

2024-2025

ANNUAL REVIEW

Chair and President & CEO's Message



DAVID DE VLIEGER
Chair, Board of Directors



GARY DAVIES
President & CEO

Annual reports provide organizations with an opportunity to look back at the past year's successes. But when you're in the Canadian sport system and less than eight months away from the next Olympic and Paralympic Games, it's hard not to look ahead. With an estimated two-thirds of the Canadian team headed to Milan-Cortina in February likely affiliated in some way with the Canadian Sport Institute Alberta (CSIAB), the buzz around our facilities across the province is palpable.

That said, we should look back to acknowledge another successful year. CSIAB continues to grow, as we deliver more services to more athletes and sport organizations – a 35% increase on a year-over-year basis. We celebrated the success of our athletes at the 2024 Paris Games by hosting community engagement events leading up to, during, and after the Games.

From a research perspective, we received an \$860,000 grant (over three years) to enhance access to specialized parasport equipment across Canada. This partnership between the Canadian Olympic and Paralympic Sport Institute Network, the Canadian Paralympic Committee, and our regional partner

Red Deer Polytechnic will go a long way to removing barriers and empowering Canadian para-athletes to perform at their highest potential.

We also continued to generate new revenue to grow our unrestricted funds, building greater capacity and flexibility in the services we can offer. Highlights include our Sport Product Testing (SPT) department – which had its best financial year – and newly developed programs like Podium Performances for Professionals (PPP), which showcases how the corporate community can benefit from training like a high-performance athlete.

It is with this strong base that CSIAB looks forward to the Winter Olympic and Paralympic year ahead and celebrating the successes of our athletes that are sure to come.

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

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Performance and People

Calgary Wild FC Partnership

CSIAB and Calgary Wild FC launched a strategic partnership for their inaugural season to enhance athlete support through integrated sport science services. This collaboration provides players with access to performance testing, data analysis, and expert guidance, fostering a high-performance environment. The initiative aims to elevate the development of soccer talent in Alberta by embedding evidence-based practices into the team’s training and preparation.

Strength and Physiology Testing

1,909 lab tests
[up from 1,536]

4,615 field tests
[down from 5,180]

397 anthropometric tests
[down from 431]

610 blood draws
[down from 804]

1,020 Strength and Power lab tests
[up from 521]

Women in Sport / STEM – Alberta Alpine Combine All Women Testing Team

We proudly staffed the Alberta Alpine Combine event with an all-women team of sport science experts. This milestone showcased women’s leadership in sport and STEM fields and highlighted our commitment to advancing diversity and representation in high-performance environments.



1,737 athletes
[up from 1,260] – a year over year increase of 35% – received strength and physiology testing services through our Athlete Intake, Monitoring and Testing Combine services.



Performance
and People

(continued)

RBC Training Ground

We delivered events in Calgary, Edmonton, and Lethbridge, and proudly supported the first-ever RBC Training Ground event in Yellowknife, expanding opportunities to identify Canada’s next generation of athletes.



Nutrition

128 nutrition
health assessments

The Art of Performance Partnership

We partnered with The Art of Performance, a figure skating experience founded by Elladj Baldé and Michelle Dawley, to support athlete development through artistry, mental health, and community connection. This collaboration fosters transformative experiences for skaters, promoting longevity and growth both on and off the ice.

Flames Testing Days

Since opening our doors, we have proudly conducted pre-season fitness testing for the Calgary Flames NHL team. In recent years, this partnership has expanded to include testing for their prospects, reinforcing our role in preparing both current and future elite athletes for success.

Dr. David J “Doc” Smith
Sport Performance Lab

This year, we proudly named the Sport Performance Lab in honour of Dr. David J “Doc” Smith, recognizing his legacy in Canadian sport science. The lab continues to provide athletes with access to cutting-edge testing, technology, and analysis. Naming the facility after Doc celebrates his immense contributions and inspires future generations of high-performance sport science professionals.



Performance and People

(continued)

Return to Performance

463 para-medical sessions completed for athletes in the Return to Performance program [up from 228 - this is a jump from last year as we now track individual training sessions.]



Para-Inclusion

Concussion in Para Sports Educational Video

We released an educational video focused on concussion awareness in para sports. Developed in collaboration with the Benson Concussion Institute, this resource aims to educate athletes, coaches, and practitioners on recognizing and managing concussions within para sports. The video serves as a valuable tool in promoting safer sporting environments and enhancing the well-being of para-athletes.

National Collaboration Secures \$860,000 Grant to Improve Equipment Access for Canada's Para Athletes

CSIAB, in partnership with the Canadian Olympic and Paralympic Sport Institute Network (COPSIN), the Canadian Paralympic Committee (CPC), and Red Deer Polytechnic (RDP), secured an \$860,000 grant to enhance access to specialized parasport equipment across Canada. This three-year project aims to improve the design, manufacturing, and accessibility of adaptive equipment, starting with Para ice hockey and expanding to other sports. By leveraging advanced technologies and athlete feedback, the initiative seeks to remove barriers and empower Para athletes to perform at their highest potential.



Health Baselines

189 Pre-Participation Exams [up from 140]

288 musculoskeletal assessments [up from 101]

190 Sport Mental Health assessments (SMHAT-1) [up from 121]

BCI Performance Medicine

862 elite athletes [up from 776] went through the Benson Concussion Institute program and **133 concussions** [down from 143] were treated.

82 CSIAB athletes [up from 79] went through the program and **19 athletes** [down from 24] were treated for a concussion.

Performance and People

(continued)

Mental Health

We organized two Mental Health First Aid training sessions (one in person & one virtual) that were attended by 29 people (15 Canadian Sport Institute Alberta staff and contractors & 14 National and Provincial Sport Organization staff and coaches)

We successfully worked with three National Sport Organizations to provide a Mental Health Practitioner to support their needs and align with the Mental Health Strategy for High Performance Sport.

Bell Let’s Talk Day

We participated in Bell Let’s Talk Day to promote mental health awareness within the sport community, reinforcing the importance of mental wellness alongside physical performance. Each year, we mark the day with a staff and athlete favourite — a warm and welcoming Make Your Own Soup and Grilled Cheese event, creating space for connection and conversation.



Game Plan & Athlete Services

The Game Plan team had **885 interactions** [up from 708] with **373 unique athletes** [up from 328] from **53 sports** (39 Olympic, 14 Paralympic).

We hosted **19 workshops and events** (same number as last year)



Egg Freezing: Keeping Your Future in Play

We created an online podcast, “Egg Freezing: Keeping Your Future in Play,” to educate female athletes and coaches on fertility preservation options. The discussion dives into the realities of fertility preservation, the challenges athletes and coaches face, and the importance of normalizing the discussion around women’s health in sport. The podcast on YouTube has over 310 views in only 1 month.



Game Plan Day in Canada

We led this year’s Game Plan Day, which earned its best in-person feedback to date in Calgary. The event brought together 24 athletes and 20 clients for team building, career development presentation, and networking.

Performance
and People

(continued)

Community Partners

Partnering with organizations to offer access or discounted offers to athletes affiliated at the Canadian Sport Institute Alberta is a win-win situation. Not only does it provide our athletes with exclusive deals, but it also allows us to expand our network and build valuable relationships with other businesses.



Bowness High School
High Performance Athlete
Development

185 students are enrolled in the Bowness High School High Performance Athlete Development (HPAD) [up from 164] pathway and **37** are scheduled to graduate in June 2025 [up from 33].

BHS HPAD Champion Chats

With enrollment in the BHS HPAD program continuing to grow, we introduced Champion Chats — a new initiative bringing influential Olympians and Paralympians into the school to inspire and engage HPAD students through personal stories and powerful messages of determination and overcoming adversity.



Performance
and People

(continued)

SPORT PRODUCT
TESTING

Research and Innovation

\$1,049,947 was invested
[up from \$798,641] in research
and innovation this year.

Sport Product Testing

Sport Product Testing generated
\$1,509,184 revenue (up from
\$961,000). **236 participants** in our
research across **15 different projects**
[up from 14].



Coach Education

This past year, CSIAB launched an updated
Advanced Coaching Diploma (ACD)
program, featuring more than 180 hours
of training delivered over a single year of
intensive learning. The inaugural cohort
included 15 coaches from 10 different
sports, representing our most diverse
group to date. Sports included Wrestling,
Alpine, Women's Artistic Gymnastics,
Skateboarding, Table Tennis, Biathlon,
Swimming, Judo, and Speed Skating.

Coaches came from a range of
environments — from club and provincial
levels to national and international training
groups — bringing rich perspectives and
experiences to the program.

In addition to launching the updated
program, we also saw a surge in coaches
from the previous ACD cohort successfully
completing their requirements, with
17 graduates in 2024/2025.

With a perfect graduation rate, this year
reflects the growing momentum and impact
of the program as we continue to support
the next generation of coaching leaders.



Top 8 Results from Olympic and Paralympic Games

Gold

Nicholas Bennett
Para Swimming
100m Breaststroke -
Men's SB14
Paralympic Games

Nicholas Bennett
Para Swimming
200m Individual Medley
- Men's S14
Paralympic Games

Silver

**Caroline Crossley,
Olivia Apps, Alysha
Corrigan, Asia
Hogan-Rochester,
Chloe Daniels,
Charity Williams,
Florence Symonds,
Carissa Norsten,
Krissy Scurfield,
Fancy Bermudez,
Piper Logan,
Keyara Wardley**
Rugby Sevens
Rugby Sevens - Women
Olympic Games

**Abby Dent,
Caileigh Filmer,
Kasia Gruchalla-
Wesierski,
Kristen Kit, Maya
Meschkuleit,
Sydney Payne,
Jessica Sevic,
Kristina Walker,
Avalon Wasteneys**
Rowing
Eight - Women
Olympic Games

Marco Arop
Athletics
800m - Men
Olympic Games

Reid Maxwell
Swimming
Men's 400m Freestyle -
S8 Final
Paralympic Games

Nicholas Bennett
Para Swimming
200m Freestyle -
Men's S14
Paralympic Games

Bronze

Eleanor Harvey
Fencing
Foil - Individual
Olympic Games

Skylar Park
Taekwondo
57kg - Women
Olympic Games

Kate O'Brien
Cycling
Women's C4-5 500m
Paralympic Games

Keely Shaw
Cycling
Women's C4 3000m
Individual Pursuit
Paralympic Games

**Angelena Dolezar,
Danielle Ellis, Anne
Fergusson, Julie
Kozun, Allison
Lang, Jennifer
McCreesh, Sarah
Melenka, Jennifer
Oakes, Heidi
Peters, Felicia
Voss-Shafiq, Jolan
Wong, Katelyn
Wright**
Sitting Volleyball
Playoff 3/4
Paralympic Games



Women's Sit Volleyball

Fourth

**Caeli McKay,
Kate Miller**
Diving
10m Platform
Synchronized - Women
Olympic Games

**Sabrina Fang,
Jessica Guo,
Eleanor Harvey,
Yunjia Zhang**
Fencing
Foil Team - Womens
Olympic Games

**Katherine Plouffe,
Michelle Plouffe,
Kacie Bosch, Paige
Crozon**
Basketball 3x3 - Women
Olympic Games

Caeli McKay
Diving
10m Platform - Women
Olympic Games

**Patrick Anderson,
Vincent Dallaire,
Reed De'Aeth,
Nik Goncin, Bo
Hedges,Colin
Higgins, Chad
Jassman, Lee
Melymick, Tyler
Miller, Blaise
Mutware, Garrett
Ostepchuk,
Jonathan Vermette**
Wheelchair Basketball
Playoff 3/4
Paralympic Games

**Kady Dandeneau,
Sofia Fassi-Fehri,
Melanie Hawtin,
Desiree Isaac-
Pictou, Bethany
Johnson, Rosalie
Lalonde, Puisand
Lai, Tara Llanes,
Cindy Ouellet,
Tamara Steeves,
Élodie Tessier,
Arinn Young**
Wheelchair Basketball
Playoff 3/4
Paralympic Games

Fifth

**Ana Godinez
Gonzalez**
Wrestling - Freestyle
62kg - Women
Olympic Games

Amanda Rummery
Athletics
Women's 400m - T47
Paralympic Games

**Maryam
Salehizadeh,
Whitney Bogart,
Meghan Mahon,
Emma Reinke,
Brieann Baldock,
Amy Burk**
Goalball
Women's Classification
Playoff 5/6
Paralympic Games

Sixth

Ingrid Wilm
Swimming
100m Backstroke -
Women
Olympic Games

**Cody Caldwell,
Patrice Dagenais,
Matt Debly, Joel
Ewert, Byron
Green, Trevor
Hirschfield,
Rio Kanda
Kovac, Anthony
Létourneau, Zak
Madell, Travis
Murao, Eric
Rodrigues, Mike
Whitehead**
Wheelchair Rugby
Playoff 5/6
Paralympic Games

Eighth

Findlay Knox
Swimming
200m IM
Olympic Games

**Lauriane Genest,
Kelsey Mitchell,
Sarah Orban**
Cycling
Team Sprint - Women
Olympic Games



Skyler Park



Eleanor Harvey

**Verica Bakoc,
Serena Browne,
Axelle Crevier,
Jessica Gaudreault,
Shae La Roche,
Rae Lekness, Elyse
Lemay-Lavoie,
Blaire McDowell,
Hayley McKelvey,
Maria Eleni (Marilia)
Mimides, Kindred
Paul, Clara Vulpisi,
Emma Wright**
Water Polo - Women
Olympic Games

Kelsey Mitchell
Cycling
Sprint - Women
Olympic Games

Performance and People

(continued)

Top 8 Results from World Championships

Gold

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

Para Ice Hockey World Championship
Para Ice Hockey Championship

Natalie Wilkie

Para Biathlon
7.5km Biathlon Sprint - Standing
Para Biathlon World Championship

Mark Arendz

Para Biathlon
7.5km Biathlon Sprint - Standing
Para Biathlon World Championship

Mark Arendz

Para Biathlon
12.5km Biathlon Individual - Standing
Para Biathlon World Championship

Natalie Wilkie

Para Biathlon
12.5km Biathlon Individual - Standing
Para Biathlon World Championship

Silver

Courtney Hoffos

Ski Cross
Women's Ski Cross Engadin (SUI) World Championships

Brooklyn McDougall, Beatrice Lamarche, Ivanie Blondin

Speed Skating Team Sprint Women
ISU World Speed Skating Championships

Ivanie Blondin

Speed Skating Mass Start Women
ISU World Speed Skating Championships

Natalie Wilkie

Para Nordic
Women Sprint - Classic Standing
COOP FIS Nordic World Ski Championships

Natalie Wilkie

Para Nordic
10km Interval Start Classic - Standing
FIS Para Cross Country World Championships

Natalie Wilkie

Para Nordic
20km - Free Individual
FIS Para Cross Country World Championships

Derek Zaplontinsky

Para Biathlon
12.5km Biathlon Individual - Sitting
Para Biathlon World Championship

Piper Gilles, Paul Poirier

Figure Skating Ice Dance
World Figure Skating Championship

Bronze

Ivanie Blonin, Valerie Maltais, Isabelle Weidemann

Speed Skating Team Pursuit Women
ISU World Speed Skating Championships

Connor Howe

Speed Skating 1500m Men
ISU World Speed Skating Championships

Mark Arendz

Para Nordic
10km Interval Start Classic - Standing
FIS Para Cross Country World Championships

Mark Arendz

Para Biathlon
Sprint Pursuit - Standing
Para Biathlon World Championship

Embyr-Lee Susko, Devin Wardrope, Cole Zajanski, Theo Downey, Beatti Podulsky, Kailey Allan

Luge Team Relay
FIL World Luge Championships

Brittany Hudak

Para Biathlon
7.5km Biathlon Sprint - Standing
Para Biathlon World Championship

Brittany Hudak

Para Biathlon
12.5km Biathlon Individual - Standing
Para Biathlon World Championship

Brittany Hudak

Para Biathlon
Sprint Pursuit - Standing
Para Biathlon World Championship

Cynthia Appiah

Bobsleigh Womens Monobob
Lake Placid World Championship

Fifth

Xavier McKeever, Antoine Cyr, Max Hollmann, Olivier Leveille

Cross Country Men's 4x7.5km Relay
Classic/Free Trondheim (NOR) World Championships

Laurent Dubreuil

Speed Skating 1000m Men
ISU World Speed Skating Championships

Abigail Strate

Ski Jumping Women's Individual HS102
FIS Nordic World Ski Championships

Alexandria Loutitt

Ski Jumping Women's Individual HS102
FIS Nordic World Ski Championships

Derek Zaplontinsky, Brittany Hudak, Mark Arendz, Natalie Wilkie

Para Nordic Mixed Relay - 4 x 2.5km
FIS Para Cross Country World Championships

Brittany Hudak

Para Nordic 20km - Free Individual
FIS Para Cross Country World Championships

Natalie Wilkie

Para Biathlon Sprint Pursuit - Standing
Para Biathlon World Championship

Deanna Stellato-Dudek, Maxime Deschamps

Figure Skating Pairs
World Figure Skating Championship

Sixth

Laurent Dubreuil, Anders Johnson, Connor Howe

Speed Skating Team Sprint Men
ISU World Speed Skating Championships

Ted-Jan Bloeman

Speed Skating 10000m Men
ISU World Speed Skating Championships

Mark Arendz

Para Nordic 20km - Free Individual
FIS Para Cross Country World Championships

Seventh

Brendan Mackay

Freestyle Ski Men's Freeski Halfpipe
Engadin (SUI) World Championships

Isabelle Weidemann

Speed Skating 3000m Women
ISU World Speed Skating Championships

Ted-Jan Bloeman

Speed Skating 5000m Men
ISU World Speed Skating Championships



Connor Howe

Elizabeth Hosking

Snowboard Halfpipe
St.moritz / Engadin, Fis World Championships

Derek Zaplontinsky

Para Nordic 10km Interval Start Classic - Sitting
FIS Para Cross Country World Championships

Marjorie Lajoie, Zachary Lagha

Figure Skating Ice Dance
World Figure Skating Championship

Hallie Clarke

Skeleton Womens Skeleton
Lake Placid World Championship

Kristen Bujnowski

Bobsleigh Womens Monobob
Lake Placid World Championship

Eighth

India Sherret

Ski Cross Women's Ski Cross
Engadin (SUI) World Championships

Dylan Marineau

Freestyle Ski Men's Freeski Halfpipe
Engadin (SUI) World Championships

Ivanie Blondin

Speed Skating 3000m Women
ISU World Speed Skating Championships

Ivanie Blondin

Speed Skating 1500m Women
ISU World Speed Skating Championships

Derek Zaplontinsky

Para Biathlon 7.5km Biathlon Sprint - Sitting
Para Biathlon World Championship

Derek Zaplontinsky

Para Biathlon Sprint Pursuit - Sitting
Para Biathlon World Championship

Taylor Austin, Mike Evelyn, Keaton Bruggeling, Shaq Murray-Lawrence

Bobsleigh 4-Man Bobsleigh
Lake Placid World Championship

Melissa Lotholz, Leah Walkeden

Bobsleigh 2-Woman Bobsleigh
Lake Placid World Championship

Natalie Wilkie



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



High-Performance Partners

- Banff Sport Medicine Group in Canmore/Banff

Benson Concussion Institute in Calgary

Bill Warren Training Centre in Canmore

Connect Physiotherapy and Exercise in Edmonton

Keyano College in Fort McMurray

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

Provincial Sport Organizations



Professional Sports



University Sports



Resilience

SPIN Summit

SPIN Summit 2025 brought together 250 sport science and innovation leaders from across Canada. The event fostered knowledge sharing, collaboration, and cutting-edge conversations that directly benefit athlete performance pathways.



Paris Olympic and Paralympic Games CSIAB Activations

We engaged the community through media appearances, viewing events, and athlete celebrations during the Games. Highlights included 11 Global Calgary segments, two viewing parties, Team Canada FanFest support, Olympian and Paralympian celebrations, and partner recognition events that elevated Alberta's athletes and experts on the world stage.



Resilience

(continued)

Curl with a Rock Jock

This annual fundraising bonspiel brought together 100 corporate players and 25 athletes for a fun and friendly competition. Beyond raising funds, the event created meaningful opportunities for athletes to connect and build relationships with corporate Calgary and the broader community.



Triple P Mawer Event

We officially launched our Triple P (Podium Performance for Professionals) program with a special event in partnership with Mawer Investment Management. The program applies Olympic and Paralympic expertise to help corporate teams enhance performance and well-being through practical, sport-informed strategies.



7 Chiefs Champions Athlete Development Pathway and Indigenous Staff Training

We partnered with 7 Chiefs to support their athlete development program and advanced our commitment to reconciliation through Indigenous staff training, including the Aboriginal Coaching Module and Indigenous Corporate Training.



BB4CK CSIAB Volunteering

10 CSIAB staff volunteered with Brown Bagging for Calgary's Kids (BB4CK) to help address food insecurity. This contribution reflects CSI Alberta's commitment to giving back and building stronger communities.

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.

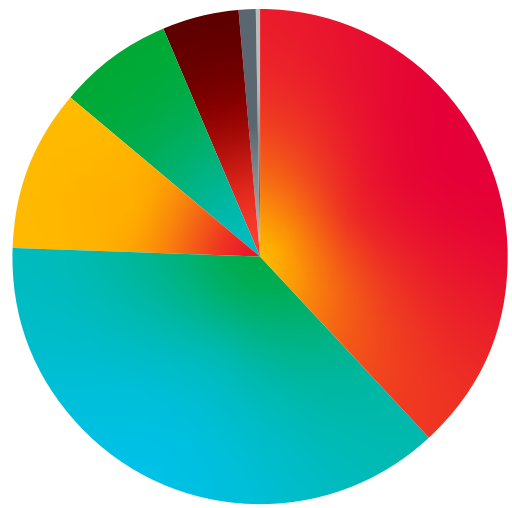
Investment

- 68.1% Performance Services
- 28.3% Business Services
- 2.3% Coaching
- 1.3% Athlete Services



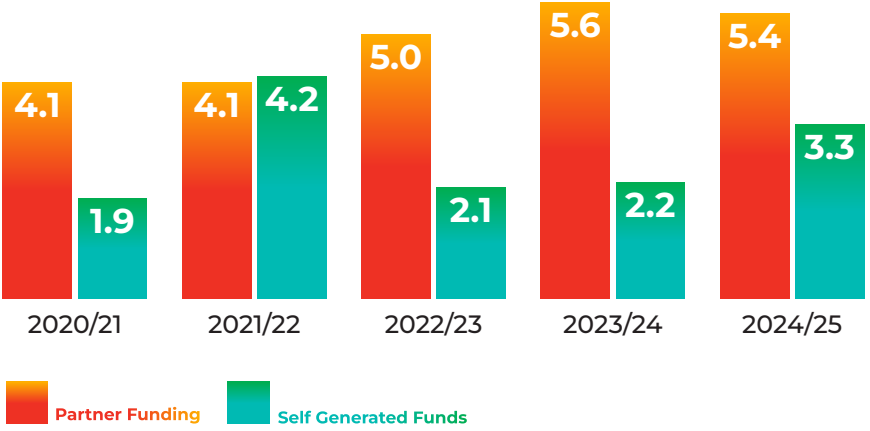
Funding

- 38.2% Self Generated
- 37.4% Sport Canada/ Own the Podium
- 10.7% In-kind WinSport/ University of Calgary
- 7.5% Government of Alberta
- 4.9% Canadian Olympic Committee
- 1.1% Coaching Association of Canada
- 0.2% Canadian Paralympic Committee



CSIAB Funding Source Trend

(\$millions)



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

Resilience

(continued)

Board of Directors

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Funding Partners



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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

