps, product testing; secure provincial funding
- 2026: Cont' growth in developmental-level services, bootcamps, product testing; secure Edmonton velodrome presence & sport funding

Note: 10% probability discount applied to all strategic priorities; 50% discount applied to provincial funding given historical efforts



## Detail on prioritized strategic priorities

	•		— Inc	rementa	al growth	above ba	ase —			•
All figures in \$k	•— Pr	oj. reven	ues —•	•	Proj. cos	ts ——•	•— Proj	j. net inc	come —	•
Strategic priorities	2024	2025	2026	2024	2025	2026	2024	2025	2026	Notes
Expanded sport development services	\$50	\$99	\$149	\$35	\$69	\$104	\$15	\$30	\$45	<ul> <li>Absorbing Winsport contracts, 30% margin</li> </ul>
Podium Performance for Professionals	\$90	\$135	\$180	\$45	\$68	\$90	\$45	\$68	\$90	<ul> <li>\$100k in 2024 growing to \$200k by 2026, 50% margin</li> </ul>
Edmonton velodrome presence	\$0	\$0	\$180	\$0	\$0	\$180	\$0	\$0	\$0	<ul> <li>\$200k starting in 2026 from OTP funding. Cost neutral</li> </ul>
7 Provincial recognition	\$0	\$500	\$500	\$0	\$500	\$500	\$0	\$0	\$0	<ul> <li>\$1,000K in 2025, low/med. probability, cost neutral</li> </ul>
Incr. sport product testing	\$210	\$420	\$630	\$158	\$315	\$473	\$53	\$105	\$158	<ul> <li>\$800k in 2023, Grows to \$1,500k by 2026.</li> <li>25% margin</li> </ul>
Naming rights-cost savings	\$0	\$0	\$0	-\$45	-\$45	-\$45	\$45	\$45	\$45	<ul> <li>High likelihood on known elements/discussions</li> </ul>
Naming rights-digital	\$243	\$243	\$243	\$0	\$0	\$0	\$243	\$243	\$243	<ul> <li>High likelihood on known elements/discussions</li> </ul>
Total	\$593	\$1,397	\$1,882	\$192	\$907	\$1,301	\$400	\$490	\$580	

Note: 10% probability discount applied to all strategic priorities; 50% discount applied to provincial funding given historical efforts



# Proposed next steps for CSI

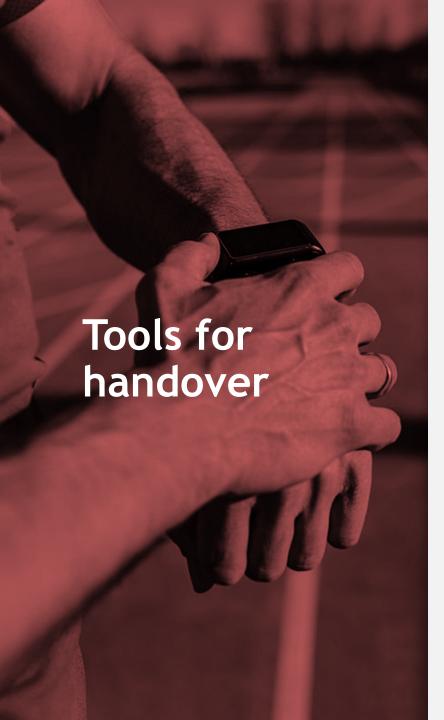
### Immediate actions

- Develop change management and communication plan to onboard broader CSI team with new strategic framework including vision and pillars
- Assign owners, allocate capacity, and finalize scope, detail roadmaps, and define tactical plans for near term priorities
- Start tracking & reporting all strategic KPIs on a regular basis including the financial targets related to the identified strategic priorities

### Longer term enablement

- Continue to pursue and evaluate new strategic opportunities (e.g., concussion equipment testing/development, athlete data monetization, grant funding for indigenous athletes) using the strategic framework, execution criteria and financial forecast tools handed over to CSI
- Support capability builds to enable medium- and longer-term strategic priorities through ratable plan and longer-term capacity view





As new strategic opportunities arise, CSI can use the same methodology here to evaluate and determine whether these new opportunities are worth pursuing

To help CSI track progress against their refreshed strategy and key initiatives, we have provided a KPI framework as well as a performance tracking aid for handover



# Tools for handover | The strategic framework and supporting tools can be used to evaluate new opportunities as they arise going forward

Strategic How it is used Strategic tools **Owner** Frequency **auestion** Test opportunity against goals of strategic pillars, and identity & values Does this How does opportunity directly or indirectly support one or more of **Strategic** opportunity fit Gary & senior Quarterly (as the pillars? What are the associated risks? with CSI's framework leaders needed) Does opportunity contradict one or more of the pillars? strategy? Does opportunity support or erode our identity and values? Evaluate opportunity on its potential margin impact, and the required What does CSI administrative and practitioner capabilities required to deliver **Execution** Senior leaders Quarterly (as need to execute • What is the investment (in dollars or time) required to , pursue this criteria & directors needed) opportunity? Will the potential margin benefit (either direct or this opportunity? indirect) justify the investment? What is the long-Add opportunity, along with all others, to detailed financial forecast term financial buildup to understand holistic view of Annually Senior leaders CSI performance forecast (quarterly & Sean • Track progress against financial and non-financial KPIs to evaluate considering all updates) progress and where further support is required opportunities? Report and track monthly performance (pending data availability) of all How are we key performance indicators under each strategic pillar Jason, senior Quarterly **Performance** tracking against Identify areas that require additional attention to improve leaders & (pending data our performance tracker performance directors availability) targets? Allocate resources to drive improvements in underperforming areas

# Performance tracker | CSI-Calgary KPI Dashboard allows leadership to monitor progress and address concerns

Excel based KPI dashboard and tracking system also shared

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

The growing Canadian leader in high-performance athletic advancement, supporting the creation of champions in a culture where everyone thrives

Excellence

Leadership

Innovation

Integrity

Partnership

#### Resilience

- Drive long term viability of CSI-Calgary
- Employ our resource base as effectively as possible

KPI	Unit	Current	Last
Sport Canada	\$, LTM		
Self generated revenue	\$, %, LTM		
Total expenses	\$, LTM		
Total net income	\$, LTM		
Reserve fund growt	th\$, LTM		

#### **Performance**

- Impact more athletes on their sport journeys via delivery of informed & embedded performance, health & wellness
- Go-to 1st choice for sport organizations seeking high performance in AB

KPI	Unit	Current	Last
Athletes serviced (Oly / Para)	#, LTM		
Research participation	#, LTM		
Medals at major events	#, LTM		
Game Plan interactions	#, LTM		
Signat. athlete intake	#, LTM		

#### People

- Support people at the heart of high-performance sport performances
- Drive opportunities for our people to hone their skills and innovate together

KPI	Unit	Current	Last
# of practitioners	#, LTM		
Client satisfaction survey	#, LTM		
# in prof. dev. events	#, LTM		

#### Environment

- Build and maintain state-of-theart facility where our people want to be every day
- Foster open, safe, and accountable culture

Unit	Current	Last
\$, LTM		
#, LTM		
#, LTM		
%, LTM		
	\$, LTM #, LTM #, LTM	\$, LTM #, LTM #, LTM

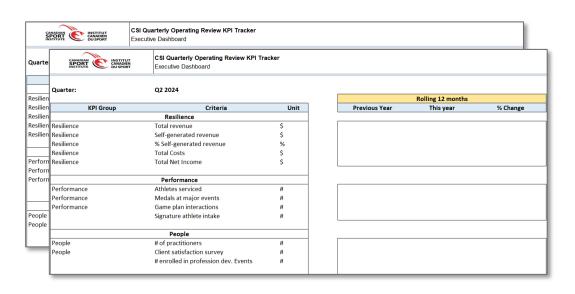


# Performance tracker | Additional KPIs identified across strategic pillars

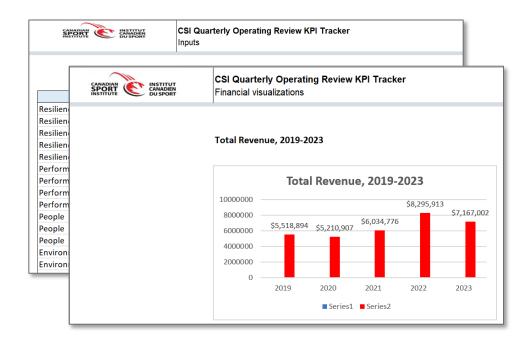
	Resilience	Performance	People	Environment
Goals	<ul> <li>Drive long term viability of CSI- Calgary</li> <li>Employ our resource base as effectively as possible</li> </ul>	<ul> <li>Impact more athletes on their sport journeys via delivery of informed &amp; embedded performance, health and wellness</li> <li>Go-to 1st choice for sport organizations seeking high performance in AB</li> </ul>	<ul> <li>Support people at the heart of high-performance sport performances</li> <li>Drive opportunities for our people to hone their skills and innovate together</li> </ul>	facility where our people want to be
Key KPIs	<ul> <li>Sport Canada Scorecard</li> <li>Revenue diversification</li> <li>Budget adherence</li> <li>Reserve fund growth</li> </ul>	<ul> <li># athletes serviced (breakdown by para/non)</li> <li># medals at major events<sup>1</sup></li> <li># sport clients (breakdown b/w NSO, PSO, professional, Usport, clubs)</li> <li>% sport science funding</li> </ul>	<ul><li># practitioners in NSO ISTs</li><li># PS1-4 practitioners</li></ul>	<ul> <li>\$ equipment spend</li> <li>\$ inclusivity spend</li> <li>HR Health Index survey</li> <li># Safe Sport complaints</li> </ul>
Additional KPIs	Financial  Cost growth  Total revenue, costs  \$ raised through grants, sponsorships, events   Non-financial  Practitioner utilization  Staff turnover  Social media followers	<ul> <li># Athletes participating in research projects</li> <li># Signature Athlete Intakes</li> <li># Game Plan Athlete interactions</li> <li>Retention rate of sport clients</li> <li># Podium results at major events</li> <li>% Athlete retention</li> <li>% Athletes w/ personal bests</li> <li># PSO athletes &amp; coaches</li> <li># athlete/coach attending CSI educational opportunities</li> </ul>	<ul> <li>Client satisfaction survey</li> <li>ACD registration</li> <li>\$ professional development spend</li> <li>% Internal professional development participation</li> <li>% Certified/accredited</li> <li># professional development opportunities</li> <li># Publications</li> <li># External awards</li> <li># National presentations</li> </ul>	<ul> <li>% vacation days used</li> <li>% completion of performance reviews</li> <li>\$ mental health spend</li> <li># Incidents, concussion, injuries/illness</li> <li># concussion baselines</li> <li>Rate of return to sport from injury/illness</li> <li>Concussion management compliance</li> <li>Mental health support intake &amp; utilization</li> <li># Audits and findings</li> </ul>

# Performance tracker | KPI reporting tool will centralize KPI tracking and simplify regular reporting

Dashboard provides single location to track & report KPI's



Also creates visualizations for key financial metrics





We have spoken with over 20 key stakeholders to inform our perspectives



### Internal interviews

- Jason Poole: Sr Director Performance Services
- Sean Foote: Sr Director Finance & Administration
- Annie Gagnon: Director Marketing & Comms
- Maura Hooper: Lab Manager
- Jason Sjostrom: Director, Coaching Services
- Pro Stergiou: Business Development Manager
- Kelly Quipp: Lead Exercise Physiologist
- Anna Aylwin: Lead S&C Coach
- Frank van den Berg: Lead Mental Performance
- Shayne Hutchins: Director Health & Performance
- Kelly Drager: Lead Sport Nutrition
- Erik Groves: Director Research & Innovation
- Scott Maw: Director Sport Science
- Gary Davies: President & CEO



### **External interviews**

- Cassidy Gray: Athlete, Alpine
- Jeremy Cooper: Director of Sport, Alberta Freestyle
- Josh Benge: Athletic Director, Alpine Alberta
- Amy Fraser: Athlete, Freestyle Ski Halfpipe
- Zach Lavin: Athlete, Para-Hockey
- Mark Wild: High Performance Director, Speed Skating Canada
- Cara Thibault: High Performance Advisor, Winter Sport, Own the Podium
- Kasia Gruchalla-Wesierski: Athlete, Rowing
- Adrian King: Director Sport Science/Medicine, Freestyle Ski Halfpipe

## Interviews with internal staff identified five key themes



# Positive culture and growth mindset permeate organization

 Recent successes (e.g., sport product testing, general finances) have reinvigorated staff and set stage for new endeavors

"The most beautiful change over the last 3 years has been that the CSI has become a place of hope. More positive, more communication, and openness to ideas"

-CSI Lead



# **Growing demand** for services down the development pipeline

- Provincial and highperformance developmental-level athletes viewed as "good fit" for CSI support, and efforts to capture ongoing
- While demand for services for youth grows, "Performance nutrition for an 8-yearold doesn't make sense" —CSI Lead



# Our people are our greatest asset

- Leaders in their fields, our trainers, coaches, and professional practitioners attract and retain high performance athletes and teams
- A ratable development pipeline is key to continued strength and success of CSI



# Growth must be linked to our mission

 Initial concerns around profits vs. medals have been assuaged through continued commitment to performance athletes, but some concerns remain

"Financials used to be balanced; now we have profits. Where does performance services sit in hierarchy of revenue vs. medals?"

-CSI Director



# Previous geographic expansion met with challenges

- Physical presence in Canmore challenged by communication channels, leadership structure, administrative processes, and staffing
- Current staff weary of future opportunities without learning from past mistakes

# External interviews reinforced 3 internal themes and provided perspective on 2 new ones. Additional interviews to be conducted

Already identified by internal interviews



# Positive culture and growth mindset permeate organization

- CSI-Calgary services viewed as core pillar of development journey
- Development of "whole" athlete, not just sport, in focus and at forefront
- Collocation of athletes from multiple sports with services fundamental to success

"CSI is honestly so sick"

-Athlete



# Growing demand for services down the development pipeline

- Sports want their younger athletes to onboard to services early
- Senior athletes who don't have experience working with practitioners viewed as disadvantaged
- Ratable ramp-up on full spectrum of services drives wholistic growth

"We are pushing our clubs to use CSI more and more" —PSO Athletic director



# Our people are our greatest asset

- Our practitioners are viewed as world class, and sports leverage to max extent within budget constraints
- Only small subset of athletes retain external services, mostly driven by personal differences
- Development of staff alongside athletes mutually beneficial to sport organizations

New from external interviews



# Athletes **come for the gym**, stay for the services

- Gym is consistently praised 1<sup>st</sup> by athletes, but relative to Pacific, viewed as less organized and maintained
- Atmosphere inspires and motivates, but some opportunity to refresh equipment (e.g., machines, HR monitors)
- Having gym and services under one roof improves athlete experience



# Sports are hungry for broader service offering

- Limited understanding of current slate, by both athletes and directors
- Directors looking for comprehensive and simple "menu" of options
- Athletes unaware of complimentary services (e.g., speakers, tutorials), and eager for more

"Access to the community services has been so positive! But we need more"

-Olympic gold medalist

