

Annual Review

2023-2024

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Chair and President & CEO's Message

What's in a name?

When it comes to Canadian Sport Institute Alberta (CSIAB), a lot.

Officially changing our name this past April from Canadian Sport Institute Calgary did more than just bring our organization in line with our Canadian Olympic and Paralympic Sport Institute Network (COPSIN) counterparts across the country. It recognized our reality and prepared us for the future.

While we have long operated in more than just Calgary, this year we undertook a significant investment – both monetary and staff time – to ensure that CSIAB is able to serve more provincial high-performance athletes in the years ahead, and better support the national high-performance pathway program.

By partnering with 16 different public and private facilities, from Ft. McMurray and Grande Prairie in the north, to Lethbridge and Medicine Hat in the south, CSIAB can now provide access to nationally-carded athletes anywhere in the province they

want to train. Our goal in the coming years is to ensure that athletes with any Provincial Sport Organization in Alberta will have similar access.

This will require increases in funding, which CSIAB continues to pursue. We are doing so by developing deeper relationships with corporate Alberta through unique programming opportunities; monetizing our research and development capacity; extending our brand with everyday Albertans through 50/50 draws during Olympic and Paralympic events; and continuing to showcase our value to our present funding partners.

Daily, CSIAB showcases its value by working with more sports and more athletes at the national and provincial levels, providing a full slate of sport science solutions to ensure more Alberta athletes reach the podium. That is truly what's behind our name change.

And that is why we are proud to call ourselves Canadian Sport Institute Alberta.



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

Leadership

Innovation

Integrity

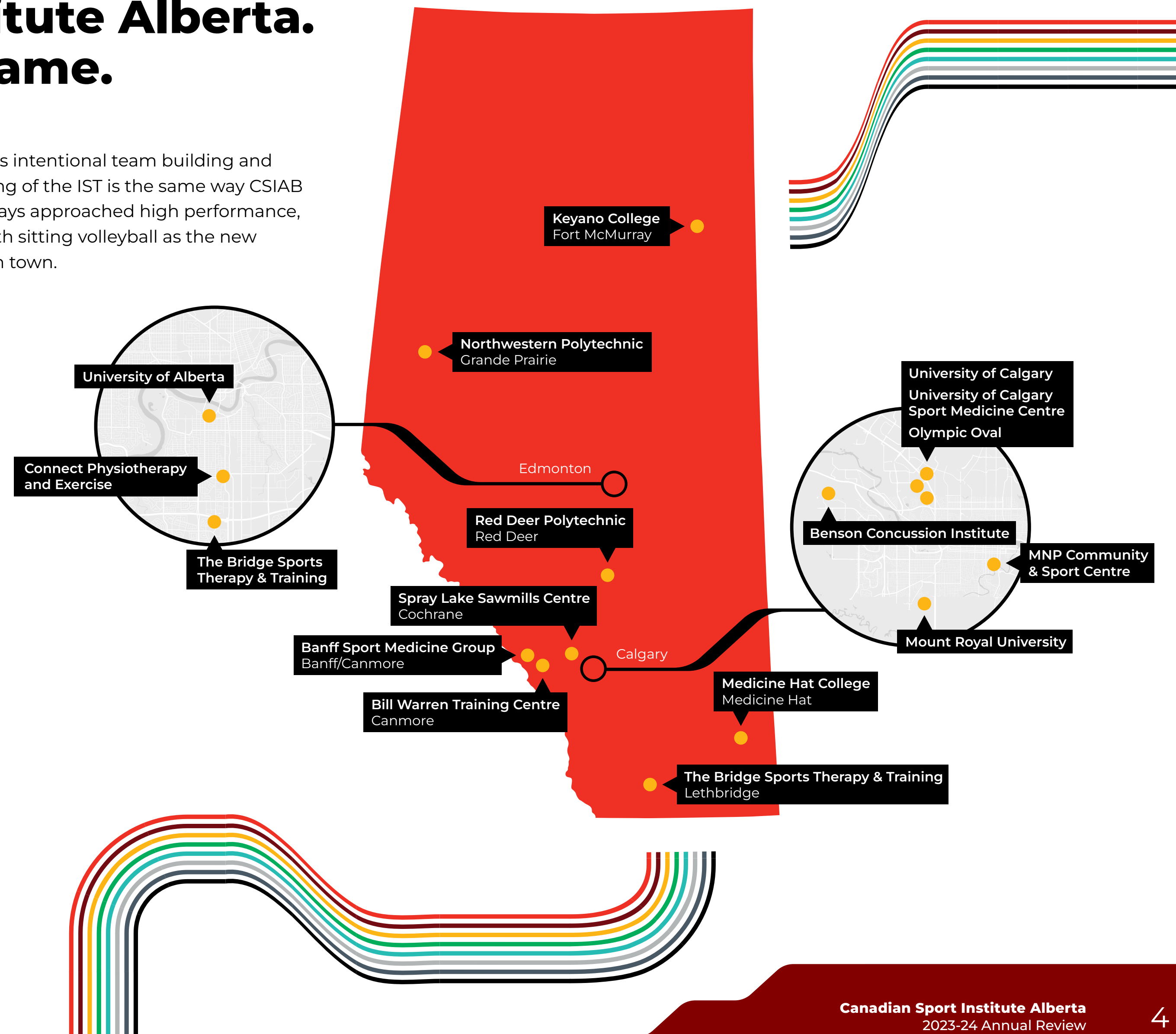
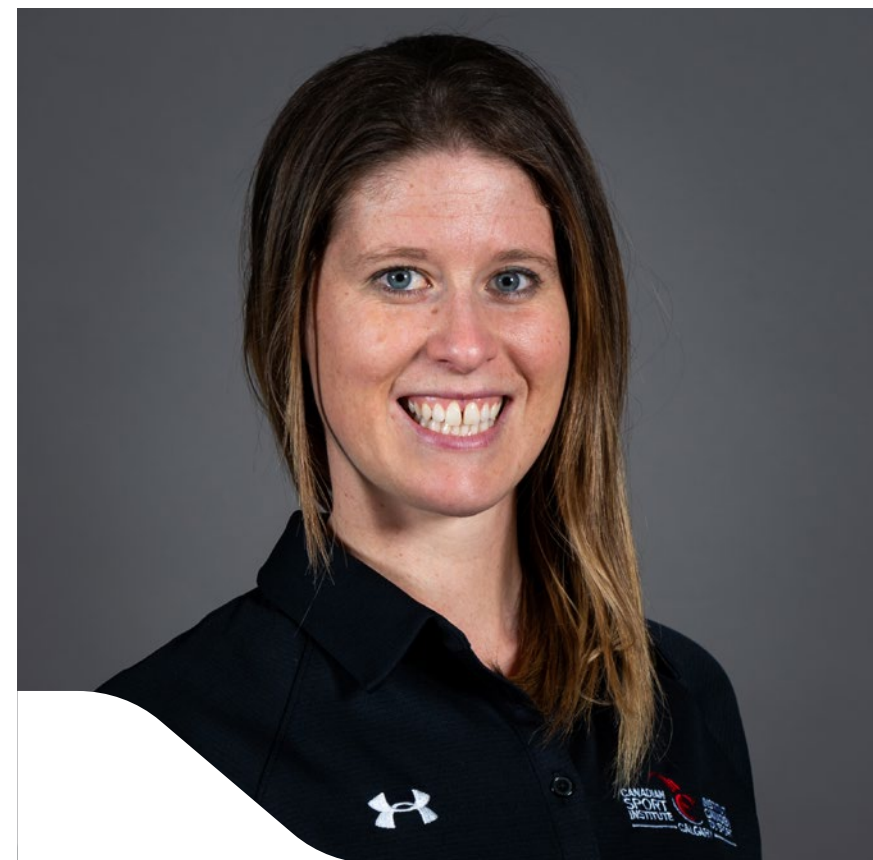
Partnerships

Canadian Sport Institute Alberta. New name – same game.

With the 2024 Summer Paralympic Games in Paris rapidly approaching, the Women's Sitting Volleyball Team made the bold decision to partner with CSIAB and establish a new Integrated Support Team (IST) structure. In recent years, the team has progressed so quickly that the need for integration and collaboration among support staff became clear. The partnership resulted in naming CSIAB physiotherapist Lauren Vickery as the IST Lead to integrate service providers, adding stability and experience to the team.

Thanks to CSIAB's new facility partners, the team now frequently trains at The Bridge gym in Edmonton, essential to the goal of providing additional sport performance services and resources to athletes for training camps and centralization periods. Vickery's focus today is optimizing preparation for the Paralympics, but she already has her sights set on long-term strategic planning for the next quadrennial. The goal is building a team of expert service providers from CSIAB that work collaboratively to raise the game of this team, now an emerging contender internationally.

Vickery's intentional team building and upskilling of the IST is the same way CSIAB has always approached high performance, now with sitting volleyball as the new game in town.



It's what we do and it's why we're here.



The Calgary and Edmonton RBC Training Ground qualifiers were first and second in the country in athlete attendance and we once again integrated an Indigenous collaboration with the Grande Prairie qualifier.



Any way you cut it, CSIAB's strength is its strength in numbers. And by numbers we mean the scores of data points meticulously measured and collected by our team that ultimately help our service providers understand, optimize and tweak every possible performance parameter. It's what we do and it's why we're here.

Strength and Physiology Testing

1,260 athletes received strength and physiology testing services through our Athlete Intake, Monitoring and Testing Combine services.

Athlete Breakdown

509

national and provincial athletes

176

Calgary Flames and Calgary Stampeders

413

RBC Training Ground athletes

162

club/team athletes



Carolina Hiller going through testing at the Canadian Sport Institute Alberta. She was a member of Canada's Women's Team Sprint who won gold at the ISU World Speed Skating Single Distances Championships held in Calgary.

Nutrition



Olympic medallist Ski Jumper Abigail Strate is completing a bone scan at the McCaig Institute for Bone and Joint Health at the University of Calgary.

198

nutrition intakes

were completed up from 125

103

bone quality scans

were completed through the Bone Imaging Lab at the University of Calgary

1,536

lab tests
up from 1,310

5,180

field tests
up from 1,773

*2065 field tests are from RBC Training Ground which were reported as a separate number last year.

431

anthropometric tests
down from 650

804

blood draws
up from 424

521

Strength and Power lab tests
up from 332



Para-Inclusion

We delivered four lunch & learns (Ableism, Trauma Informed Care, Community Partner Intro (Calgary Adapted Hub) and Healthy Body Image) and one Para try it event (Goalball) for our staff.



The pool of research investigating bone health in para-athletes is sparse and recent findings have sounded the alarm that much more is needed.

It has been found that para-athletes are more than four times as likely to have low bone mineral density (BMD) as compared to their able-bodied counterparts, likely due to several complex and compounding variables. Kelly Drager, Lead Performance Dietitian at CSIAB, says these findings

are concerning because of impacts on performance and long-term health. Since 2019, CSIAB has partnered with the Bone Imaging Lab at the University of Calgary's McCaig Institute to give para-athletes access to bone scans using state-of-the-art technology, provide

Pioneering Bone Health in Para Sport

vital information on bone health, and conduct new research. This initiative is part of CSIAB efforts to expand support to para sport, using testing results to address unique athlete needs, optimize performance and improve overall health outcomes for para-athletes.

Health and Performance

Athlete Health Intakes provide individualized health and well-being metrics. These baselines play a crucial role in obtaining medical clearance for athletes to safely engage in high-risk sports activities and competitions. They also assist in the early identification of potential injury

or illness risk factors, allowing for proactive measures to be taken to ensure the athletes' safety and optimal performance. By establishing these baselines, we can tailor our support to each athlete's specific needs and promote their overall health and success in sports.



BCI Performance Medicine Clinic opened the doors to a 1,500 square-foot state-of-the-art Performance Rehabilitation Wing in November 2023, housing a multi-disciplinary team of leading high-performance healthcare professionals.

Athlete Health Intake

121

Sport Mental Health Assessments (SMHAT-1)

101

Musculoskeletal assessments

140

Pre-Participation Exams

Return to Performance

228 para-medical sessions

completed for athletes in the Return to Performance program.

BCI Performance Medicine

776 elite athletes went through the

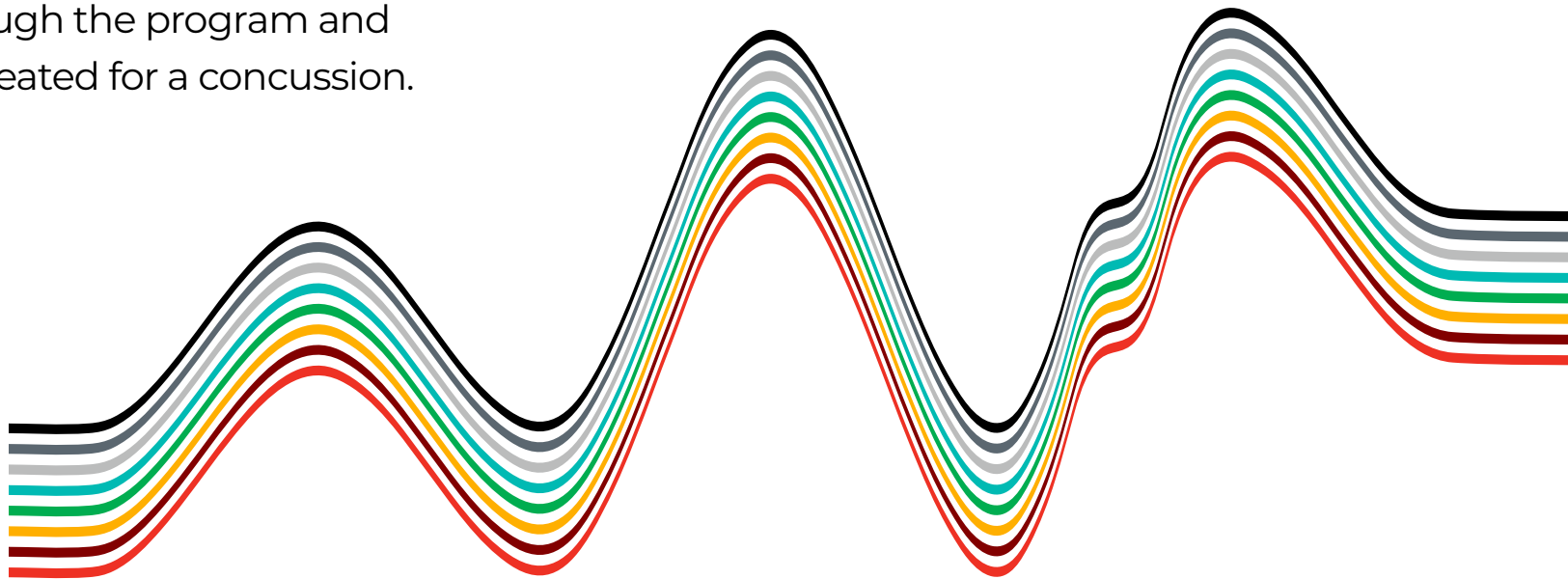
Benson Concussion Institute program and

143 concussions were treated. **79 CSIAB**

athletes went through the program and

24 athletes were treated for a concussion.

We improved the language and questions of the medical section, added a practitioner questionnaire, and streamlined our processes to provide optimal medical care and a more welcoming and inclusive experience for para-athletes.



Pedorthic resources are a newly added service for athletes. CSIAB Pedorthist Shannon Gordon is working with Para Triathlete and Paris 2024 hopeful Stefan Daniel.



GAME PLAN PLAN DE MATCH

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Deloitte.

Game Plan & Athlete Services

The Game Plan team had **708 interactions** with **328 unique athletes** [up from 187] from **54 sports** (38 Olympic, 16 Paralympic).

We hosted **19 workshops and events** (up from 18) with **466 athletes** (up from 313).

Mental Health

We organized **4 Mental Health First Aid training sessions** (2 in person and 2 virtual) that were attended by **65 people** (33 Canadian Sport Institute Alberta team members & 32 National and Provincial Sport Organization staff/coaches)

We successfully worked with **4 National Sport Organizations** to provide a Mental Health Practitioner to support their needs and align with the Mental Health Strategy for High Performance Sport

We supported National Sport Organizations with Mental Health Emergency Action Plans (MHEAP).

Our workshop on “ADHD as a Superpower” had super attendance with **94 athletes**, and “Optimizing Performance for Athletes with ADHD” was attended by **57 coaches**.



This year's Game Plan Day in Canada had its best attendance in person in Calgary with 25 athletes and 26 Clients.

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.





By supporting athletes of all ages and abilities, we are helping to build a stronger, healthier, and more vibrant community.

Karen Dommett, General Manager of the 2024 Special Olympics Canada Winter Games, expected that a partnership with CSIAB for the event in Calgary would result in a good level of support across a broad range of services, including help with medical equipment supplies, on-site physiotherapy, and nutrition support, all of which did occur with great success.

What Dommett didn't expect though, was the extraordinary level of support and deep commitment she witnessed from CSIAB staff and service providers across the organization leading up to and during the Games.

Indeed, CSIAB went all in with 21 staff filling a variety of volunteer roles such as Chief Therapist, Lead Dietitian, School Program

Above and Beyond

Leader, Organizing Committee Lead for Local Engagement, and so many more.

CSIAB was often one step ahead of Dommett, offering what was needed before she had the chance to ask. "CSIAB came to the table with open arms and were so giving of resources and expertise," recalls Dommett. "This helps us grow our movement."

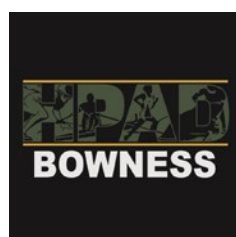
What sticks with Dommett is that CSIAB aims to make sport better for everyone. "The level of support given was no different from how other athletes are serviced by CSIAB," she says. "I have such gratitude for the dignity and respect they showed for this event."

Special Olympics

21 Canadian Sport Institute Alberta team members volunteered during the Special Olympics. Frank Van Dan Berg, Lead Mental Performance Consultant for the Canadian Sport Institute Alberta, also received a recognition from Special Olympics Alberta as a Champion of Special Olympics for his volunteer work since 2010.



\$57,000
awarded in
scholarships
to students



Bowness High School HPAD program graduate Hallie Clarke became the youngest female world champion in Skeleton history at age 19.



CP Images

Not a one-trick pony.

Our commitment to investing in the future of sport and advancing knowledge and innovation in sport has helped countless athletes achieve their goals on the world stage across a wide range of program offerings.

Studentship

160 students are enrolled in the Bowness High School High Performance Athlete Development (HPAD) [up from 135] pathway and **33 are scheduled to graduate** in June 2023 [up from 25].

Jalena Bertagnolli, Roxanna Krankowski and **Matthew Zukowski** successfully completed their Master's Degrees.



Research and Innovation

\$798,641 [up from \$667,041] invested in research and innovation. Of this, **\$174,250 was for I4G projects.**

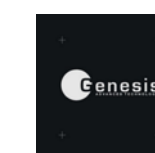
Sport Product Testing

Sport Product Testing generated **\$961,000 revenue** (up from \$826,000). **294 participants** in our research across **14 different projects** [up from 12].

The Sport Product Testing group acquired an environmental chamber and now performs apparel testing, using a Thermal Manikin and human subjects, for various companies.



SPORT PRODUCT TESTING





Coach Education

A Familiar Path to Excellence

We hosted **290 hours** of targeted coach education including delivery of the Advanced Coaching Diploma to **44 coaches** from **20 different sports**.

The transition from elite athlete to high performance coach is not a given – not every winning athlete is destined to be a winning coach. For the ones who do travel that path however, the journey to excellence is familiar territory.

Take alpine skier John Kucera, 2009 World Champion in downhill. After retiring in 2014, Kucera leapt into coaching and hasn't looked back. His passion for skiing remains strong and he says he felt drawn to

coaching after helping some younger skiers when he was recovering from a major injury. From there it has been a swift rise from coaching the development program to becoming the Men's Head Coach. Kucera has consistently applied himself to developing his coaching skills and growing his knowledge base, first alongside other coaches and mentors, and more recently with the Advanced Coaching Diploma at

CSIAB. It was here that Kucera really dove into the science of coaching and learned to apply new theories and concepts to his program. What really stood out to Kucera though, was learning to evaluate himself as a leader, and how to best lead through culture, planning and communication. Kucera's lifelong focus on growth, improvement and excellence is a winning formula, first as an athlete, now as a coach.



Top 8 Results from World Championships

Gold

Deanna Stellato Dudek, Maxime Deschamps
Figure Skating
Pairs

Mark Arendz
Para Cross Country Ski
Men's Standing 7.5km Sprint

Natalie Wilkie
Para Cross Country Ski
Women's Standing 7.5km Sprint

Mark Arendz
Para Cross Country Ski
Men's Standing 12.5km Individual

Mark Arendz
Para Cross Country Ski
Men's Sprint Pursuit Final Standing

Hallie Clarke
Skeleton
Women's Skeleton

Carolina Hiller, Maddison Pearman, Ivanie Blondin
Speed Skating
Women's Team Sprint

Laurent Dubreuil, Antoine Gélinas-Beaulieu, Anders Johnson
Speed Skating
Men's Team Sprint

Silver

Geoff Walker
Curling - Men
Men's Curling

Piper Gilles, Paul Poirier
Figure Skating
Ice Dance

Jaime Bourbonnais, Kristen Campbell, Emily Clark, Blayre Turnbull, Micah Zandee-Hart
Hockey - Women
Women's Hockey

Adam Dixon, Alexis Auclair, Anton Jacobs-Webb, Auren Halbert, Corbyn Smith, Dominic Larocque, Dominic Cozzolino, Jacob Leblanc, James Dunn, Jean-François Huneault, Micah Kovacevich, Raphaëlle Tousignant, Rob Armstrong, Rod Crane, Tyler McGregor, Tyrone Henry, Vincent Boily, Zachary Lavin
Para Hockey
Para Hockey

Stefan Daniel
Para Triathlon
PTS5 Men

Stefan Daniel
Para Triathlon
Sprint distance

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

Ivanie Blondin
Speed Skating
Women's Mass Start Final

Antoine Gélinas-Beaulieu
Speed Skating
Men's Mass Start Final

Ted-Jan Bloemen
Speed Skating
Men's 10000m

Isabelle Weidemann
Speed Skating
Women's 3000m

Bronze

Brittany Hudak
Para Cross Country Ski
Women's Standing 7.5km Sprint

Natalie Wilkie
Para Cross Country Ski
Women's Standing 12.5km Individual

Brittany Hudak, Mark Arendz
Para Cross Country Ski
Team Sprint

Michael Sametz
Para-Cycling Road
Men C3 Indiv Time Trial

Connor Howe, Antoine Gélinas-Beaulieu, Hayden Mayeur
Speed Skating
Men's Team Pursuit

Graeme Fish
Speed Skating
Men's 10000m

Ingrid Wilm, Rebecca Smith
Swimming
Women's 4x100m Medley Relay

Ingrid Wilm
Swimming
Women's 50m Backstroke

Ingrid Wilm
Swimming
Women's 100m Backstroke

Fourth

Derek Zaplotinsky
Para Cross Country Ski
Men's Sitting 7.5km Sprint

Brittany Hudak
Para Cross Country Ski
Women's Standing 12.5km Individual

Derek Zaplotinsky
Para Cross Country Ski
Men's 2.4km Sprint Pursuit Final Sitting

Brittany Hudak
Para Cross Country Ski
Women's Sprint Pursuit

Ivanie Blondin
Speed Skating
1500m Women AllRound

Fifth

Isabelle Weidemann
Speed Skating
Women's 5000m

Ted-Jan Bloemen
Speed Skating
Men's 5000m

Sixth

Kara Douville
Para-Cycling Road
Women H4 Road Race

Ivanie Blondin
Speed Skating
Women's 1500m

Ivanie Blondin
Speed Skating
Women's 3000m

Michael Sametz
Para-Cycling Road
Men C3 Road Race

Mark Arendz



Seventh

Mirela Rahneva
Skeleton
Women's Skeleton

Ivanie Blondin
Speed Skating
500m Women AllRound

Eighth

Cynthia Appiah, Leah Walkeden
Bobsleigh
2-woman Bobsleigh

Cynthia Appiah
Bobsleigh
Women's Monobob



Ingrid Wilm

Top 8 Results from Junior World Championships

Gold

- Britt Richardson**
Alpine Ski
Women's Giant Slalom
- Derek Deuling, Jasmine Drolet, Liliane Gagnon, Max Hollmann**
Cross Country Ski
Mixed 4x5km Relay Classic/ Free
- Sonjaa Schmidt**
Cross Country Ski
Women's 1.2km Sprint Final Free
- Daniel Hall**
Speed Skating
Men's Team Pursuit

Silver

- Embyr-Lee Susko**
Luge
Women's Singles
2024 Junior Luge
World Championship
- Jalen Doan**
Speed Skating
Men's Team Sprint
- Daniel Hall**
Speed Skating
Men's Mass Start
- Embyr-Lee Susko**
Luge
Women's Singles
Altenberg FIL U23
World Championships
- Jalen Doan**
Speed Skating
Men's 1000m
- Daniel Hall**
Speed Skating
Men's 5000m

Fourth

- Caitlin Nash**
Luge
Women's Singles
- Devin Wardrope, Cole Zajanski**
Luge
Men's Doubles
- Liliane Gagnon**
Cross Country Ski
Women's 20km Mass Start Free
- Trinity Ellis**
Luge
Women's Singles

Sixth

Seventh

- Caitlin Nash**
Luge
Woman's Singles
- Liliane Gagnon**
Cross Country Ski
Women's 1.2km Sprint Final Free
- Jalen Doan**
Speed Skating
Men's 500m

Eighth



CP Images



Britt Richardson

With gratitude, from all of us at CSIAB.

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

Proud partner of
choice for the following
organizations and teams:

National Sport Organizations



Provincial Sport Organizations



Professional Sports



University Sports

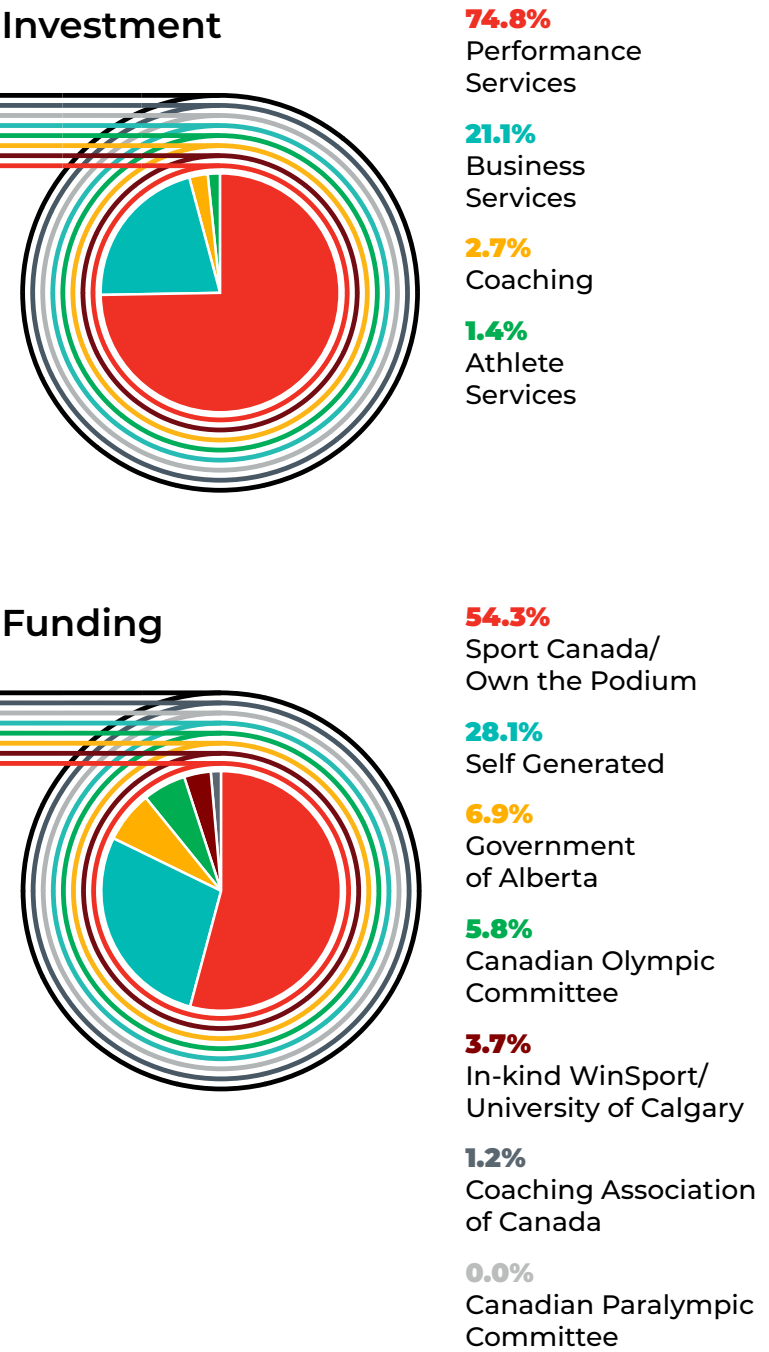




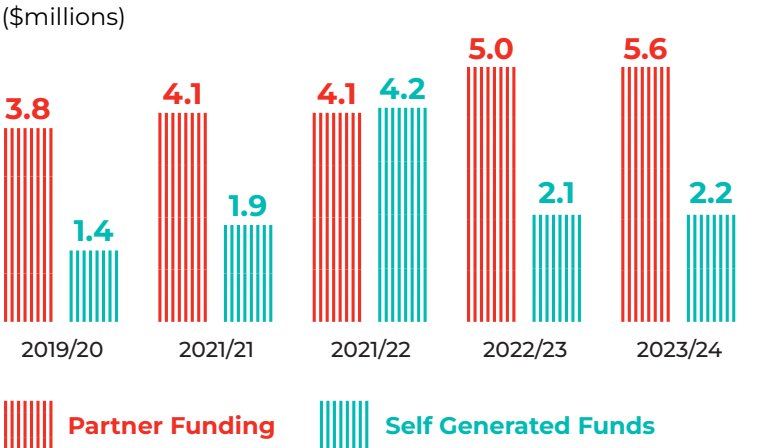
“I want to reiterate how grateful our team is for the hospitality and professionalism we experienced at the Canadian Sport Institute Alberta. Beyond being able to work with the experts we are familiar with, we felt welcomed by the entire organization. The experience opened the eyes and minds of our coaches and athletes as to the potential for where we can be in the future. We all feel that this experience has set the stage for our final preparations into Olympic qualifying in April. Thanks again to you and your team for being such great performance partners.”

Allan Wrigley
High Performance Director, Taekwondo Canada

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.



CSIAB Funding Source Trend



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

Financial, Funding and Client Acknowledgment

Board of Directors

- David de Vlieger (Chair)

Repsol Oil & Gas Inc.
- Erica Wiebe (Vice Chair)

Olympic Gold Medallist, Canadian Olympic Committee
- Doug Penner (Secretary-Treasurer)

Workhub Software Corp.

- John Gordon

former KPMG Partner
- Les Gramantik

Coach, Athletics
- Whitney Hughes-Plummer

Boston Consulting Group

- Dan Proulx

Coach, Mountain Biking
- Cheryl Sandercock

BMO Capital Markets

- Kyle Shewfelt

Olympic Gold Medallist, Kyle Shewfelt Gymnastics

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Entrepreneur

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Government of Alberta
- Tyler Seitz

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- Dr. Nick Holt

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- Lorraine Lafrenière

Coaching Association of Canada

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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

