



did. can. will.

we did.

WITH DENNY MORRISON

THE CANADIAN SPORT INSTITUTE
WITH DENNY MORRISON
AND HIS TEAM

42 WEEKS BEFORE THE MEDALS:

59 DAYS of mental performance support at training camps and competitions

nutrition consulting sessions:
5

160 HOURS of personalized and specific strength and power training
resulting in **68,040 Kcal** burned

77 DAYS of sport scientist supported training and competition

+PLUS:

819 HOURS TRAINING

116 DAYS AWAY FROM HOME AT TRAINING CAMPS AND COMPETITIONS

235 HOURS

of one on one medical care with physiotherapists, osteopaths, massage therapists and chiropractor

5

blood tests to identify markers of fatigue and to evaluate/optimize altitude training effects

67 HOURS of monitoring: heart rate variability, nutrition, sleep, body weight, stress and fatigue, analyzed and reported to coaches

TOTAL COST:

\$150,000

invested in Denny by his team in the 42 weeks leading up to Sochi



1,823

TOTAL HOURS of direct support provided by the Canadian Sport Institute Calgary to Denny's Team. That's an average of 8.7 hours/day over 5 days/week – more than a full-time job.



our vision.

The Canadian Sport Institute is a key contributor to Canada's world-leading Olympic and Paralympic podium performances.

our mission.

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

our values.

Five core values guide our vision, shape our processes and outcomes, and help to secure our continued positive reputation nationally and internationally:

excellence

We aspire to utilize and will measure ourselves against world leading practices

leadership

We embrace our role as leaders that challenge, inspire, empower and encourage ourselves and our partners

innovation

We believe innovation is a critical and constant requirement and an expectation for all involved

integrity

We believe the integrity of our individual and collective behaviours is the cornerstone of who and what we are

partnerships

We believe it is essential to develop and sustain mutually beneficial partnerships which leverage each party's strengths

PRESIDENT'S MESSAGE



For a great number of companies, the process of eliminating questions, generating solutions and finding answers before the competition is an integral part of their business success.

At the Canadian Sport Institute Calgary, our educational and innovative methods are central to not only our success as a business, but more importantly the success of the athletes and our nation on the world stage.

After two decades, we can say that our investment in education and our entrepreneurial mindset has delivered significant dividends. We have seen a steady increase in medal totals at the Olympic/ Paralympic Games and on the World Cup circuits. Perhaps even more significant is that these medal totals have been bolstered by wins in an

increasing variety of sports, and not just those few that have been our traditional stronghold.

What you see in the recent successes are the traces of the hard work, risk and innovation that took place often years prior – that over time became the fundamentals, which in turn allowed for a competitive edge.

As you review the success stories that we are presenting in this Annual Review, we hope that you can see the long-term commitment and the enormous effort that led to the athletes' excellent performances.

We hope you also appreciate the impact of the performances on our community. The medal is a tangible measure of success but the greater victory lies with those special moments that ultimately inspire

Canadians, and our youth, to live healthier more active lives.

We are experiencing a renaissance in interest for our national athletes and respect for Canadian sport. But as we continue to work to establish Alberta as the place for sport development and sport excellence, we need increased investment.

There is a growing recognition that without a significant adjustment, as our current champions retire and are not replaced, we cannot expect performance results in Pyeongchang that we saw in Sochi and Vancouver.

It is abundantly clear that we must keep our focus on what we do well and extend our reach to a greater number of talented athletes, in particular, those athletes who are eight to five years from

the podium. The Canadian Sport Institute must continue to provide rising athletes with access to sport specific, world-class daily training environments that include foundational sport science and sport medicine expertise.

And together, We Will.



Dale Henwood

Dale Henwood
President and CEO

371

THE CSIC SERVICED 371 ATHLETES IN 2013-2014

541 **3,684**
ATHLETES WERE TESTED IN THE EXERCISE PHYSIOLOGY LAB **TESTS** PERFORMED

THE CSIC CONDUCTED 40 YES PRESENTATIONS VISITING WITH **7,980** YOUNG ALBERTANS

CANADIAN SPORT INSTITUTE CALGARY

2013
2014
HIGHLIGHTS



NUMBER OF COACHES TRAINED THROUGH THE CSIC DIPLOMA PROGRAM AND WORKSHOPS :674

119

ATHLETES, COACHES AND SERVICE PROVIDERS
ACCESSED THE CSIC LIFE SERVICES THAT INCLUDE ACADEMIC COUNSELING, PERSONAL AND CAREER COUNSELING, TUTORING, JOB PLACEMENT AND MORE

fuel for gold

CANADIAN ATHLETES USED FUEL FOR GOLD FOOD SERVICES **11,623** TIMES SAVING THEM A TOTAL OF **\$12,355.46**

20 WERE CONDUCTED BY THE CSIC **WORKSHOPS**

NUMBER OF ATHLETES, COACHES, STAFF AND THE ALBERTA SPORTING COMMUNITY THAT ATTENDED :

473

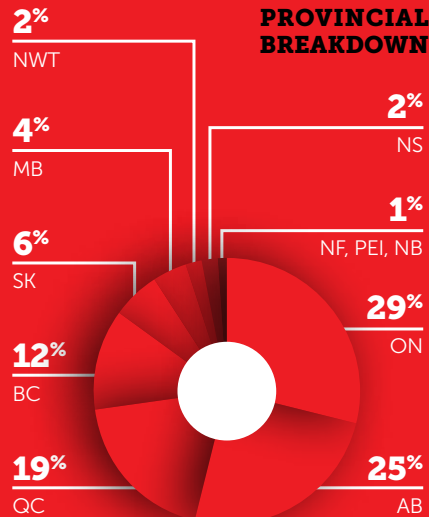
sochi.ru 2014

2014 OLYMPIC WINTER GAMES



112 ATHLETES (50.9%)

ON THE CANADIAN OLYMPIC TEAM RECEIVED SUPPORT FROM THE CANADIAN SPORT INSTITUTE CALGARY



PROVINCIAL BREAKDOWN

9 CANADIAN BEST EVER PERFORMANCES

*This does not include results in events that were contested for the first time in Sochi

6X BIATHLON
1X CROSS COUNTRY
1X LUGE



10 CBC ANALYSTS IN SOCHI HAD A CSIC AFFILIATION

ASHLEIGH MCIVOR
KELLY VANDERBEEK
CLARA HUGHES
JENNIFER HEIL
HELEN UPPERTON
JEFF CHRISTIE
BECKIE SCOTT
ROB KEITH
KRISTINA GROVES
CASSIE CAMPBELL-PASCALL

10 TOP 5 FINISHES

1X BIATHLON
2X FREESTYLE SKIING
2X LONG TRACK SPEED SKATING
4X LUGE
1X SNOWBOARD

15

CSIC STAFF/SERVICE PROVIDERS WERE ON THE CANADIAN OLYMPIC COMMITTEE MISSION STAFF JEREMIAH BARNERT, MATTHEW JORDAN (STRENGTH AND CONDITIONING), JOSEPH BENTLEY, JENNIFER DELICH, SCOTT EDMUNDS, LEO FLORE, PAUL HUNTER, RYAN MORRISON, EDWARD PAGET, TYSON PLESUK, RICHARD ROBINSON (SPORT MEDICINE), CARA BUTTON (LIFE SERVICES), KELLY ANNE ERDMAN (NUTRITION), SCOTT MAW (SPORT SCIENCE) AND FRANK VAN DEN BERG (MENTAL PERFORMANCE)

sochi.ru 2014

2014 PARALYMPIC WINTER GAMES

7

ATHLETES ON THE CANADIAN PARALYMPIC TEAM RECEIVED SUPPORT FROM THE CANADIAN SPORT INSTITUTE CALGARY



CSIC-SUPPORTED ATHLETES WERE RESPONSIBLE FOR **4** TOP 8 FINISHES
2X PARA-ALPINE
2X PARA-NORDIC

20% OF ALL ATHLETES ON THE CANADIAN PARALYMPIC TEAM WERE FROM ALBERTA

2

CSIC STAFF/SERVICE PROVIDERS WERE ON THE CANADIAN OLYMPIC COMMITTEE MISSION STAFF JOHN COLEMAN (MENTAL PERFORMANCE) SHANE MUNRO (SPORT MEDICINE)



1 SILVER PARA-NORDIC MEN'S 7.5KM BIATHLON STANDING MARK ARENDZ

1 BRONZE PARA-NORDIC MEN'S 12.5KM BIATHLON STANDING MARK ARENDZ

4 GOLD PARA-NORDIC MEN'S 10KM SITTING CHRIS KLEBL
PARA-NORDIC MEN'S 20KM CLASSIC, 1KM SPRINT FREE, 10KM FREE VISUALLY IMPAIRED BRIAN MCKEEVER, GUIDES: ERIK CARLETON AND GRAHAM NISHIKAWA

6: NUMBER OF MEDALS CSIC-SUPPORTED ATHLETES WERE RESPONSIBLE FOR



5: NUMBER OF MEDALS CSIC-SUPPORTED ATHLETES WERE RESPONSIBLE FOR

2 BRONZE ALPINE MEN'S SUPER-G JAN HUDEC
LONG TRACK SPEED SKATING MEN'S 1500M DENNY MORRISON

1 SILVER LONG TRACK SPEED SKATING MEN'S 1000M DENNY MORRISON

2 GOLD WOMEN'S HOCKEY TEAM
WOMEN'S BOBSLEIGH KAILLIE HUMPHRIES AND HEATHER MOYSE



2013-2014 WINTER WORLD CUPS

CSIC-SUPPORTED ATHLETES WERE RESPONSIBLE FOR **44** WINTER WORLD CUP MEDALS
10XG **13XS** **21XB**

5X ALPINE (3G, 1S, 1B)
9X BOBSLEIGH (4G, 1S, 4B)
1X CROSS COUNTRY (1G)
1X FREESTYLE (1S)
12X LUGE (7S, 5B)
3X SKELETON (3B)
3X SKI CROSS (3B)
9X LTSS (2G, 3S, 4B),
1X STSS (1B)

35% OF CANADA'S TOTAL WORLD CUP MEDALS WON ON THE 2013-2014 WINTER WORLD CUP CIRCUIT
TOTAL: 125 (46XG, 39XS, 40XB)



2013-2014 IPC WINTER WORLD CUPS

CSIC-SUPPORTED ATHLETES WERE RESPONSIBLE FOR **9** IPC WORLD CUP MEDALS
8XG **1XS**

1X ALPINE (1G)
2X PARA BIATHLON (1G, 1S)
6X PARA CROSS COUNTRY (6G)

31% OF CANADA'S TOTAL IPC WINTER WORLD CUP MEDALS WON ON THE 2013-2014 WINTER WORLD CUP CIRCUIT
TOTAL: 29 (13XG, 10XS, 6XB)



2013-2014 WORLD CHAMPIONSHIPS

CSIC-SUPPORTED ATHLETES WERE RESPONSIBLE FOR **8** WORLD CHAMPIONSHIPS MEDALS
6XS **2XB**

2X WINTER SPORTS
2X SUMMER SPORTS
2X PARA-SUMMER SPORTS



we can.

WITH JAYE MILLEY

THE PAST TWO YEARS:

- 2 BRONZE MEDALS**
at the 2013 Road World Championships
- 2 BRONZE MEDALS**
at the 2014 Track World Championships
- 1 BRONZE MEDAL**
at the 2014 Castiglione Della Pescaia Road World Cup

PRESENT YEAR:

1,008

HOURS OF TRAINING

6-10

INTERNATIONAL COMPETITIONS

4-6

TRAINING CAMPS



“
THE CANADIAN
SPORT INSTITUTE
GIVES US ACCESS
TO FANTASTIC
PERFORMANCE
SERVICES THAT
HELP US GET THE
1% COMPETITIVE
ADVANTAGE WE
NEED TO WIN.

”

WHAT IS NEEDED TO PROVIDE JAYE WITH THE MARGIN OF VICTORY:

APPROXIMATELY

3,000

hours of direct support from the Canadian Sport Institute Calgary...

BECAUSE

10-20%

physiological improvement results in a 1% performance improvement...

THE DIFFERENCE BETWEEN

3RD
AND
1ST

is this much





The Canadian Sport Institute provides world-leading Olympic and Paralympic training environments to elite athletes and coaches across Alberta. With the support of our partners, our team of experts delivers sport science and medicine, coaching and life services to power podium performances and help Canada win more medals.

the expertise

58 experts power the Canadian Sport Institute Calgary encompassing the key areas of sport science, sport medicine, strength and conditioning, mental performance, biomechanics, nutrition, athlete development, coaching and business operations.

At the helm is a leadership team of eight experts with more than 150 years of experience working with elite athletes in their respective field.

the facility

Calgary now boasts one of the largest and most complete Sport Institutes in the world. The new location at Canada Olympic Park is the first in Canada to provide centralized services in a facility furnished with the latest technology and equipment. It is also the only multi-sport facility in Canada dedicated to high performance sports.

The 27,000 square foot space located in the Markin MacPhail Centre features a state of the art strength and conditioning area with a biomechanics lab and strength and power lab; an exercise physiology lab; mental performance and nutritional service capabilities; an athlete lounge; a regeneration room; and access to the WinSport Medicine Clinic.



For the last 30 years, Dr. Dave Smith has helped Canadian athletes win 37 Olympic and Paralympic medals. He is a world-leader in testing and interpretation of physiological data as well as the design and monitoring of training programs for elite athletes.

exercise physiology laboratory

Physiology can be the heart and soul of an athletic program's success. The Sport Performance Laboratory, with new equipment valued at over \$225,000, offers the most effective forms of testing and monitoring available. Canadian Sport Institute experts collect and interpret the most advanced data including measurement of breath-to-breath oxygen consumption; measurement of EKG during exercise; measurement of heart rate response while training; and analysis of key biochemical markers used to evaluate the effectiveness of training.



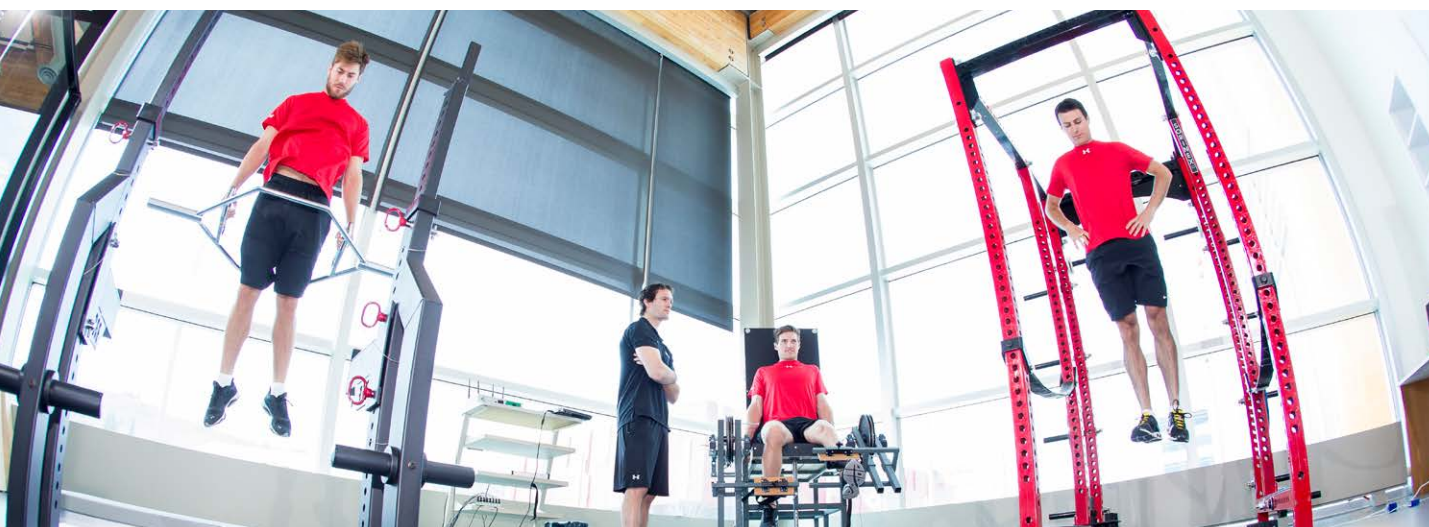
strength, power & biomechanics

The Canadian Sport Institute houses one of the most performance

focused Strength and Conditioning facilities in the world. The area features more than 19,000 square feet of training space which includes

more than 20,000 pounds of weights and equipment, a Strength & Power lab, a Biomechanics lab, an indoor MONDO 100m track (the same track

and field surface used at World Championships and Olympic Games) and an IM lifting platform (one of only three in the world).



The Power Lab allows our strength experts to do advance testing and analysis of muscle function using portable force plates, force handles, movement analysis system and an EMG muscle measurement system.



medicine

The WinSport Medicine Clinic is integral to rehabbing and developing Canada's athletes.

The physiotherapy and rehabilitation area includes 16 treatment tables with the newest form of modalities available: ultrasound, interferential current therapy, icing compression unit, shock wave unit therapy, electrical and muscle stimulation units, a traction bed, anti-gravity treadmill and a fully equipped hydrotherapy room with an under water treadmill.



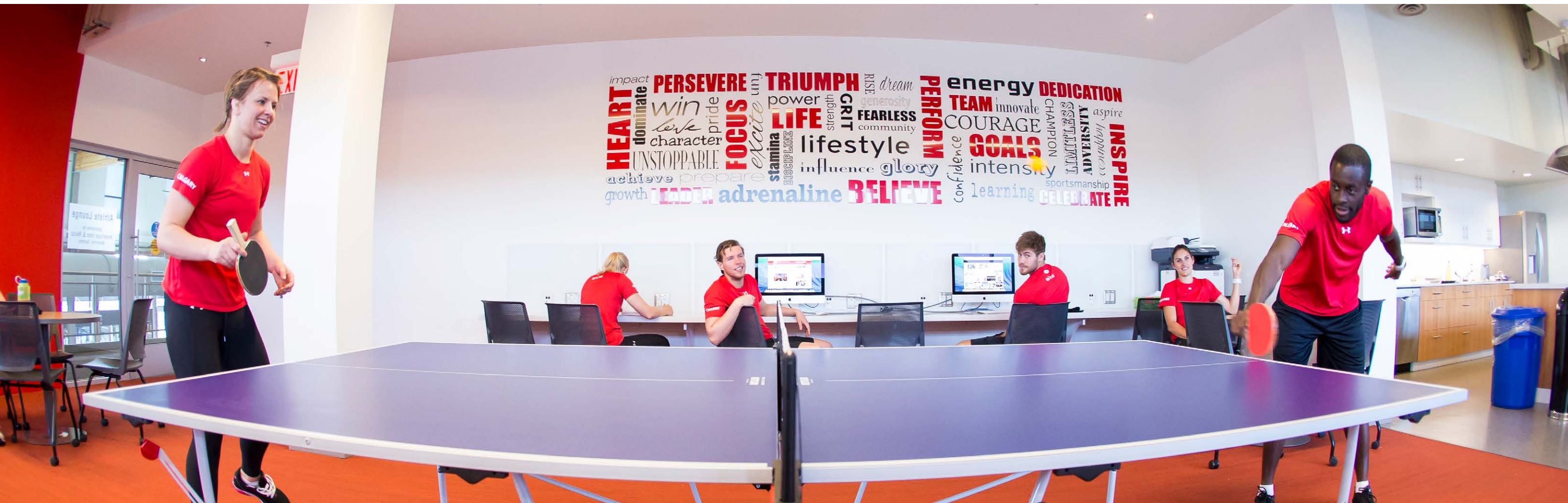
Athletes can recuperate from a day of training by using the regeneration room that include a hot and a cold tub as well as four recovery rooms for massages and regeneration.



The athlete lounge offers a fully equipped kitchen that stages cooking workshops and educates athletes on meal preparation, on creative ways of using whole food ingredients, and on adequate food combination to maximize health and performance.

athlete lounge

The Canadian Sport Institute takes a proactive approach to life and career planning. The athlete lounges at Canada Olympic Park and at the University of Calgary/ Olympic Oval are spaces for athletes to use computer stations for studying and homework; to access career, transition and academic counseling; or to just chill while playing a game of table tennis. Living a balanced lifestyle is a key to peak performance.





the partners

The Canadian Sport Institute believes in the exponential power of partnerships. The centralization of services at Canada Olympic Park would not have been possible without the partnership of WinSport who invested millions to provide the equipment necessary for the Canadian Sport Institute to operate at a world-leading level.

WinSport offers Olympic and Paralympic quality training to all winter sports through its first-rate facilities: Canada Olympic Park in Calgary (sliding track, ski hill (alpine, freestyle and snowboard training), international and NHL sized arenas, and the Bob Niven Centre), the Bill Warren Training Centre at the Canmore Nordic Centre in Canmore Alberta, and the Beckie Scott High Performance Training Centre on Haig

Glacier. WinSport also funds two-thirds of the operating budget for the Olympic Oval at the University of Calgary.

The Canadian Sport Institute is also supported by a host of world-class training facilities and clinics across Alberta that allow us to deliver performance services directly to athletes in their daily training environment.

TRAINING FACILITIES

- Cardel Place
- Mount Royal University
- HPTRC Centre/ Saville Centre
- Talisman Centre
- Foothills Athletic Park
- University of Alberta
- University of Calgary
- Moksha Yoga
- Yoga Mandala

CLINICS

- Active Life Centre
- Chiropractic Performance & Sports Therapy Centre
- EFW Radiology
- Glen Sather Sports Medicine Clinic
- Marda Loop Physiotherapy
- The Downtown Sports Clinics
- WinSport Medicine Clinic

When these facilities are combined with the expertise of the Canadian Sport Institute, Calgary becomes THE training destination of choice for Canadian athletes.

FUNDING PARTNERS



SPONSORS



we will.

WITH RACHAEL McINTOSH

**SIX YEARS TO TOKYO.
IT BEGINS WITH THE BASICS:**

MASTERING TECHNIQUE, TACTICS,
PHYSIOLOGY, HEALTH AND PSYCHOLOGY

**3-7 NUTRITION
CONSULTATIONS
PER YEAR**

to understand and maintain
healthy eating habits

**COUNTLESS HOURS OF
COLLABORATION** with the
coaches to develop a strategy
to maximize performance

6-8

**PHYSIOLOGICAL
TESTS PER YEAR**

to monitor how
the athlete is
adapting to
the training
load on
a daily
basis



“ FINDING SERVICE PROVIDERS THAT ARE FAMILIAR WITH HIGH PERFORMANCE ATHLETES, AND SPORT SPECIFIC EXPERTISE IS BOTH DIFFICULT AND EXPENSIVE, BUT THE CANADIAN SPORT INSTITUTE ELIMINATES THESE CHALLENGES AND HELPS OPTIMIZE THE HIGH QUALITY OF TRAINING RECEIVED BOTH ON AND OFF THE TRACK. ”

115-135

HOURS PER YEAR of strength training to develop and master movement competency

12-35

HOURS of mental performance support per year to learn mental discipline and develop behavioural improvement plans

6-8

YEARS

of teamwork to develop a champion.



At its core, the reason why we continue to be inspired by sport is that despite finish lines and final buzzers, the game never ends.

The pursuit of excellence is a long-term journey – but a journey that is worthwhile.

Every time we think we've seen the best performance, a new record or a trick that defies reason, it gets bettered.

And every time a gap opens between the champion and the contenders, commitment, innovation and passion are marshaled and slowly the gap is reduced and

the performance standard is continually elevated. Today there is a different gap that's widening. It's not found in the effort of our athletes and coaches, but at the foundation of their performance - our ability to financially provide them with the support and expertise they require to pursue excellence.

We were all proud of the performances of Alberta-based athletes in Sochi and at World Championships where they collected a total of 19 medals over the 2013-2014 season. However,

Alberta's dominance in winter sports in Canada is quickly fading away.

Other provinces are stepping up with increased investment and as presented in the "Investment by Source" chart, provincial funding to the Canadian Sport Institute Calgary is the lowest of all provinces. As other major provinces (Quebec, Ontario and British Columbia) receive a minimum of 2 million dollars from their province, funding to the Canadian Sport Institute Calgary has



remained close to stagnant for the past 20 years (\$159,740 in 2013-2014).

In order for Canada to have consistent and repeated international performances, there must be a strong system that cultivates and supports a steady stream of well-prepared emerging athletes. In recent years there has been a growing gap, especially in Alberta, between the true high performance athletes (Olympic & Paralympic caliber) and the "next generation" of champions.

Our inability to support these development athletes threatens the progress of the athletes and Alberta's status as a true performance partner and national leader.

With limited resources, we need to concentrate our investment on those athletes with the greatest chance to deliver the top performances. We need an even larger pool of qualified, well trained and prepared athletes to draw from. Should the current situation continue, our position as a national leader will slowly disappear.

We includes you

The theme of this Annual Review is, We Did, We Can, and We Will. It acknowledges that no victory or personal best happens without the involvement of a team of experts and supporters. We need you.

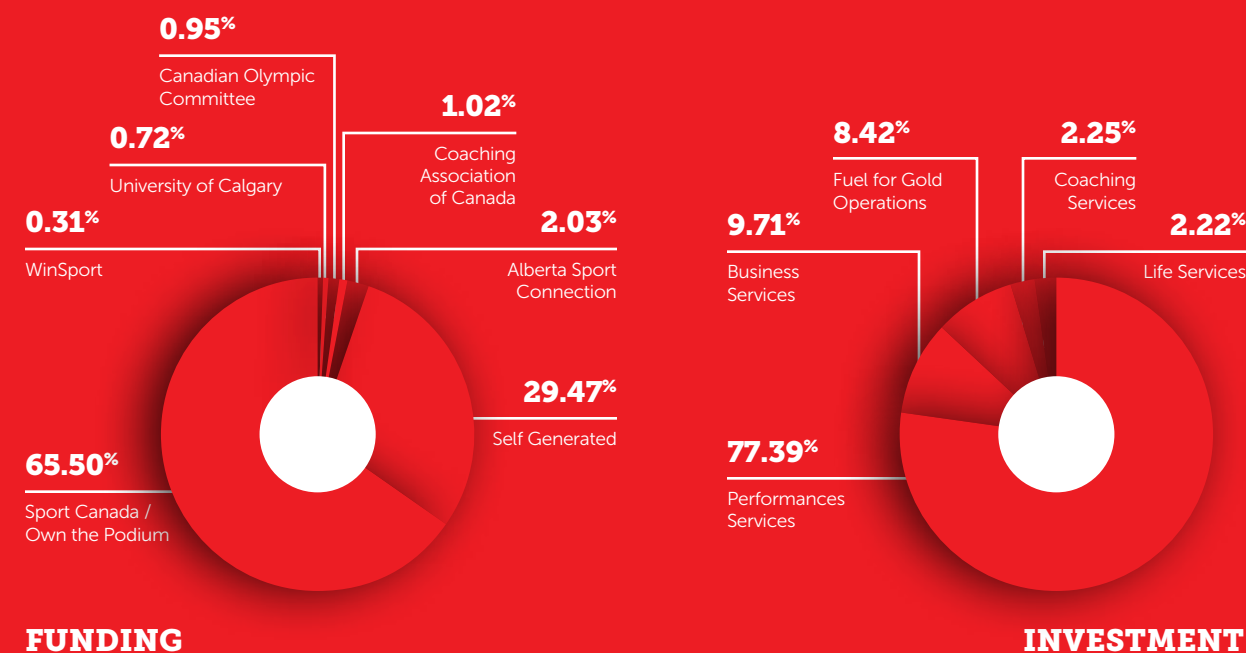
We are looking for new partners who understand the importance of the journey and are willing to invest in the 5-8 year process. We have access to great facilities and we

need them to be filled with experts, coaches and innovators who can create the conditions for top performances and keep us at the forefront of the pursuit of excellence.

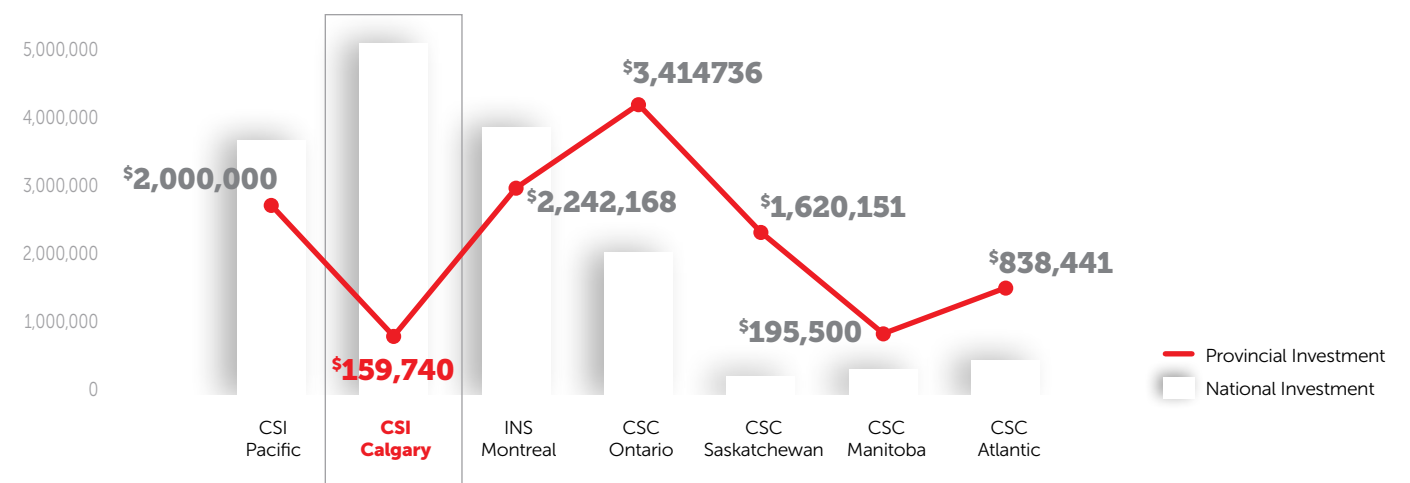
Parents, friends, governments, corporate sponsors and the athlete themselves have a responsibility to support this long term journey.

In some ways, as much as elite sport is about winning, it's truly about the pursuit of excellence – a journey that never ends.

And we need you to join that pursuit.



INVESTMENT BY SOURCE



top eight RESULTS



GOLD

HOCKEY, WOMEN'S TEAM, OG
Coaches: Kevin Dineen, Danielle Goyette, Lisa Haley, Matt Cockell

**KAILLIE HUMPHRIES
HEATHER MOYSE**

Bobsleigh, Women's, OG
Coach: Tom De La Hunty

CHRIS KLEBL

Para-Nordic, Men's 10km Sitting, PG
Coach: Robin McKeever

**BRIAN MCKEEVER
GRAHAM NISHIKAWA (GUIDE)**

Para-Nordic, Men's 1km
Sprint Free Visually Impaired, PG
Coach: Robin McKeever

**BRIAN MCKEEVER
ERIK CARLETON (GUIDE)**

Para-Nordic, Men's 10km
Free Visually Impaired, PG
Coach: Robin McKeever

**BRIAN MCKEEVER
ERIK CARLETON (GUIDE)**

Para-Nordic, Men's 20km
Classic Visually Impaired, PG
Coach: Robin McKeever

SILVER

MARK ARENDZ

Para-Nordic Biathlon,
Men's 7.5km Standing, PG
Coach: Robin McKeever

ALLISON BEVERIDGE

Cycling, Team Pursuit Ladies, WC
Craig Griffin

MORGAN BIRD

Para-Swimming, Women's
S8 50M Freestyle, WC
Coach: Kristina Crook

MORGAN BIRD

Para-Swimming, Women's
4x100M Freestyle Relay, WC
Coach: Kristina Crook

JESSICA GREGG

Short Track Speed Skating,
Ladies 3000m Relay, WC
Coach: Jonathon Cavar

**JENNIFER KISH
ASHLEY STEACY**

Rugby, Rugby Sevens, WC
Coaches: John Tait, Sandro Florino

**MEAGHAN MIKKELSON
SHANNON SZABADOS
HAYLEY WICKENHEISER**

Hockey, Women's Team, WC
Coaches: Dan Church, Matt Cockell,
Doug Derraugh, Danielle Goyette,
Lisa Haley

DENNY MORRISON

Long Track Speed Skating,
Men's 1000m, OG
Coaches: Bart Schouten,
Michael Crowe

BRONZE

MARK ARENDZ

Para-Nordic Biathlon,
Men's 12.5km Standing, PG
Coach: Robin McKeever

JAN HUDEC

Alpine, Men's Super-G, OG
John McBride

JAYE MILLEY

Para-Cycling, Men's C1 Time Trial, WC
Coach: Eric Van den Eynde

JAYE MILLEY

Para-Cycling, Men's C1 Road Race, WC
Coach: Eric Van den Eynde

DENNY MORRISON

Long Track Speed Skating,
Men's 1500m, OG
Coaches: Bart Schouten,
Michael Crowe

FOURTH

MORGAN BIRD

Para-Swimming, Women's
S8 100m Freestyle, WC
Coach: Kristina Crook

KALI CHRIST

Long Track Speed Skating,
Ladies 500m, WC
Coach: Todd McClements

LAURENT DUBREUIL

Long Track Speed Skating,
Men's 500m Day 2, WC
Coach: Gregor Jelonek

WILLIAM DUTTON

Long Track Speed Skating,
Men's 1000m Day 1, WC

SAMUEL EDNEY

**ALEX GOUGH
JUSTIN SNITH
TRISTAN WALKER**
Luge, Team Relay, OG
Coaches: Wolfgang Staudigner,
Bernhard Glass, Mikhail Zavalov

**MATHIEU GIROUX
LUCAS MAKOWSKY
DENNY MORRISON**

Long Track Speed Skating,
Men's Team Pursuit, OG
Coaches: Xiuli Wang, Mark Wild,
Bart Schouten, Michael Crowe

ALEX GOUGH

Luge, Women's Singles, OG
Coaches: Wolfgang Staudigner,
Bernhard Glass, Mikhail Zavalov

CHRIS KLEBL

**BRIAN MCKEEVER
ERIK CARLETON (GUIDE)**
Para-Nordic, 4x2.5km Open Relay, PG
Coach: Robin McKeever

JUSTIN SNITH

TRISTAN WALKER
Luge, Men's Doubles, OG
Coaches: Wolfgang Staudigner,
Bernhard Glass, Mikhail Zavalov

FIFTH

MORGAN BIRD

Para-Swimming, Women's
S8 400M Freestyle, WC
Coach: Kristina Crook

IVANIE BLONDIN

**KALI CHRIST
CHRISTINE NESBITT
BRITTANY SCHUSSLER**
Long Track Speed Skating,
Ladies Team Pursuit, OG
Coaches: Xiuli Wang, Mark Wild,
Todd McClements

WILLIAM DUTTON

Long Track Speed Skating,
Men's 500m Day 1, WC

JEAN-PHILIPPE LE GUELLEC

Biathlon, Men's Sprint 10km, OG
Coach: Jean Paquet

MARIANNE LEESON

Snowboard, Ladies Parallel
Giant Slalom, OG
Coach: Mark Ballard

ZACK MCALLISTER

Para-Swimming, Men's
S8 400M Freestyle, WC
Coach: Peter Schori

ALISTER MCQUEEN

Para-Athletics, Men's
Javelin Throw - F44, WC
Coach: Glen Smith

KIMBERLEY MCRAE

Luge, Women's Singles, OG
Coaches: Wolfgang Staudigner,
Bernhard Glass, Mikhail Zavalov

CHRISTINE NESBITT

Long Track Speed Skating,
Ladies 1000m Day 1, WC
Coaches: Xiuli Wang, Mark Wild

CHRISTINE NESBITT

Long Track Speed Skating,
Ladies 1000m Day 2, WC
Coaches: Xiuli Wang, Mark Wild

SEVENTH

JOHN FAIRBAIRN

Skeleton, Men's, OG
Coach: Duff Gibson

BRENDAN GREEN

**JEAN-PHILIPPE LE GUELLEC
SCOTT PERRAS
NATHAN SMITH**
Biathlon, Men's Relay, OG
Coaches: Matthias Ahrens,
Jean Paquet

JESSE LUMSDEN

CHRIS SPRING
Bobsleigh, Two-Man, OG
Coach: Tom De La Hunty

ZACK MCALLISTER

Para-Swimming, Men's
S8 100M Freestyle, WC
Coach: Peter Schori

ALISTER MCQUEEN

Para-Athletics, Men's
100M - T44, WC
Coach: Glen Smith

SARAH REID

Skeleton, Women's, OG
Coach: Duff Gibson

ALEXANDRE ST-JEAN

Long Track Speed Skating,
Men's 1000m Day 2, WC
Coach: Gregor Jelonek

ALEXANDRA STARKER

Para-Alpine, Women's
Super-G Standing, PG
Coach: Jean-Sébastien Labrie

ERICA WIEBE

Wrestling, Women's 72kg, WC
Coaches: Leigh Vierling, Paul Ragusa

EIGHTH

KALI CHRIST

Long Track Speed Skating,
Ladies 1500m, WC
Coach: Todd McClements

ROSANNA CRAWFORD

**MEGAN IMRIE
ZINA KOCHER**
Biathlon, Women's Relay, OG
Coach: Matthias Ahrens

WILLIAM DUTTON

Long Track Speed Skating,
Men's 1000m Day 2, WC

INAKI GOMEZ-GOROZTIETA

Athletics, 20km Race Walk, WC
Coach: Gerry Dragomir

BRAYDEN MCDUGALL

Para-Cycling, Men's C1 Time Trial, WC
Coach: Eric Van den Eynde



OG: Olympic Games
PG: Paralympic Games
WC: World Championships

CANADIAN SPORT INSTITUTE

CANADA OLYMPIC PARK OFFICE

#250, 151 Canada Olympic Road SW
Calgary, AB T3B 6B7

UNIVERSITY OF CALGARY OFFICE

Room 125, Olympic Oval, 2500 University Drive NW
Calgary, AB T2N 1N4

T 403.220.4405

F 403.282.6972

E info@csicalgary.ca



CSICalgary.ca

Board of Directors

Cheryl Sandercock (Chair)
Scotia Waterous Inc.

Catriona Le May Doan (Vice-Chair)
Olympic Oval

Doug Penner (Secretary-Treasurer)
Arcan Resources Limited

Craig Hruska (Director)
Scollard Energy

Brien Perry (Director)

Les Gramantik (Director)
Athletics

Mandy Moran (Director)
Diving

Founding Partner Representatives

Rob Paradis
Sport Canada

Dr. Gene Edworthy
Canadian Olympic Committee

Dennis Allen
Alberta Sport Connection

Dr. Stephen Norris
WinSport

Dr. Penny Werthner
University of Calgary

Lorraine Lafrenière
Coaching Association of Canada

All photos in this annual review are © by Dave Holland Photography,
the official photographer of the Canadian Sport Institute Calgary.

T 403.874.3281 E photos@csicalgary.ca W csicalgaryphotos.ca • daveholland.ca