



ready.

ready does not happen overnight.

It takes months and years of relentless commitment, preparation, pain and angst. Ready is not just a physical state of being, it is also very much about being in the "zone". Being truly ready requires an athlete to have developed the resilience, confidence and focus to perform on a world stage.

canadian sport institute calgary

2015.16 highlights

The Canadian Sport Institute Calgary is a proud member of the Canadian Olympic/Paralympic Sport Institute Network which consists of seven Sport Institutes and Centres across Canada.

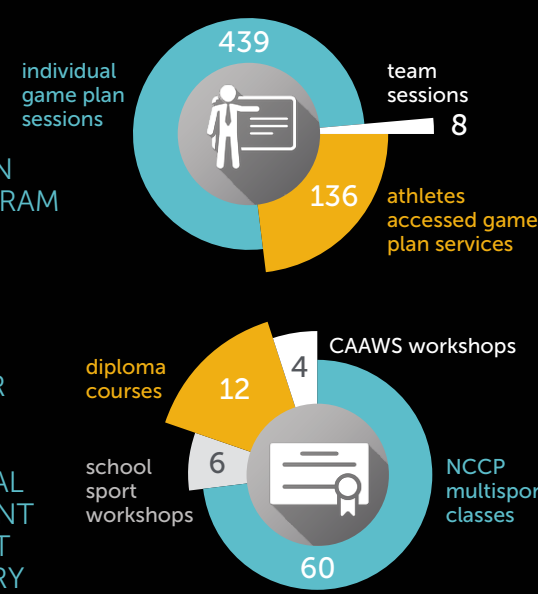


game plan

TOTAL ATHLETE WELLNESS AND CAREER EDUCATION TRANSITION PROGRAM

825

TOTAL NUMBER OF COACHES ATTENDING PROFESSIONAL DEVELOPMENT SESSIONS AT CSI CALGARY



our vision

The Canadian Sport Institute Calgary 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.

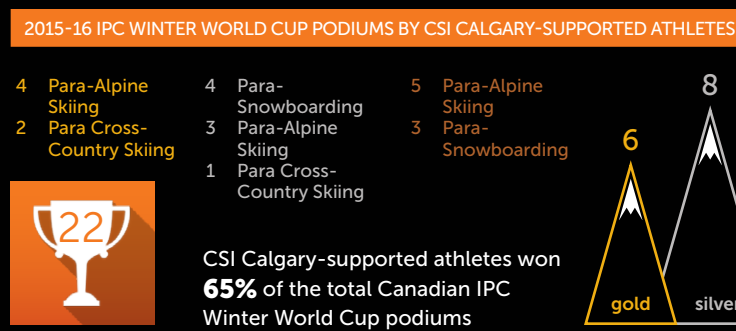
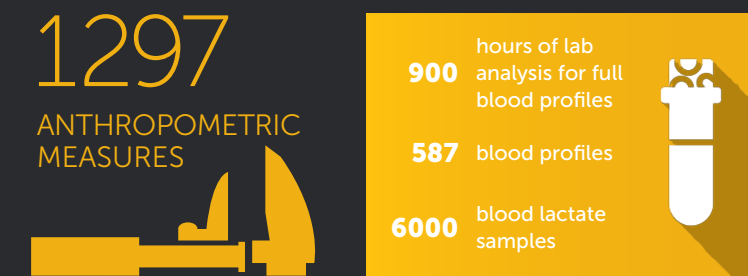
INTEGRITY

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

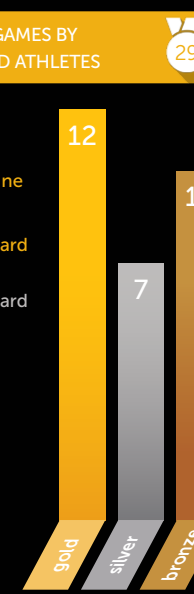
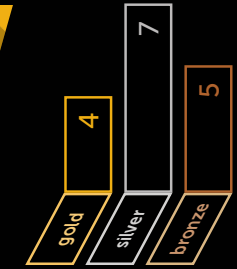
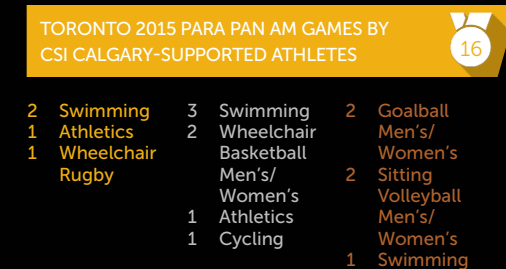
PARTNERSHIPS

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

testing in the sports performance laboratory



powering podium performances.



(L-R) Leigh Vierling Coach | Paul Ragusa Coach | Darren Mazzei Physiotherapist | Kelly Drager Performance Dietitian | Mac Read Head Strength and Conditioning Coach | Matt Brown Mental Performance Consultant | Erin Sargent Exercise Physiologist | Joe Bentley Massage Therapist | Dr. Brian Benson Sport Medicine Director

like most other endeavours, targeted goal setting is critical for success in high performance sport.

Working toward the ultimate goal of top international achievement, athletes move through a cyclical process that incorporates the elements of evaluate, plan, train, monitor, recover, ready, perform and podium. Helping athletes be ready for their top performances, reaching their goals in a defined timeframe, takes refined multi-discipline expertise.

CSI Calgary has established itself as a recognized centre for athlete development and preparation. Our philosophy is to plan forward and execute backward. Success is often not determined in the moment of the competition but rather in the long and arduous preparation phase.

At the CSI Calgary we have created (and continue to refine) an exceptional daily training environment for athletes and their coaches. Constant monitoring ensures the individualized programs are on track and help prepare the athlete to perform optimally 'on demand'. Outstanding performances utilize a multi disciplinary approach that is balanced, integrated and regularly assessed to evaluate progress, how we invest and how to deploy our resources to identify areas for improvement.

A unique and distinguishing feature of the CSI Calgary is our focus on "the process". Over time, we have cultivated a successful approach trusted by our staff, leadership and key National Sport Organization (NSO) partners. Recognizing that there are numerous factors and variables influencing a specific performance on a given day, we concentrate on what we can control. The focus is not necessarily on the end result but rather on what needs to be improved with each exercise, each training session, every day – concentrating on the process not the prize.

We measure success in many ways – feedback from our key NSO partners, the quality of our service offerings, through athlete progression and performances, ongoing development of our expert personnel, the quality and quantity of coach education programs, superior data collection and interpretation, producing quality research and seeing increased interest in our services.



dale henwood

Our aim is to ensure athletes training with the CSI Calgary are ready to perform at major international events and represent our country with distinction. We work to put Canadian athletes "in the hunt" on race day. In addition, we are advancing the upcoming next generation of athletes to be future champions. As we head into the 2016 Olympic Summer Games in Rio de Janeiro, Brazil, Canadian athletes are preparing to be ready to compete on the most prestigious international stage.

Just like athletes and coaches adjust to adverse conditions in their quest to be ready, the CSI Calgary needs to position itself to be ready, from an organizational perspective, to adapt to changing economic environments and difficult financial realities. This is not the first time we have experienced uncertainty in our 22-year history although the current economic challenges in Alberta are proving to be longer and deeper than we have experienced in the past. This will require exploring new approaches as we move forward.

With our new reality we must continue to nurture cash flow and contain our costs. We will continue to work with our valued partners and strive to foster new partnerships and revenue generating opportunities.

We will continue to be ready to "weather the storm" offering quality programs, services and world-class expertise to athletes and coaches.

Cheryl Sandercock
Chair, Board of Directors

Dale Henwood
President and CEO

perform.

anything can happen during competition.

The key to positioning an athlete to perform to their ultimate potential is to leave no stone unturned. Stellar performance requires focus, confidence, resilience, fortitude, grit and desire. To be truly ready to perform, an athlete needs to feel certain everything has been done to prepare them to realize their very best.

Michael Sarnetz para-cycling



(L-R) Philippe Abbott Coach | Tessa Gallinger Strength and Conditioning Coach
Clare Fewster Mental Performance Consultant

about the canadian sport institute calgary

With the support of our partners, the Canadian Sport Institute Calgary provides world-class training environments in Alberta. 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 csicalgary.ca

sport science

Providing leading-edge individualized testing, planning, training, monitoring and recovery for athletes in their daily training environments.

The team of experts:

- Exercise Physiologists
- Strength and Conditioning Coaches
- Biomechanics and Performance Analysis
- Registered Dietitians
- Mental Performance
- Anthropometrists
- Biochemistry Lab Technicians

sport medicine

Offering ready access and rapid response for diagnosis and treatment of injuries and illnesses as well as proactive performance-based medical monitoring.

The team of experts:

- Physicians
- Physiotherapists
- Athletic Therapists
- Chiropractors
- Massage Therapists



game plan

Offering career, education and transition support with the aim of developing world-class athletes and world-class citizens.

education

Training future science and medical experts that will continue to deliver leading services to Canada's athletes and coaches.

research and innovation

Developing innovative, evidence-based best practices and applied research in the fields of sport science and sport medicine.

talent lab

Identifying and assisting the development of athletes into national team programs as well as facilitating the transfer of athletes into a different sport – to be tomorrow's Olympic and Paralympic champions.

coaching education

Developing world-class coaches who can prepare athletes for podium performances.

next gen

Working with targeted development athletes who are five to eight years away from international podium performances.

evaluate.

the integrated support team depends on reliable and valid physiological assessments to help evaluate an athletes' readiness for training and competition.

This is a multi-disciplinary approach where the athlete's health, nutrition, mental performance and physiology are evaluated. Physiological testing is geared to the demands of the sport so the results are meaningful and can be used to individualize training programs. These assessments are conducted at appropriate intervals to monitor the effect of training blocks.



canadian sport institute calgary operations

the people

More than 75 experts power the CSI Calgary providing services, support and business development.

the athletes

More than 345 high performance summer and winter athletes from a wide variety of Olympic, Paralympic and Pan Am sports are registered with CSI Calgary.

the facility

The 43,800 square foot space located at WinSport features a state of the art strength and conditioning (S&C) area; the sport performance lab (including exercise physiology, anthropometry, biochemistry, S&C and biomechanics); a fully equipped kitchen; an athlete lounge; a regeneration room; and access to the WinSport Medical Clinic.

train.

strength and conditioning coaches motivate athletes on a daily basis to reach new levels of physical preparation.

This requires a high level of purposefulness and focus on the part of the athlete and the strength coach. Naturally, the dynamic relationship between the strength coach and athlete goes beyond just the physical elements. Strength coaches nurture self-confidence and self-belief in their athletes, and reinforce the elite habits that are needed to win.

ivaniablonovna speedskating



(L-R) **Mark Wild** Coach | **Scott Maw** Sport Physiologist | **Paul Hunter** Physiotherapist
Jenny Delich Physiotherapist | **Dr. Victor Lun** Sport Medicine Physician | **Nick Simpson** Strength and Conditioning Coach
Derek Robinson Mental Performance Consultant | **Kelly Anne Erdman** Performance Dietitian

the partners

Partnership is about joining forces and working together towards common goals. CSI Calgary believes that our valued partnerships with funding partners and sponsors enable us to deliver a wide array of world-leading services to athletes and coaches. We are grateful for their support.

funding partners

sponsors



WinSport offers Olympic and Paralympic quality training to all winter sports through its first-rate facilities which include Canada Olympic Park in Calgary (sliding track, ski hill, hockey rinks, HPTC, Bob Niven Training Centre) and the Bill Warren Training Centre at the Canmore Nordic Centre. WinSport also funds two-thirds of the operating cost for the Olympic Oval at the University of Calgary.

The Canadian Sport Institute Calgary is also supported by select facilities and clinics across Alberta that allow us to deliver high performance services to athletes and their coaches in their daily training environments.

partner training facilities

Glenmore Velodrome
Mount Royal University
Talisman Centre
Foothills Athletic Park
University of Alberta

- High Performance Training and Research Centre/Saville Centre

University of Calgary

- Olympic Oval

Winsport

- Canada Olympic Park
- Canmore Nordic Centre
- Bob Niven Training Centre
- Bill Warren Training Centre

partner clinics

EFW Radiology
Glen Sather Sports Medicine Clinic
Marda Loop Physiotherapy
The Downtown Sports Clinics
University of Calgary Sport Medicine Centre
WinSport Medicine Clinic



monitor.

utilizing feedback from data collected through testing and self-assessment is an important part of the process of getting ready for competition.

Monitoring takes many forms including both subjective and objective data to determine individual needs. This key component in athlete development gives an athlete and their Integrated Support Team information for individualized preparation strategies.

plan.

evidence of planned training programs can be found in ancient greek and roman societies.

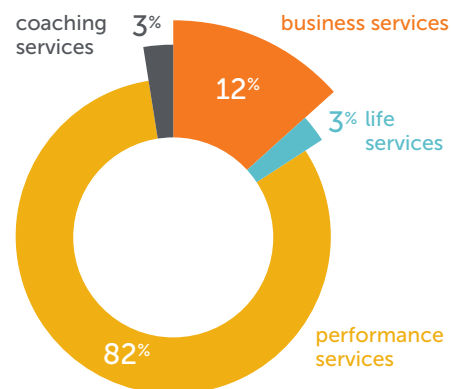
It is the development of a systematic plan to achieve a predictable (target) performance. The plan is formulated around physical, psychological and physiological attributes of an individual athlete, and executed with known training methodologies for achieving improvement towards an identified target performance.

markarendz para-rndic

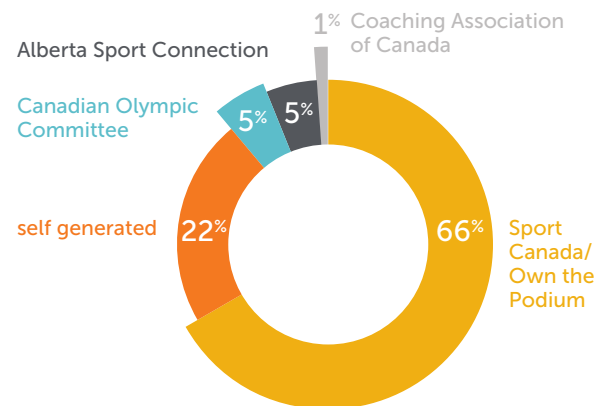


(L-R) **Robin McKeever** Coach | **Dr. Andy Reed** Sport Medicine Physician | **Dr. David Smith** Sport Science Director
Jessica Kryski Sport Physiologist | **Anna Aylwin** Head Strength and Conditioning Coach
missing: **Shane Munro** Physiotherapist

investment



funding*



* In addition to the cash investments, we acknowledge and appreciate the significant non cash support from WinSport and the University of Calgary.

board of directors

- Cheryl Sandercock** (Chair)
Scotia Waterous Inc.
- Catriona Le May Doan** (Vice Chair)
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- Doug Penner** (Secretary-Treasurer)
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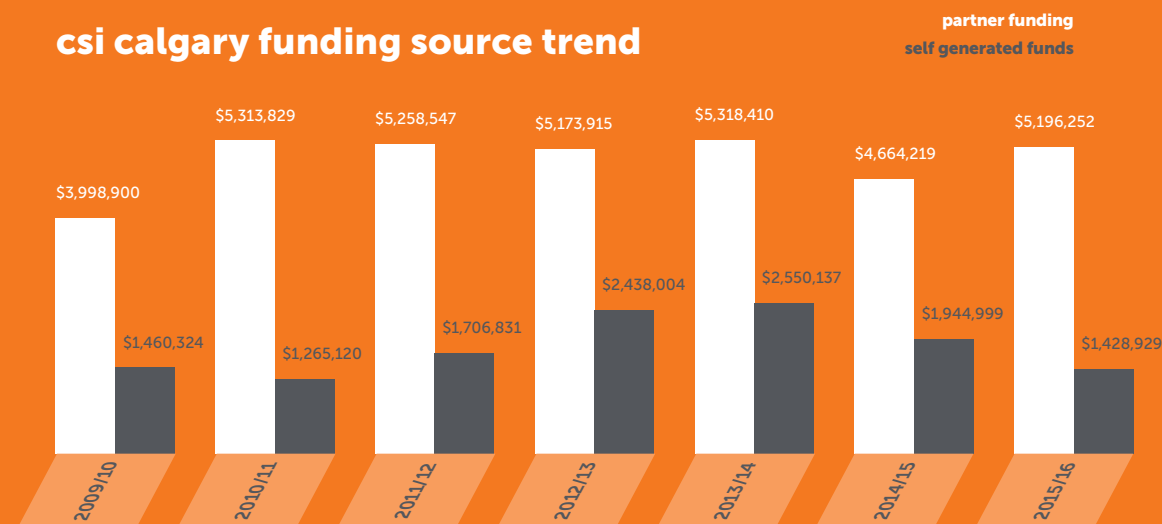


recover.

recovery is an important part of the training process and is a multidisciplinary approach to preparing an athlete to be ready for competition.

From utilizing hot and cold tubs in the Recovery Room, to making sure athletes are getting quality sleep and rest, using massage, nutritional adjustments and mental performance techniques, proper recovery will maximize athletic performance.

csi calgary funding source trend



world championships top eight results.

gold

Ivanie Blondin
Speed Skating, Mass Start
Coach: Mark Wild

Stefan Daniel
Para-Triathlon
Coach: Carolyn Murray

silver

Allison Beveridge
Cycling, Team Pursuit
Coach: Craig Griffin

Ted-Jan Bloemen
Speed Skating, 10000m
Coach: Bart Schouten

Bailey Bram
Jessica Campbell
Sarah Davis
Rebecca Johnston
Hockey, Women's
Head Coach: Doug Derragh
Assistant Coaches:
Tim Bothwell,
Dwayne Gylywoyчук,
Laura Schuler

Kaillie Humphries
Melissa Lotholz
Bobsleigh, 2-Man
Coach: Stephan Bosch

bronze

Jordan Belchos
Ted-Jan Bloemen
Benjamin Donnelly
Stefan Waples
Speed Skating, Team Pursuit
Coaches: Bart Schouten,
Todd McClements

Alex Gough
Mitch Malyk
Justin Snith
Tristan Walker
Luge, Team Relay
Coach: Wolfgang Staudigner

Christian Gow
Scott Gow
Brendan Green
Nathan Smith
Biathlon, 4 x 7.5 km Relay
Coaches: Matthias Ahrens,
Roddy Ward

Genevieve Morrison (Haley)
Wrestling, Women's 48 kg
Coaches: Leigh Vierling,
Paul Ragusa

fourth

Allison Beveridge
Cycling, Omnium
Coach: Craig Griffin

Morgan Bird
Para-Swimming, Women's
100m Freestyle S8
Coaches: Wendy Johnson,
Kristina Crook

Chelsea Carey
Amy Nixon
Curling, Women's
Coaches: Charley Thomas,
Elaine Dagg-Jackson

Helaina Cyr
Alarissa Haak
Arinn Young
Wheelchair Basketball,
Women's U25
Coaches: Bill Johnson,
Michelle Broughton

fifth

Jordan Belchos
Speed Skating, 10000m
Coach: Bart Schouten

Morgan Bird
Para-Swimming,
Women's 50m Freestyle S8
Coaches: Wendy Johnson,
Kristina Crook

Morgan Bird
Para-Swimming,
Women's 100m Butterfly S8
Coaches: Wendy Johnson,
Kristina Crook

Ted-Jan Bloemen
Speed Skating, 5000m
Coach: Bart Schouten

Isabelle Weidemann
Speed Skating, 5000m
Coach: Xiuli Wang

sixth

Ivanie Blondin
Josie Spence
Brianne Tutt
Isabelle Weidemann
Speed Skating, Team Pursuit
Coaches: Xiuli Wang,
Mark Wild

Lascelles Brown
Chris Spring
Bobsleigh, 2-Man
Coach: Stephan Bosch

Vincent De Haître
Speed Skating, 1500m
Coach: Bart Schouten

Kate O'Brien
Cycling, Women's Sprint
Coach: Erin Hartwell

Elisabeth Vathje
Skeleton
Coach: Ivo Pakalns

seventh

Jaye Milley
Para-Cycling -Track, C1 Pursuit
Coach: Eric van den Eynde

eighth

Vincent De Haître
Speed Skating, 1000m
Coach: Bart Schouten

William Dutton
Speed Skating, 500m
Coach: Kevin Crockett

Alexander Kopacz
Justin Kripps
Bobsleigh, 2-Man
Coach: Stephan Bosch

Michael Sametz
Para-Cycling -Track, C3 Pursuit
Coach: Philippe Abbott

Justin Snith
Tristan Walker
Luge, Doubles
Coaches: Wolfgang Staudigner,
Bernhard Glass

stefan daniel para-triathlon



podium.

podium may be an athlete's ultimate goal, however it is just part of the journey.

Regardless of their success during competition, it is then back to the drawing board for the athlete to begin the process all over again – evaluate, plan, train, monitor, recover, ready, perform – as they strive for new performance goals.

allison beveridge cycling



ted-jan bloeman speed skating



ready.

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The Canadian Sport Institute Calgary 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 cscalgary.ca