

**CANADIAN  
SPORT  
INSTITUTE**



**INSTITUT  
CANADIEN  
DU SPORT**

**Collaborate. Serve. Innovate.**



**2015-16 YEAR IN REVIEW - PACIFIC REGION**

**CSIPACIFIC.CA**



# LETTER FROM THE CEO & BOARD CHAIR

Partnerships are not only a part of an organization's success, they are integral to it. As Henry Ford noted, "Coming together is a beginning; Keeping together is progress; Working together is success."

This has never been more true for the Canadian Sport Institute Pacific (CSI Pacific) than throughout the 2015-16 fiscal year. Our partnerships have always been a source of pride and over this past year we have focussed more than ever on these alliances. Forging even stronger connections will help lead BC's athletes and coaches towards excellence in Rio.

Throughout 2015-16, CSI Pacific led and contributed to numerous projects nationally and provincially, leading to significant successes and milestones. On a national level, in partnership with the Canadian Olympic Committee, the Canadian Olympic Foundation and CBC, RBC Training Ground – one of the first Canadian Olympic and Paralympic Sport Institute Network (COPSIN) projects - was created. RBC Training Ground is a series of regional workout events for athletes between the ages of 14-25, designed to help sport officials uncover athletes with Olympic podium potential, in sports the athletes may not have considered. CSI Pacific took the technical lead on this nationwide event, which has enjoyed high turnout, considerable public exposure and notable success in identifying Canada's next generation of Olympic hopefuls.

We also continue to strengthen our focus on innovation and research at the Institute, with over 30 projects and publications produced over the past year. Our I & R projects feature strategic partnerships with organizations that include Own The Podium, Australian Institute of Sport (AIS), the Sport Innovation Centre (SPIN), and over a half dozen universities and colleges spread out over multiple continents.



A handwritten signature of Mark Hope in black ink.

**Mark Hope**

Board Chair

Canadian Sport Institute Pacific

CSI Pacific also joined forces with B2ten to provide a mentorship experience to protégés. These protégés have formal education and work experience in the field, but have limited experience in high performance sport programs. The program offers educational content and applied practice to upskill and expose them to environments they would not have necessarily have experienced to date. As a result, each protégé will be in a position to work within a senior program (individual or team) going forward. This program is being funded by B2ten and works closely with specific Canadian Sport Institutes and NSOs, who support the participants working within their programs. CSI Pacific Mental Performance lead, Dr. Kirsten Barnes, completed the mentorship program over this two-year period. All her mentees are currently working within our national team programs to varying levels of employment.

On a provincial level, we have aligned closely with viaSport and all members of the viaSport Regional Alliance over this past year to create a strong sport presence throughout British Columbia. CSI Pacific was also part of the provincial investment review which was initiated by viaSport as a way of understanding how funding is allocated to PSOs, DSOs, MSOs, and other organizations in the province. The overall objective of the review is to realign funding in a way that is the most effective for the B.C. sport system.

With assistance from our partners at Own The Podium, the Province of British Columbia, and various National Sport Organizations and Provincial Sport Organizations, our NextGen programs have also soared to new heights. Now with nine NextGen programs in place, we are seeing outstanding achievements for more of these young athletes than ever before, including exceptional results in Junior World Championships, and numerous conversions to higher-level training groups and senior national teams. Two prime examples of this success are rower Layla Balooch of Burnaby, who became the Singles U23 national champion, and Whistler Luger Reid Watts, who finished fourth in the Youth Olympic Games in Lillehammer in February.

Success has followed athletes that live and train in BC onto the global stage, with over a dozen podium finishes in World Championships over the past year. Ryan Cochrane of Victoria was a double-medalist at the Swimming World Championships in Kazan, Russia, while Comox, BC's Cassie Sharpe took home silver in Halfpipe at the FIS Freestyle Ski World Championships in Kreischberg, Austria. BC's athletes continued their string of success at the Pan Am and Parapan Am Games in Toronto, bringing home numerous medals – including double-gold for Men's and Women's Rugby Sevens – on Canadian soil.

Most importantly, after 12 industrious months, the biggest excitement lays just ahead: watching BC's athletes thrive on the world stage in Rio. From the buzz of Women's Rugby Sevens inaugural showing at the Games to BC's Rowers taking on the water, from the rough and tumble thrill of Wheelchair Rugby to the power and grace of our Swimmers, the Olympics and Paralympics will serve to show the strength not only of BC's athletes but also of the Canadian sport system as a whole. It is a system we are honoured to be a part of, featuring many organizations whom we are proud to call our performance partners.



A handwritten signature of Wendy Pattenden in black ink.

**Wendy Pattenden**

CEO

Canadian Sport Institute Pacific

# WORLD CHAMPIONSHIP RESULTS

## PARA-ALPINE SKIING

Matthew Hallat

## ATHLETICS

Melissa Bishop

Brianne Theisen-Eaton

Benjamin Thorne

Damian Warner

Justyn Warner

## PARA-ATHLETICS

Guillaume Ouellet

## CYCLING - TRACK

Stephanie Roorda

## FREESTYLE SKIING

Mikael Kingsbury

Cassie Sharpe

## LUGE

Samuel Edney

## ROWING

Ashley Brzozowicz, Natalie Mastracci, Cristy Nurse  
Lisa Roman, Christine Roper, Lauren Wilkinson

## PARA-ROWING

Veronique Boucher, Curtis Halladay, Kristen Kit,  
Victoria Nolan, Andrew Todd

## SNOWBOARDING

Kevin Hill

## SWIMMING

Ryan Cochrane

Ryan Cochrane

Emily Overholt

## PARA-SWIMMING

Nathan Stein

Nathan Stein

## PARA-TRIATHLON

Stefan Daniel

Slalom (Standing)

BRONZE

800m

SILVER

Heptathlon

SILVER

20km Walk

BRONZE

Decathlon

SILVER

4x100m Relay

BRONZE

5000m - T13

GOLD

Team Pursuit

BRONZE

Moguls

SILVER

Moguls

SILVER

Team Relay

BRONZE

Eights (8+)

BRONZE

Coxed Fours - LTAMix4+

BRONZE

Snowboardcross

SILVER

1500m Freestyle

BRONZE

400m Freestyle

BRONZE

400m Individual Medley

BRONZE

100m Freestyle - S10

BRONZE

50m Freestyle - S10

BRONZE

TR4

GOLD

**GOLD - 2**

**SILVER - 6**

**BRONZE - 12**

**TOTAL: 20**

# TORONTO 2015 PAN AM / PARAPAN AM RESULTS



**GOLD - 27**

**SILVER - 26**

**BRONZE - 27**

**TOTAL: 80**



# PARTNERS IN POWERING PODIUM PERFORMANCES

Canadian Sport Institute Pacific (CSI Pacific) provides world-leading Olympic and Paralympic daily training environments to elite athletes and coaches in British Columbia. With the support of our partners, our team of experts deliver sport science and medicine, coaching and life services to help Canada win more medals.

CSI Pacific is a proud member of the Canadian Olympic and Paralympic Sport Institute Network. As an independent, not-for-profit organization and a Registered Canadian Amateur Athletic Association, we deliver on the sport excellence policies of Sport Canada, Own the Podium, ViaSport and the Province of BC. Together we are creating a stronger system for the development of athletes, coaches, integrated support teams and sport performance facilities across the province.

Programs and services are delivered at our three locations in Victoria, Richmond and Whistler with support from our facility partners, and in five regional centres across BC through PacificSport.

## OWN THE PODIUM TARGETED SPORTS TRAINING IN BC

### SUMMER

**ATHLETICS**

**CYCLING**

**DIVING**

**FIELD HOCKEY (MEN & WOMEN)**

**PARA-ATHLETICS**

**PARA-SAILING**

**PARA-SWIMMING**

**PARA-TRIATHLON**

**ROWING**

**RUGBY (MEN & WOMEN)**

**SAILING**

**SOCCER (WOMEN)**

**SWIMMING**

**TRIATHLON**

**VOLLEYBALL (WOMEN)**

**WHEELCHAIR RUGBY**

### WINTER

**FREESTYLE SKIING**

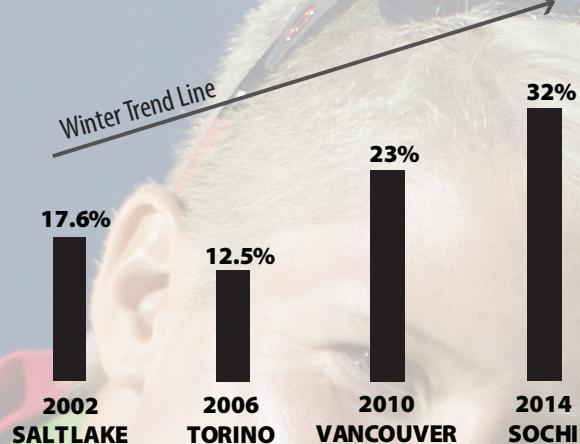
**SNOWBOARD**

**SKI CROSS**

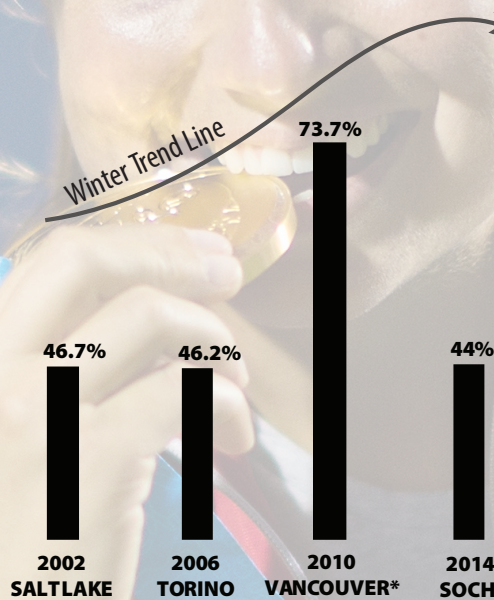
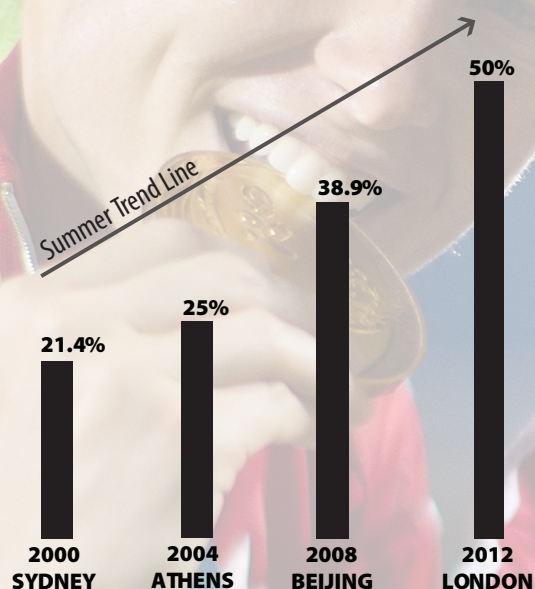
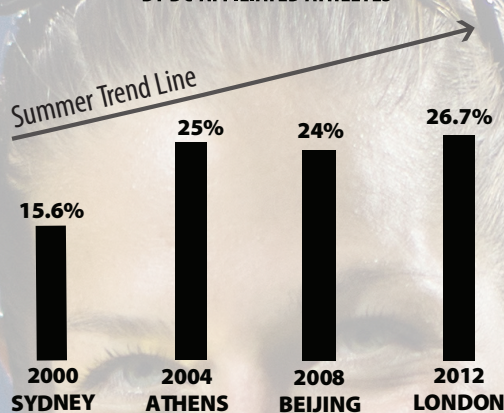




PERCENTAGE OF CANADA'S OLYMPIC MEDALS WON  
BY BC-AFFILIATED ATHLETES



PERCENTAGE OF CANADA'S PARALYMPIC MEDALS WON  
BY BC-AFFILIATED ATHLETES

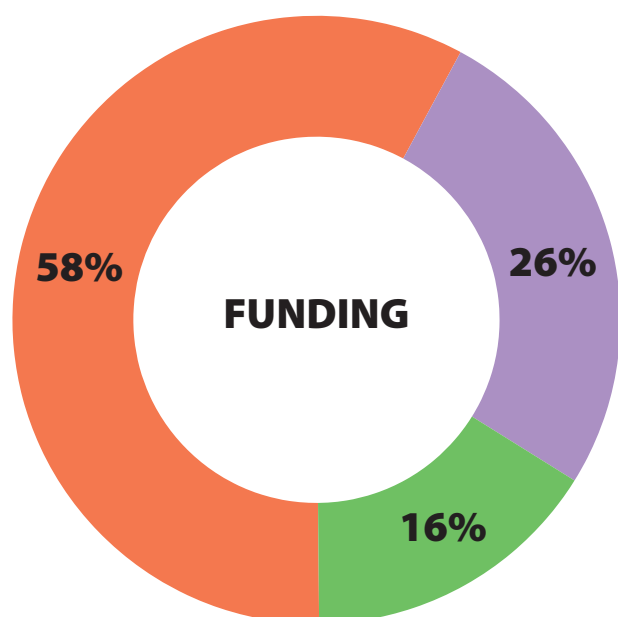


\*Lauren Woolstencroft effect

# WE WILL

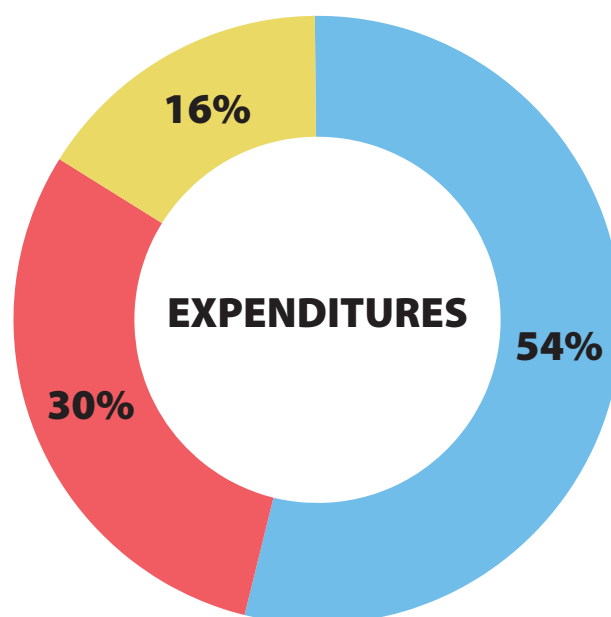
*Improve podium performances through evidence-based interventions, world-leading service and consultations to targeted sports, athletes, and coaches.*

# FINANCIAL SUMMARY



## TOTAL FUNDING (in thousands)

National Funding Partners	<b>\$4,515</b>
Provincial Funding Partners	<b>\$1,975</b>
Other Contributions, Fee for Services, Sponsorships & Misc	<b>\$1,217</b>
	<b><u>\$7,707</u></b>



## TOTAL EXPENDITURES (in thousands)

Performance Services	<b>\$4,433</b>
Talent Development	<b>\$2,415</b>
Business Operations	<b>\$1,328</b>
	<b><u>\$8,176</u></b>

During the fiscal year ending March 31, 2016, Canadian Sport Institute received \$7.7 million (2015: \$8.2 million) of funding. A total of \$6.8 million (2015: \$6.6 million) of the Institute's operating expenditures were directly related to the delivery of services and funding to sports, athletes and coaches. Overall, 84% of the Institute's total expenditures were for the development and delivery of High Performance services to provincial and national level athletes and coaches, while 16% of the Institute's total expenditures relate to operational support costs.

Our aim is to strategically allocate all available resources in carrying out our mission of providing a world-class, multi-sport daily training environment for athletes and coaches through expert leadership, services and programs. At fiscal year end the Institute was in a positive net asset position of \$1.9 million in 2016 (2015: \$2.4 million), mainly attributed to our working capital, of which the Institute's Board of Directors has internally restricted \$500,000 as an operating reserve to ensure uninterrupted operations. After a 2015 surplus of \$255,833, there was an overall deficit of \$469,031 in operations for 2016, however, due to the timing of funding received to execute projects and programs, it is not out of the ordinary for the Institute to recognize surpluses in some years and deficits in subsequent years.



## **PERFORMANCE SERVICES (54% of total expenditures)**

### ***Performance Preparation***

Taking care of an athlete's preparation requires focused attention on their physiological make up, strength and conditioning regime, and nutrition plan to give them the extra push onto the podium.

### ***Performance Readiness***

Fine tuning competition preparation, the Institute's readiness team addresses mental performance, medical service needs and support, and life services for life-sport balance on and off the field of play.

### ***Performance Analysis***

The analysis team supports the technique improvement process and competition scouting through the application of biomechanics and notational analysis, as well as the development of sport innovation and technology to give athletes an edge on their competition.

## **TALENT DEVELOPMENT (30% of total expenditures)**

The talent development functional area supports athlete and coach development through education, planning and periodization, Advanced Coaching Diploma courses, and through programs like the IGNITE Athlete Development Program and the Canadian Sport School. In addition, sport-specific NextGen Programs operate in Victoria and Whistler, bridging the gap for athletes transitioning from provincial to national teams. The talent development area also supports numerous Provincial and National sport system projects

## **BUSINESS OPERATIONS (16% of total expenditures)**

In support of Institute's Performance Services and Talent Development teams, Business Operations encompass the areas of finance and administration, human resources, information technology, communications, facilities and other operating costs.



# FACILITIES



## Victoria

Pacific Institute for Sport Excellence  
4371 Interurban Road  
Victoria, BC V9E 2C5  
T: (250) 220-2500  
F: (250) 220-2503



## Vancouver

Richmond Olympic Oval  
6111 River Road  
Richmond, BC V7C 0A2  
T: (604) 295-6940  
F: (604) 295-6940



## Whistler

Whistler Athletes' Centre  
1090 Legacy Way  
Whistler, BC, V0N 1B1  
T: (604) 962-8892

# PARTNERS

## FEDERAL FUNDING



PROUD MEMBER OF THE | FIER MEMBRE DU  
**SPORT INSTITUTE NETWORK**  
RÉSEAU DES INSTITUTS DU SPORT

**Canada**



OWN THE PODIUM



FOUNDATION™  
FONDATION



REACH HIGHER

## PROVINCIAL FUNDING



BRITISH  
COLUMBIA

## PERFORMANCE



Pacific Institute for Sport Excellence



SPORT INNOVATION CENTRE



WHISTLER  
Sport Legacies

**Pacific  
SPORT**



RICHMOND OLYMPIC OVAL



Dare to Be Great



a place of mind



University  
of Victoria