



CANADIAN  
SPORT  
INSTITUTE



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DU SPORT

# YEAR IN REVIEW 2016-17

**COLLABORATE. SERVE. INNOVATE.**

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# LETTER FROM THE CEO & BOARD CHAIR

The 2016-17 fiscal year has been an extremely important one in the history of the Canadian Sport Institute Pacific, with a number of key changes and successes occurring over those 12 months.

This year, we made reinforcing our sense of purpose a priority. We reiterated our purpose around **Powering Performance. Inspiring Excellence.** Simply put, it reflects what we do, showing how we enhance our partners, our elite athletes and coaches and all stakeholders of Canadian Sport Institute Pacific. We also focused on how we do what we do, creating a new mantra: **Collaborate. Serve. Innovate.** Taken together, our purpose and our mantra guide and inspire our staff day-in, day-out.

Our registered athletes had an incredible year, hitting unparalleled levels of success. This was highlighted by the outstanding achievements of Canadian athletes at Rio 2016. In the Olympics, Team Canada brought home a record-tying 22 medals. Canadian Sport Institute Pacific-affiliated athletes contributed to 11 of those medals - an amazing 50% - and followed it up with another seven medals at the Paralympics. You can find out more about these terrific athletes on pages 4-5 of this document.

CSI Pacific also sent its largest ever contingent of staff to the 2016 Summer Games, with 12 staff members from six different disciplines – including one in the broadcast booth – serving national sport partners in Rio.

We had a banner year for a number of our programs and initiatives, as well: the Canadian Sport School had an impressive number of athletes progress to national teams, and the RBC Training Ground program grew in leaps and bounds under our staff’s stewardship, winning major marketing awards while also finding some incredible young talent in their cross-country search for future Olympians. Pages 6-7 feature more information on these accomplishments, as well as other major highlights from throughout our Institute this year.

One of our top indicators of success was seeing the value of agreements with our NSO sport partners increase by 21.6% over the previous fiscal year. We are very proud to know our partners clearly and increasingly see the value that the Institute and our tireless and talented staff can provide.

With the ongoing support of our performance and funding partners, we are extremely pleased with the strides we have made as an Institute over this fiscal year. We are also excited about the coming year, particularly watching Canada’s athletes bringing home more medals from PyeongChang in February!



*Wendy Pattenden*  
**Wendy Pattenden**  
CEO  
Canadian Sport Institute Pacific



*Chris Cameron*  
**Chris Cameron**  
Board Chair  
Canadian Sport Institute Pacific



# POWERING PERFORMANCE. INSPIRING EXCELLENCE.

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 (COPSIN). 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.

## OUR NATIONAL SPORT PARTNERS TRAINING IN BC





# RIO 2016 MEDALLISTS

## CSI PACIFIC AFFILIATED ATHLETES

### ATHLETICS

Aaron Brown (Men's 4×100 Relay)	BRONZE
Derek Drouin (High Jump)	GOLD
Brianne Theisen-Eaton (Heptathlon)	BRONZE
Damian Warner (Decathlon)	BRONZE

### CYCLING

Laura Brown (Track – Team Pursuit)	BRONZE
Georgia Simmerling (Track – Team Pursuit)	BRONZE
Catharine Pendrel (Mountain Bike – X-Country)	BRONZE

### FOOTBALL (Soccer) - WOMEN'S

Janine Beckie	BRONZE
Josée Bélanger	BRONZE
Kadeisha Buchanan	BRONZE
Allysha Chapman	BRONZE
Sabrina D'Angelo	BRONZE
Jessie Fleming	BRONZE
Stephanie Labbé	BRONZE
Ashley Lawrence	BRONZE
Diana Matheson	BRONZE
Nichelle Prince	BRONZE
Rebecca Quinn	BRONZE
Deanne Rose	BRONZE
Sophie Schmidt	BRONZE
Desiree Scott	BRONZE
Christine Sinclair	BRONZE
Melissa Tancredi	BRONZE
Rhian Wilkinson	BRONZE
Shelina Zadorsky	BRONZE

### PARA-ATHLETICS

Tristan Smyth (Men's 4x400 T53/54)	BRONZE
Liam Stanley (Men's T37 1500m)	SILVER
Michelle Stilwell (Women's T52 100m)	GOLD
Michelle Stilwell (Women's T52 400m)	GOLD

### PARA-ROWING

Curtis Halladay (LTA Mixed Coxed Four)	BRONZE
Kristen Kit (LTA Mixed Coxed Four)	BRONZE
Meghan Montgomery (LTA Mixed Coxed Four)	BRONZE
Victoria Nolan (LTA Mixed Coxed Four)	BRONZE
Andrew Todd (LTA Mixed Coxed Four)	BRONZE

### PARALYMPIC SAILING

Jackie Gay (SKUD18)	SILVER
John McRoberts (SKUD18)	SILVER

### PARATRIATHLON

Stefan Daniel (Men's PT4)	SILVER
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### ROWING

Lindsay Jennerich (LW Women's Double Sculls)	SILVER
Patricia Obee (LW Women's Double Sculls)	SILVER

### RUGBY SEVENS - WOMEN'S

Brittany Benn	BRONZE
Hannah Darling	BRONZE
Bianca Farella	BRONZE
Jennifer Kish	BRONZE
Ghislaine Landry	BRONZE
Megan Lukan	BRONZE
Kayla Moleschi	BRONZE
Karen Paquin	BRONZE
Kelly Russell	BRONZE
Ashley Steacy	BRONZE
Natasha Watcham-Roy	BRONZE
Charity Williams	BRONZE

### SWIMMING

Hilary Caldwell (200m Backstroke)	BRONZE
Emily Overholt (4x200m Free Relay)	BRONZE

## OLYMPIC MEDALS

### CSI PACIFIC AFFILIATED ATHLETES

GOLD: 1  
SILVER: 1  
BRONZE: 9

## PARALYMPIC MEDALS

### CSI PACIFIC AFFILIATED ATHLETES

GOLD: 2  
SILVER: 3  
BRONZE: 2





# 2016-17 HIGHLIGHTS



## ATHLETE SERVICES

The Athlete Advance, our signature event created to inspire and educate BC’s athletes, expanded to two locations for the first time. Our Speaker Series events, designed to benefit athletes and coaches, had an attendance **increase of 10.2%** from 2015-16.

This department also developed more robust systems for tracking athlete conversion, Speaker Series access & Provincial Registration Rates, all of which will **aid in athlete registration and funding**.



## TALENT DEVELOPMENT

Our staff continued to lead **RBC Training Ground** nationwide, a program that exploded in size - from four events in 2015-16 to 29 events this year - due to its immense success in locating Canada’s next Olympians. RBC Training Ground capped off the year by winning Gold at the 2017 Sponsorship Marketing Awards (SMAs) in the **Best New Initiative** and **Best in Show** Categories.

Our **NextGen programs** featured a wealth of conversions and successes, including athletes from both the Swimming and Cycling NextGen programs advancing to national teams. Their results included **multiple Junior National championships**.

The **Canadian Sport School** also had more than a half-dozen students and graduates convert upward, highlighted by CSS graduate **Charity Williams** winning Bronze for Women’s Rugby Sevens in Rio. Next up, current student **Mel Pemble** has qualified for the PyeongChang 2018 Paralympics in Para-Alpine.



## PARTNERSHIPS

In 2016-17, we collaborated with **PhD students from three universities throughout B.C.:** Simon Fraser University, Univeristy of British Columbia and University of Victoria. Projects cover nearly all sport science & sport medicine disciplines.



**2139**  
ATHLETES REGISTERED

**64**  
SPORTS



# 2016-17 HIGHLIGHTS



## COACH SERVICES

This year featured continued **expansion in the new UBC High Performance Coaching and Technical Leadership Graduate Certificate**, which we partner in implementing. Nineteen students enrolled in the second cohort of the graduate certificate with 13 students moving into the provincially-approved Masters’ program. The students are among Canada’s top High Performance coaches and leaders, with 50% coming from B.C.

CSI Pacific worked in partnership with viaSport to implement the Enhanced Excellence Funding Strategy that allocated \$1.665M to 24 P/DSOs. This marks a **more targeted, evidence-based approach to funding**. The result of these changes is allocating increased funding amounts to a fewer number of sports.



## BACK OFFICE

This year, we proudly received the **Imagine Canada Standards Program awards accreditation**. This is for Canadian charities and nonprofits that demonstrate excellence in five areas of operations.

After a thorough analysis, we also recently re-organized our staffing structure, thereby simplifying processes and increasing efficiencies. These changes will **benefit all our sport partners** going forward and allow them to put even more focus on their goal of **winning medals for Canada**.

SPORT PERFORMANCE  
COACHING CERTIFICATE

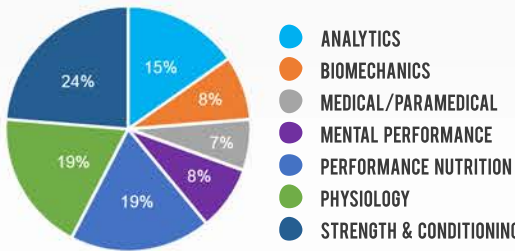
**124%**  
ATTENDANCE  
OVER 2015-16



## RESEARCH & INNOVATION

This year was highlighted by 64 projects being completed with another 74 new projects being initiated. The number of network presentations we made **rose by 70%** over 2015-16 while the number of national/international conference presentations our staff made **went up by a very impressive 274%**.

PROJECTS BY DISCIPLINE





*A few of our Canadian Sport Institute Pacific staff members at Rio 2016 celebrating the Women's Rugby Sevens Bronze Medal (L to R):  
Sandeep Nandhra (S&C / Athletic Therapy), Tyler Goodale (S&C), Sam Ebata (Performance Analysis),  
Callum Morris (Performance Analysis), Kirsten Barnes (Mental Performance)*

## FACILITIES



*Pacific Institute for  
Sport Excellence (PISE)*



*Richmond Olympic  
Oval*



*Whistler Athletes'  
Centre*

## PARTNERS

