

# 25

**YEARS  
OF ELEVATING  
ATHLETES**



**2018/19 annual review**



**the goal  
is simple.  
get better.  
every.  
single.  
day.**

find new ways to push past the pain.

to shave hundredths of a second.  
to gain tenths of a point.

find a way to be ready on the day,  
and every day after.

we are not just training for sport.  
we are preparing for life.

we are raising the bar, pushing the limits.

we are climbing the podium  
and inspiring the nation.

**we are canadian sport  
institute calgary  
and we are elevating  
the athlete.**

# 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      Innovation      Partnerships  
Leadership      Integrity

A person is seen from behind, sitting at a desk in a gym or training facility. They are looking at a computer monitor. The background shows gym equipment, including a rack of weights and a person in a yellow shirt. The image is dark and serves as a background for the text on the right side of the page.

**we are continuing our commitment to working alongside the Government of Canada in their initiatives to provide a safe and inclusive sport environment in Canada.**

# 960



athletes are affiliated with the Canadian Sport Institute Calgary.



# 1,086

athletes went through the Benson Concussion Institute program, with **116** concussions reported.

# 756



hours of targeted coach education including delivery of the Advanced Coaching Diploma to **75** coaches from **38** different sports.



# 294

athletes from **19** different sports went through the ACL program to help identify risk factors for injuries and to assess neuromuscular readiness to train. **1,505** jump tests recorded.



GAME PLAN  
PLAN DE MATCH

Powered by | Parrainé par

**Deloitte.**

Game Plan Advisor delivered

# 386

sessions to

# 189

athletes.

Total number of physiological tests conducted on athletes:



# 1,030

 lab tests

# 3,240

 field tests

# 998

anthropometric tests



# 1,634

samples of in-house blood analysis



# 50

 Hb mass tests

**940** field tests were administered for the RBC Training Ground.



# \$403,540

invested in research and innovation.





# 4

## **the original**

In celebration of the Canadian Sport Institute Calgary's twenty-fifth anniversary, we check in with the four that have been here since the beginning to look back on those early days, how times have changed, and where CSI Calgary is heading now.





*ultimately,  
we want  
to develop  
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# dale henwood

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# nation builder.

You might fault Dale Henwood for championing as lofty a goal as building a better Canada, but you would be wrong. The stalwart and steady leader, who has been at the helm of CSI Calgary since its inception 25 years ago, has maintained since day one that the prime driver for his work is to develop good people in sport and beyond, with the aim of making our country better.

Yes, athlete performance is central to everything that CSI Calgary does – 552 medals and counting – but that’s not what drives Henwood every day. It’s something much bigger than that, something he says maintains a sense of humanity at its core.

“It’s relatively easy to win a medal,” Henwood jokes, knowing full well how difficult it is, but he stresses seriously, “It’s also difficult to develop good people and good leaders. We have some responsibility to develop good people through the Canadian sport system.”

Even in the early days, when there was a major emphasis on sport physiology – the result of close ties with the University of Calgary’s Human Performance Lab – Henwood ensured that the whole athlete was cared for. Long before Game Plan was born, CSI Calgary offered life services like public speaking, financial literacy and education and career counselling.

Henwood points to CSI Calgary alumni like Olympic champions Duff Gibson (skeleton), founder of Dark Horse Athletic and Beckie Scott (Cross-Country Skiing), president and CEO of Spirit North, as examples for what is possible after sport. Their impact is profound and wide-reaching, changing the lives of youth, and indeed building a better Canada from the ground up.

The eventual integration and coordination of sport medicine, strength and conditioning, mental performance and nutrition into CSI Calgary services has been key to both improving performance and developing the performer, something Henwood says must be maintained. “We need to continue emphasizing the people side of our business.”

The unwavering commitment to that end helps Henwood remain true to his purpose – making Canada better. “We lose the humanity if we just focus on the medal,” he says. “Ultimately, we want to develop gold medal citizens.”



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Calgary  
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## steadfast and solid.

While Henwood is firmly focused on the big picture, athletics coach Les Gramantik is deep in the trenches every day, tweaking every subtle, minuscule movement his athletes make to eke out their best possible performance.

The 25-year CSI Calgary veteran, also one of the 'original four', says he got lucky stumbling into the organization the moment the doors opened. His recollection of the early days echoes Henwood's longstanding commitment to looking beyond performance.

"There was nobody better than Dale Henwood to recognize the importance of developing the whole athlete," says Gramantik, a transplanted Romanian who has been coaching in Canada since 1984. But he says Henwood kept a keen eye on performance, too.

"Dale negotiated the use of the Foothills track for us to train on at no charge. That was huge for my program," he says, which emphasizes the fact that the CSI Calgary has always been there to support athletes and coaches.

Over the last 25 years, Gramantik has worked with several of Canada's top multi-sport athletics athletes, including 3-time Olympian in decathlon, Michael Smith and 2-time Olympian in heptathlon, Jessica Zelinka.

He's quick to point out he couldn't do it alone, however. He says that his strong relationships with Henwood and Dr. David Smith, CSI Calgary Director of Sport Science, helped him do his job better. "I learned so much about physiology from Doc Smith," he says. "He always has an insight that I wouldn't otherwise have."

That kind of cooperation, where Gramantik feels a strong connection with many of his colleagues, is what keeps him inspired and working hard for his athletes, despite recent ups and downs in athletics.

Gramantik says that one of the biggest challenges for the CSI Calgary today is retaining national sport organizations as partners. "If sports move away, we lose staff and capacity," he says, which means sport in Canada suffers.

Still, he soldiers on, with rock solid credentials and a penchant for perfection, to help his athletes reach the top.



*we  
are  
looking  
at the  
athlete  
as a  
whole  
person*



# kelly anne erdman

There's a multi-disciplinary approach to performance that's very different from what we see in other sports. Kelly Anne Erdman and her team at CSI Calgary are looking at the athlete as a whole person. They use a comprehensive data collection system across all disciplines help them to craft appropriate training programs, incorporating factors such as blood lactate, heart rate, and physiological data. Erdman is also focused on providing personalized nutrition and recovery support in her work, pointing to new ideas in sweat composition analysis, cellular recovery, and online system support.

at CSI Calgary, Erdman's work has resulted in a number of publications and presentations for the 2010 Calgary Winter Olympic Games Supplement Screening Program. Her research findings have impacted athletes and coaches across the world, not just in Canada.

Erdman's research on nutrition and improvement in performance has changed the way F



## the complete cook.

Kelly Anne Erdman also works hard to help athletes reach the top. And she'll be the first to tell you that things have changed a lot since the beginning.

25 years ago, it was not uncommon for every athlete to get the same nutrition advice, no matter their sport. "It was one diet for everyone," recalls Kelly Anne Erdman, Performance dietitian and one of the original four CSI Calgary staff.

Unsurprisingly, athletes today receive much more personalized and periodized nutrition advice depending on their unique needs. Erdman says that the integration of sport science disciplines has enabled much more collaborative work, which benefits the athlete and ultimately elevates their performance.

"There's a much deeper understanding that athletes have very different dietary goals and requirements," explains Erdman. "We also understand that not every day in their world is the same."

Extensive data collection across all disciplines helps Erdman craft appropriate nutrition plans, incorporating factors such as blood markers and physiological testing. Erdman is also focused on continued innovation and improvement in her work, pointing to new ideas like sweat composition analysis, cellular buffering, and immune system support.

Innovation in nutrition at CSI Calgary goes beyond just collaboration; it has resulted in a number of groundbreaking programs for the CSI Calgary including Fuel for Gold and the Supplement Screening Program, which Erdman says have impacted athletes across the country, not just in Calgary.

This constant evolution and improvement at CSI Calgary and in nutrition has changed the way Erdman does her job, for the better.

"As a professional it is much more rewarding to see how an athlete responds to a more prescriptive way of eating," she says. "We are looking at the athlete as a whole person, taking into account simple things like budget, cooking ability and living situations. We are getting to know the athlete better."

*CSI Calgary's major accomplishment is the accumulation of institutional knowledge that has been transferred from one generation to the next.*

**david  
smith**

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## dr. maverick.

While one trend in sport is about getting to know the athlete better, for Dr. David Smith, Director of Sport Science at CSI Calgary, it's about getting to know training better. It's been that way for him since the beginning – long before CSI Calgary existed.

At age 17, Smith was a young, eager track and field athlete when his coach handed him a training program to follow. His immediate response was, "How do I know this is going to work?" His coach replied, "You have to try it!"

A simple answer to a big question – one that has since come to define Smith's career as one of Canada's top sport scientists. Those early days were all about striving to maximize training principles for any coach or athlete in any sport.

"I had to understand all the training," he remembers. "I spent hours and hours with coaches, always asking, "What are you doing and why?"

One might assume that Smith's approach was standard fare, but in fact he's always seen himself as the odd man out. "I had to really work at coming up with innovative training that gets the result," he says. That meant taking risks and blazing his own trail across terra incognita, trying new methods that often went against the grain.

All those years of seeking an answer, as both a physiologist at CSI Calgary and professor at the University of Calgary, have amassed into something incredible: countless Olympic and World Championship medals from the likes of Gaetan Boucher, Mark Tewksbury, Catriona Lemay Doan, Curtis Myden and so many more.

However, Smith says that the CSI Calgary's major accomplishment is not medals but in fact the accumulation of institutional knowledge that has been transferred from one generation to the next.

The ongoing build-up of that knowledge, in many ways, insulates sports from losing expertise, especially amid what Smith says is an increasing trend of focusing too much on results too early.

"Coaches have less time now to produce results," he laments. "Athletes change coaches if results aren't achieved quickly enough, and there's less focus on long-term development." Smith says that's why CSI Calgary is so important against the backdrop of individuals working with an athlete – the knowledge is retained.



# 21

World Championships medals for CSI Calgary affiliated athletes in 2018-2019:

🏆 4 gold 🏆 11 silver 🏆 6 bronze

2018-2019 was a year of para dominance with CSI Calgary affiliated athletes winning four Para World Championships gold medals. The Para Nordic team combined for 10 medals at the World Para Nordic Skiing Championships in Prince George, BC.

## gold

**Collin Cameron**

Para Nordic, Cross Country, Sprint, Sitting

**Stefan Daniel**

Para-Triathlon, PTS5 Men

**Brian McKeever**

Para Nordic, Cross Country, Long, Visually Impaired

**Michael Sametz**

Para-Cycling, Time Trial



Natalie Wilkie (left) teamed-up with Emily Young (right), Collin Cameron and Mark Arendz to win silver in the Cross Country, Mixed Relay event.

## silver

**Mark Arendz**

Para Nordic, Biathlon, Middle, Standing

**Mark Arendz**

Para Nordic, Biathlon, Individual, Standing

**Mark Arendz**

Para Nordic, Cross Country, Middle, Standing

**Mark Arendz**

Para Nordic, Cross Country, Long, Standing

**Mark Arendz**

**Collin Cameron**

**Natalie Wilkie**

**Emily Young**

Para Nordic, Cross Country, Mixed Relay



Collin Cameron is the newest member of the Canadian Para Nordic world champion club winning gold and two silver medals.



## silver (continued)

**Ivanie Blondin**  
Speed Skating, Mass Start

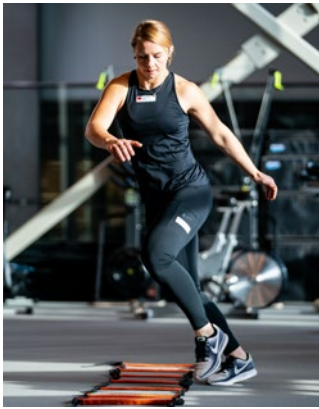
**Collin Cameron**  
Para Nordic, Biathlon,  
Middle, Sitting

**Justin Kripps**  
**Cameron Stone**  
Bobsleigh, 2-Man

**Danielle Lappage**  
Wrestling - Freestyle, 65kg

**Brady Leman**  
Ski Cross, Ski Cross

**Natalie Wilkie**  
Para Nordic, Cross Country,  
Long, Standing



The women's wrestlers, including Danielle Lappage (top) and Erica Wiebe (bottom), are looking strong in their preparation for Tokyo 2020.



Justin Kripps and Christine De Bruin piloted their squad to a three-medal performance at the IBSF World Championships in Whistler, BC.



Brady Leman is not showing any signs of slowing down winning silver in Ski Cross at the Freestyle Ski and Snowboarding World Championships while Noah Bowman won bronze in the Ski Halfpipe event.

## bronze

**Mark Arendz**  
Para Nordic, Biathlon, Sprint,  
Standing

**Noah Bowman**  
Freestyle, Halfpipe

**Kristen Bujnowski**  
**Christine De Bruin**  
Bobsleigh, 2-Man

**Ben Coakwell**  
**Justin Kripps**  
**Ryan Sommer**  
**Cameron Stone**  
Bobsleigh, 4-Man

**Laura Crocker**  
Curling, Mixed - Team

**Erica Wiebe**  
Wrestling - Freestyle, 76kg

# board of directors

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BMO Capital Markets

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**Doug Penner (Secretary-Treasurer)**  
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Sport Calgary

**Les Gramantik**

**Dan Proulx**  
Coach

**Mandy Moran**  
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**Oluseyi Smith**  
Canadian Olympic Committee

**Scott Fraser**  
Alberta Sport Connection

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Coaching Association of Canada



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Saville Community Sports Centre

University of Calgary Sport Medicine Centre

# sponsors



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to our major  
sport partners  
for choosing  
CSI Calgary to  
service your  
athletes and  
coaches.



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FREESTYLE  
CANADA\*



CANADA



CANADA



LUGE  
CANADA



WRESTLING  
CANADA  
LUTTE



# financial information

## investment

1	performance services	74.2%
2	business services	17.8%
3	coaching	4.3%
4	Game Plan	3.7%

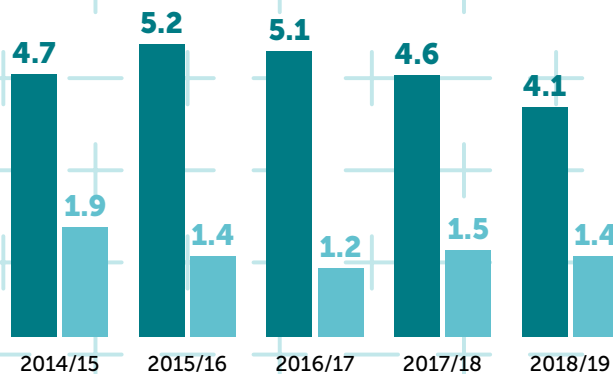
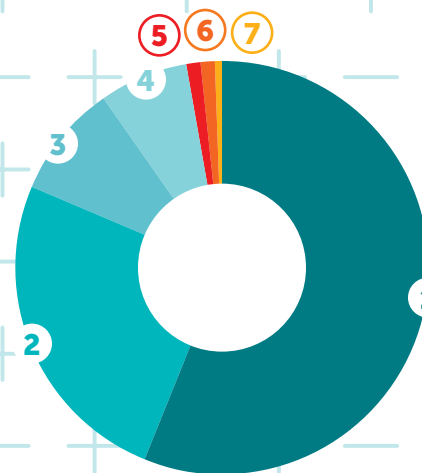
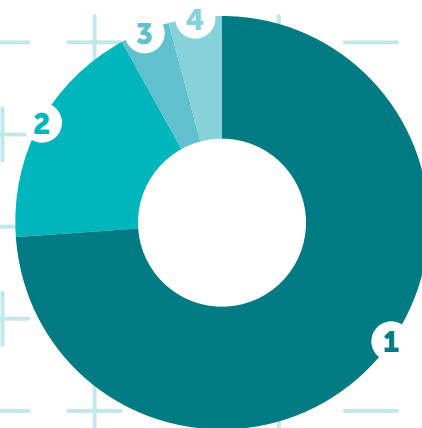
## funding

1	Sport Canada/ Own the Podium	55.7%
2	self generated	25.4%
3	Canadian Olympic Committee	9.3%
4	Alberta Sport Connection	6.5%
5	in-kind WinSport/ University	1.4%
6	Coaching Association of Canada	1.3%
7	Canadian Paralympic Committee	0.4%

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

## CSI Calgary funding source trend (\$millions)

- partner funding
- self generated funds







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This limited edition report is printed on paper made using sustainable forestry practices. A downloadable PDF is available at [csicalgary.ca](http://csicalgary.ca)

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 [csicalgary.ca](http://csicalgary.ca)