

Annual Review

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When you start your fiscal year hosting over 300 sport scientists from across Canada for the bi-annual national SPIN Summit and finish it with a celebration of Olympic and Paralympic athletes in front of 600 people in downtown Calgary, you know it's been a pretty good year.

When you throw the Milano Cortina Winter Olympic and Paralympic Games in the middle of all that – where the Canadian Sport Institute Alberta (CSIAB) supported over half the team – you know it's been a great year.

CSIAB continued to punch above its weight in the 2025-26 fiscal year, seeing increases in athlete support across almost every category that we track. Whether we're providing services to our athletes at

our facility at WinSport to showing them how to manage a grocery budget through a fun interactive competition to providing mental health support to athletes, friends, and family after a tragic accident at a nearby ski resort, CSIAB has been there to provide support and guidance.

As always, none of this would have been possible without the financial backing of both our public and private sector partners, who have been instrumental in supporting the growth of our organization. This year, CSIAB officially doubled the size of its operation from just five years ago, by increasing support to national athletes, but also through significantly more engagement with our provincial sport partners.

The year ahead is shaping up to be equally exciting, as we aim to lay the foundation to increase our footprint and continue expanding CSIAB's influence in this province's sport system. We seek to innovate and lead as we support our athletes from the pathway to the podium.



David De Vlieger
Chair, Board of Directors



Gary Davies
President & CEO

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
- Innovation
- Partnerships
- Leadership
- Integrity

Performance and People

14 CSIAB team members

were part of Team Canada Mission Team at the 2026 Milano Cortina Olympic and Paralympic Games.

Building Speed at Every Level

From the Olympic podium to the next generation of talent, CSIAB played a key role in advancing Canadian speed skating this season. Our integrated support team helped long track athletes deliver five Olympic medals at the Milano Cortina Games – an achievement built on years of athlete commitment, coaching excellence, and daily performance support.

Closer to home, our team also helped strengthen the Olympic Oval's short track program by building stronger communication, collaboration, and performance standards for emerging athletes. Together, these efforts are creating a stronger pipeline for Canada's future success on the ice.

Strength and Physiology Testing

1,358 lab tests
[down from 1,909]

5428 field tests
[up from 4,555]

336 anthropometric tests
[down from 375]

548 blood draws
[down from 588]

2,321 strength and power lab tests
[up from 1,020]

Nutrition

147 nutrition health assessments
[up from 128] were completed

47 bone health scans
(27 athletes, 22 Para athletes)

Athlete Health Intakes

180 pre-participation exam
[down from 189]

263 musculoskeletal assessments
[down from 288]

204 Sport Mental Health Assessments (SMHAT-1)
[up from 190]

1,804 athletes
[up from 1,706] received strength and physiology testing services through our Athlete Intake, Monitoring and Testing Combine services.

Athlete Breakdown

619
[up from 566] national (430) and provincial (189) athletes

288
[up from 252] club/team athletes

204
[up from 172] Calgary Flames, Calgary Stampeders and Calgary WILD

243
[down from 316] additional athletes received testing through a camp or testing combine

450
[up from 400] RBC Training Ground athletes



Ivanie Blondin, Isabelle Weidemann and Valérie Maltais celebrating Olympic gold in the women's team pursuit.

Performance and People

(continued)

The Comeback and the Crossover

In less than a year, Olympic gold medallist cyclist Kelsey Mitchell achieved what few athletes ever do, becoming a dual-sport Olympian in both Summer and Winter sport. While working through chronic injuries, she entered CSIAB's R3 program to rebuild her health and performance.

During that process, an opportunity emerged to transition from cycling to bobsleigh, giving her less than six months to prepare for team selection camp.

With support from our strength and conditioning lead for Bobsleigh and integrated support staff, she recovered, adapted to a new sport, and earned a spot on the World Cup team – and ultimately the Olympic Winter Games. Today, she has returned to cycling healthier and stronger.



Performance Therapy

309 sessions

[down from 463] completed in support of athlete health, recovery, rehabilitation, and performance readiness

BCI Performance Medicine

984 elite athletes

[up from 862] went through the Benson Concussion Institute program and 150 [up from 133] concussions were treated

91 CSIAB athletes

[up from 82] went through the program

19 athletes

[same number as last year] were treated for a concussion



Performance and People

(continued)

Advancing Para Sport

Building a stronger Para sport system requires more than athlete support – it demands innovation, education, and collaboration behind the scenes. Nearly 40 staff participated in a hands-on strength and conditioning workshop alongside three Para athletes, helping practitioners build confidence in delivering athlete-centred support.

CSIAB also launched a new Applied Research and Development project with Red Deer Polytechnic across Para athletics, Para hockey, and Para nordic, while advancing important research in Para concussion and bone health. In partnership with the Canadian Paralympic Committee, we also supported Paralympic Team Processing for Milano Cortina 2026 – helping athletes prepare for the Games.



CSIAB staff attending the para strength and conditioning workshop

Clare Fewster presenting at a Staff Lunch and Learn on Games Well-being



Mental Health

We facilitated two Lunch & Learn sessions for CSIAB staff focused on Removal from and Return to Sport Guidelines for Mental Health Concerns and supporting staff well-being before, during, and after Games.

We also initiated or expanded partnerships with seven National Sport Organizations to implement Mental Health Leads, strengthening their ability to support athletes and staff while aligning with the Mental Health Strategy for High Performance Sport.

We delivered three Mental Health 101 sessions at a Judo Alberta training camp, supported two varsity teams at Red Deer Polytechnic, and led a three-part mental health and performance series for the Canadian Eventing Development Foundation, supporting athletes and coaches in building foundational knowledge and applied skills for well-being and performance.

When Tragedy Strikes

High-performance sport often focuses on podiums and personal bests, but some of our most important work happens in life's hardest moments. Following a tragic avalanche at Nakiska Ski Resort involving U16 alpine ski racers, CSIAB's team mobilized immediately to support a grieving sport community.

Through crisis intervention, grief support sessions, coach support, specialized first responder care, and on-hill presence when racing resumed, we helped athletes, families, coaches, race organizers, and volunteers navigate an unimaginable situation. In partnership with Alberta Alpine and six ski clubs, we provided steady support when it mattered most.

Performance and People

(continued)



Athletes participating in CSIAB's grocery games

Game Plan & Athlete Services

The Game Plan team had **724 interactions** [down from 885] with **302 unique athletes** [down from 373] from **55 sports** (41 Olympic, 14 Paralympic)

We hosted **18 workshops and events** [down from 19] with **325 athletes** (up from 224)

Beyond the Big Moment

Beyond the Big Moment is a post-Games planning guide designed to help athletes navigate the transition beyond competition. Thoughtful planning can support both performance and overall well-being by creating a sense of structure and control, helping reduce the impact of post-Games blues, and preparing athletes for a less structured schedule after the Games.

IMPACT

5 sessions delivered
96 athletes supported

Grocery Games

Grocery games is an interactive learning workshop where athletes are guided by a performance dietitian through a local grocery store in a scavenger hunt-style activity designed to build skills in nutrition, label reading, and budgeting. Using a \$100 gift card, athletes apply their learning in real time, then come together for a collaborative show-and-tell to share their choices, insights, and new discoveries.

IMPACT

2 workshops delivered
35 athletes participated

Champ Chats

Champ Chats included six athlete speaker sessions within the Bowness High School High Performance Athlete Development (HPAD) program. The initiative created a win-win environment where developing athletes learned from high-performance speakers, while Game Plan athletes built confidence in public speaking and storytelling. The sessions fostered meaningful connection, skill development, and peer learning on both sides.

IMPACT

6 sessions delivered

Performance and People

(continued)



Bowness High School High Performance Athlete Development

225 students are enrolled in the Bowness High School High Performance Athlete Development (HPAD) pathway [up from 185] and 53 are scheduled to graduate in June 2026 [up from 37]

Community Partners

These partnerships give athletes access to valuable perks while expanding CSIAB's community network.



Building Future Athletes

This year, CSIAB expanded opportunities for young athletes to build foundational skills and explore future pathways in sport through extensive school programming. Our team delivered 170 movement sessions focused on strength, track work, Olympic lifting, and education, along with 49 nutrition sessions and 30 mental performance sessions, totaling roughly 325 hours of programming in schools.

We also continued to grow our multi-sport programming, with three programs operating across three locations and 219 registrations throughout the 2025–26 year, helping develop the next generation of Alberta athletes.

Parents and students of the Bowness High School High Performance Athlete Development program attend an orientation evening at CSIAB

Coach Education

Strong performances start with great coaching—and this year, CSIAB's Advanced Coaching Diploma (ACD) program continued to shape the leaders behind the results. With 15 graduates, the program is building a growing network of coaches making an impact across sports and across the country.

Among them is Phil Riopel—a long-time CSIAB athlete who has transitioned into coaching, supported through ACD and recognized with a Petro-Canada FACE grant. His journey reflects the full pathway from athlete to mentor.

Graduates are already influencing performance environments, from Sheri Adams-Selinger now contributing to Biathlon Canada, to strong seasons from alpine coaches Jonas Haehlen and Hanna Penkala, and continued success from Mark Naylor (biathlon) and Owen Dawkins (wrestling)—proof of the program's growing impact.

Performance and People

(continued)

Research and Innovation

Innovation in Motion

Preparing for LA 2028 means solving performance challenges before they become major setbacks. When Paralympic medallist Stefan Daniel was experiencing recurring lower-limb injuries as training

crossed certain thresholds of running intensity and frequency, our integrated performance team stepped in to find the root cause.

Strength and conditioning, physiotherapy, coaching, and Sport Product Testing

experts collaborated on an applied biomechanics assessment using an instrumented treadmill, 3D motion capture cameras, and wearable sensors.

The findings informed targeted changes to strength, conditioning and sport training

programs, with follow-up testing already showing measurable improvements in movement symmetry and training tolerance – helping keep Stefan on track toward LA 2028.



SPORT PRODUCT TESTING

Sport Product Testing

Sport Product Testing generated **\$1,610,635 revenue** (up from \$1,509,184)

697 participants [up from 236] were involved in our research across **21 different projects** [up from 15]



Stefan Daniel training at CSIAB

Top 8 Results from Olympic and Paralympic Games



Men's Curling

Gold

Brad Jacobs, Marc Kennedy, Brett Gallant, Ben Hebert, Tyler Tardi

Men's Curling
Olympic Games

Ivanie Blondin, Valérie Maltais, Isabelle Weidemann

Speed Skating
Women's Team Pursuit
Olympic Games

Natalie Wilkie

Para Biathlon
Women's Individual
Standing
Paralympic Games

Natalie Wilkie

Para Biathlon
Women's Sprint Pursuit
Standing
Paralympic Games

Silver

Mark Arendz

Para Cross-Country Skiing
Men's Individual Standing
Paralympic Games

Ivanie Blondin

Speed Skating
Women's Mass Start
Olympic Games

Sophie Jaques, Jocelyne Larocque, Kati Tabin, Laura Stacey, Sarah Fillier, Renata Fast, Ella Shelton, Brianne Jenner, Sarah Nurse, Erin Ambrose, Natalie Spooner, Emily Clark, Emma Maltais, Marie-Philip Poulin, Ann-Renée Desbiens, Emerance Maschmeyer, Blayre Turnbull,

Claire Thompson, Kristin O'Neill, Kayle Osborne, Julia Gosling, Jenn Gardiner, Daryl Watts

Women's Hockey
Olympic Games

Adam Kingsmill, Corbin Watson, Rob Armstrong, Shawn Burnett, Auren Halbert, Tyrone Henry, Mathieu Lelièvre, Vincent Boily, Dominic Cozzolino, Adam Dixon, James Dunn, Liam Hickey, Anton Jacobs-Webb, Micah Kovacevich, Zach Lavin, Tyler McGregor, Greg Westlake

Para Ice Hockey
Paralympic Games

Natalie Wilkie

Para Biathlon -
Women's Sprint
Standing
Paralympic Games

Bronze

Mark Arendz

Cross Country Ski
Paralympic
Men's 10km Interval
Classic Start Standing
Paralympic Games

Laurent Dubreuil

Speed Skating
Men's 500m
Olympic Games

Rachel Homan, Tracy Fleury, Emma Miskew, Sarah Wilkes, Rachelle Brown

Women's Curling
Olympic Games

Piper Gilles & Paul Poirier

Figure Skating
Ice Dance
Olympic Games

Brittany Hudak

Para Cross-Country
Skiing
Women's 10km Interval
Start Classic Standing
Paralympic Games

Brendan Mackay

Freestyle Skiing
Men's Halfpipe
Olympic Games

Valerie Maltais

Speed Skating
Women's 1500m
Olympic Games

Valerie Maltais

Speed Skating
Women's 3000m
Olympic Games

Kurt Oatway

Para Alpine Skiing
Men's Downhill Sitting
Paralympic Games

Natalie Wilkie

Para Cross-Country
Skiing
Women's Sprint Classic
Standing
Paralympic Games

Fourth

Mark Arendz

Para Biathlon
Men's Sprint Pursuit
Standing

Amy Fraser

Freestyle Skiing
Women's Halfpipe
Olympic Games

Fifth

Mark Arendz

Para Biathlon
Men's Sprint Standing

Mark Arendz, Collin Cameron, Natalie Wilkie, Derek Zaplotinsky

Para Cross-Country
Skiing
Mixed 4x2.5km Relay

Antoine Cyr, Remi Drolet, Xavier McKeever, Thomas Stephen

Cross-Country Skiing
Men's 4x7.5KM Relay
Olympic Games



Natalie Wilkie (Photo Credit: CPC, Michael P Hall)

Brett Gallant, Jocelyn Peterman

Curling
Mixed Doubles
Olympic Games

Stephen Gogolev

Figure Skating
Men's Single
Olympic Games

Brittany Hudak

Para Biathlon
Women's Individual
Standing

Piper Gilles, Stephen Gogolev, Zachary Lagha, Marjorie Lajoie, Marie-Jade Lauriault, Romain Le Gac, Trennt Michaud, Lia Pereira, Paul Poirier, Madeline Schizas

Figure Skating
Team Event
Olympic Games

Isabelle Weidemann

Speed Skating
Women's 3000m
Olympic Games

Isabelle Weidemann

Speed Skating
Women's 5000m
Olympic Games

Beatrice Lamarche

Speed Skating
Women's 1000m
Olympic Games

Valérie Maltais

Speed Skating
Women's Mass Start
Olympic Games



Xavier McKeever

Sixth

Emma Archibald

Para Cross-Country
Skiing
Women's 10km Interval
Start Classic Standing

Mark Arendz

Para Cross-Country
Skiing
Men's Sprint Classic
Standing

Collin Cameron

Para Cross-Country
Skiing
Men's 10km Interval
Start Sitting

Antoine Cyr, Xavier McKeever

Cross-Country Skiing
Men's Team Sprint Free
Olympic Games

Liliane Gagnon, Alison Mackie

Cross-Country Skiing
Women's Team
Sprint Free
Olympic Games

Antoine Gélinas-Beaulieu

Speed Skating
Men's Mass Start
Olympic Games

Brittany Hudak

Para Biathlon
Women's Sprint
Standing

Melissa Lotholz

Bobsleigh
Women's Monobob
Olympic Games

Maddie Mullin

Para Cross-Country
Skiing
Women's 10km Interval
Start Classic Vision
Impaired

Natalie Wilkie

Para Cross-Country
Skiing
Women's 20km Interval
Start Free Standing

Seventh

Collin Cameron

Para Biathlon
Men's Individual Sitting

Rachael Karker

Freestyle Skiing
Women's Halfpipe
Olympic Games

Beatrice Lamarche

Speed Skating
Women's 500m
Olympic Games

Andrew Longino

Freestyle Skiing
Men's Halfpipe
Olympic Games

Derek Zaplotinsky

Para Cross-Country
Skiing
Men's 10km Interval
Start Sitting

Eighth

Ivanie Blondin

Speed Skating
Women's 1500m
Olympic Games

Jasmine Drolet, Liliane Gagnon, Alison Mackie, Sonjaa Schmidt

Cross-Country Skiing
Women's 4x7.5KM Relay
Olympic Games

Laurent Dubreuil

Speed Skating
Men's 1000m
Olympic Games

Alison Mackie

Cross-Country Skiing
Women's 10KM Interval
Start Free
Olympic Games

Lia Pereria/ Trennt Michaud

Figure Skating
Pair
Olympic Games

Christina Picton

Para Biathlon
Women's Individual
Sitting

Performance and People

(continued)

Top 8 Results from World Championships



Basketball 3x3
(Photo Credit: Canadian Press)

Silver

Ryan Dodd

Water Ski
Open Men Jump
World Championship

Piper Gilles & Paul Poirier

Figure Skating
Ice Dance
World Championship

Bronze

Nicholas Bennett

Para Swimming
Men's 200m Individual
Medley SM14
World Championship

Nicholas Bennett

Para Swimming
Men's 200m Freestyle
S14
World Championship

Kacie Bosch, Cassandra Brown, Paige Crozon, Saicha Grant-Allen

Basketball 3x3
World Championship

Lia Pereria/ Trent Michaud

Figure Skating
Pair
World Championship

Fourth

Nicholas Bennett

Para Swimming
Men's 100m
Breaststroke SB14
World Championship

Dawn Bodrug, Emma Entzminger, Logan Forman, Larissa Franklin, Zoe Hicks, Kianna Jones, Janet Leung, Grace Messmer, Callum Pilgrim, Erika Polidori, Morgan Rackel, Morgan Reimer, Annabel Teperson, Natalie Wideman, Caitlyn Wong

Softball
Women's Final
World Championship

Stefan Daniel

Para Triathlon
PTS5 Men
World Championship

Stephen Gogolev

Figure Skating
Men's Single
World Championship

Reid Maxwell

Para Swimming
Men's 100m Freestyle
S8
World Championship

Reid Maxwell

Para Swimming
Men's 400m Freestyle
S9
World Championship

Kate O'Brien

Para Cycling
Sprint - Women Elite
World Championship

Amanda Rummery

Para Athletics
Women's 400m T47
World Championship

Sixth

Reid Maxwell

Para swimming
Men's 400m Backstroke
S8
World Championship



Stephen Gogolev (Photo Credit: COC, Leah Hennel)

Eighth

Georgia Hock, Laurianne Imbeau, Ximena Ortiz Montano, Raphaelle Plante, Halle Pratt, Kenzie Priddell, Alicia Rehel, Claire Scheffel

Artistic Swimming
Team Acrobatic
World Championship

Michael Sametz

Para Cycling
Men's C3 Road Race
World Championship

Ingrid Wilm

Swimming
Women's 50m
Backstroke
World Championship



Reid Maxwell (Photo Credit: Canadian Press)



Mark Arendz (Photo Credit: CPC, Michael P Hall)

From Milano Cortina to the Next Generation

This year delivered the kind of moments athletes dream about and the moments entire communities rally behind. Across Olympic and Paralympic podiums, world championship races, and breakthrough performances from rising stars, CSIAB-supported athletes gave Alberta plenty to celebrate.

At the Milano Cortina Olympic and Paralympic Games, our supported athletes brought home 19 medals, including Olympic gold in long track speed skating's team pursuit and men's curling and standout performances from Natalie Wilkie and Mark Arendz in Para Nordic.

And while the world watched the Games, the next generation was already making noise. Following impressive Olympic performances, cross-country skiers Alison Mackie captured a U23 World Championship title while Xavier McKeever earned bronze, signalling a bright future for Canadian sport.



Alison Mackie

Environment

None of this would be possible without the shared vision and support from our valued partners. Your confidence in us inspires us every day to make your goals a reality. Your mission is our mission, and we thank you for entrusting us with helping to achieve it.

National Sport Organizations



Provincial Sport Organizations



Professional Sports



University Sports



High-Performance Partners

Balanced Health
 Banff Sport Medicine Group in Canmore/Banff
 Benson Concussion Institute in Calgary
 Bill Warren Training Centre in Canmore
 City of Edmonton: The Steadward Centre, Kinsmen Sports Centre and Coronation Park Sports & Recreation Centre

Connect Physiotherapy and Exercise in Edmonton
 Keyano College in Fort McMurray
 Marda Loop Physiotherapy
 Medicine Hat College in Medicine Hat
 MNP Community & Sport Centre in Calgary
 Mount Royal University in Calgary

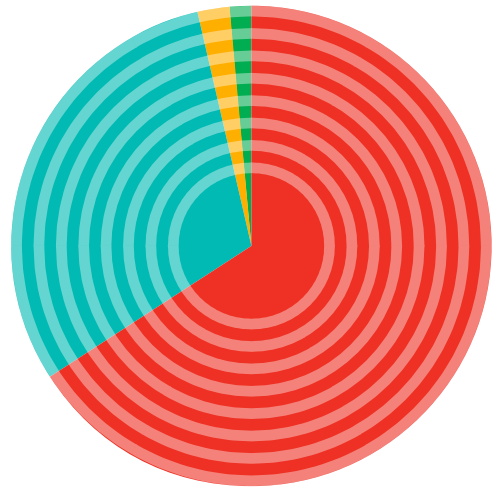
Northwestern Polytechnic in Grande Prairie
 Olympic Oval in Calgary
 Red Deer Polytechnic in Red Deer
 Spray Lake Sawmills Centre in Cochrane
 The Bridge – Sports Therapy & Training in South Edmonton and Lethbridge
 University of Alberta in Edmonton

University of Calgary
 McCaig Institute for Bone and Joint Health
 University of Calgary Sport Medicine Centre
 Winsport
 Lifemark Health @MNP Calgary
 Group 23 Sports Medicine
 Seven Chiefs

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

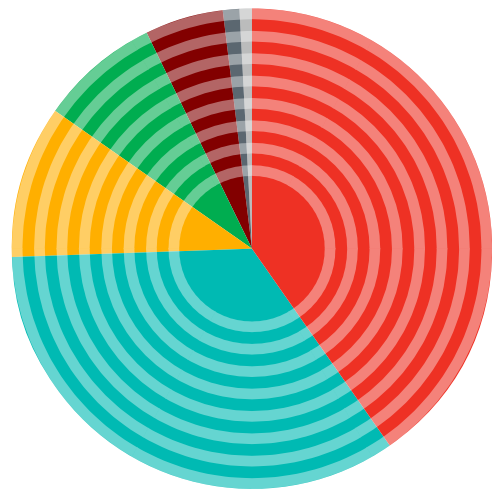
Investment

- 65.65%** Performance Services
- 30.9%** Business Services
- 1.95%** Coaching
- 1.45%** Athlete Services

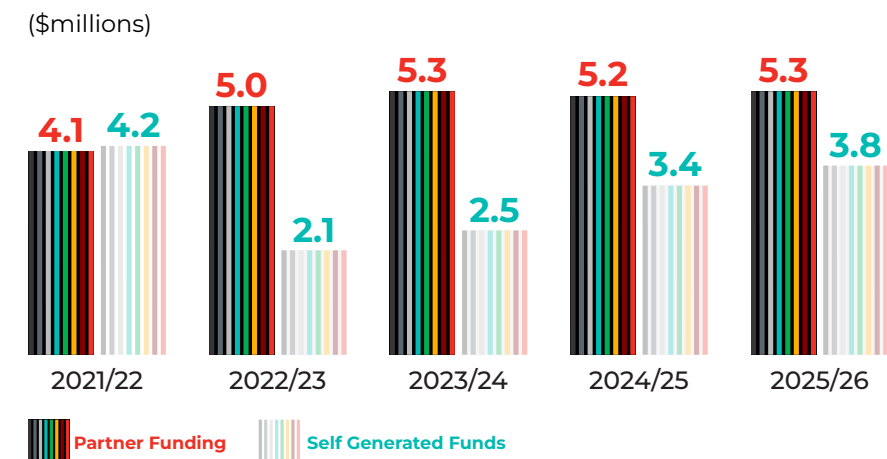


Funding

- 40.51%** Self Generated
- 34.27%** Sport Canada/ Own the Podium
- 10.21%** In-kind WinSport/ University of Calgary
- 7.84%** Government of Alberta
- 5.40%** Canadian Olympic Committee
- 1.04%** Coaching Association of Canada
- 0.72%** Canadian Paralympic Committee



CSIAB Funding Source Trend



* Self-generated revenue includes Team Canada 50/50 funds where the surplus is donated to Provincial Sport Organizations in 2021/22.

Resilience

More Than a Gala

On March 19th, more than 600 guests came together for the Red, White & Gold Gala, a first-of-its-kind celebration of Alberta's Olympic and Paralympic athletes and a powerful show of community support.

The gala brought together athletes, alumni, partners, donors, and sport leaders for an evening that celebrated performance while raising critical funds for athlete mental health and wellness programs at CSIAB.

From athlete storytelling through fashion and art, the event created meaningful connections between athletes and the community, while reinforcing that success in sport is strongest when athletes feel supported both on and off the field of play.

Olympians and Paralympians at the RWG Gala



Resilience

(continued)

Funding Partners

Canada



FOUNDATION
FONDATION

Alberta



Sponsors



Fueling Future Success

CSIAB secured significant grant funding to strengthen athlete services, research, and future growth. Key investments supported applied research in partnership with Red Deer Polytechnic, advanced new Sport Product Testing initiatives through Alberta Innovates, and helped expand operational capacity through support from the

Calgary Foundation and the Government of Canada Summer Student Program. We also partnered on a new project with Speed Skating Canada focused on future performance innovation. We're grateful to our partners for investing in ideas and programs that will strengthen the future of sport in Alberta.

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The Canadian Sport Institute Alberta 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 csialberta.ca

