



**CANADIAN
SPORT
INSTITUTE**



**INSTITUT
CANADIEN
DU SPORT**

YEAR IN REVIEW 2017-18

COLLABORATE. SERVE. INNOVATE.

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LETTER FROM THE CEO & BOARD CHAIR

It has been a truly spectacular past 12 months for the Canadian Sport Institute Pacific, featuring incredible successes for our National and Provincial sport partners and their athletes, our staff, and the Institute as a whole.

Building on the mantra created in the previous year, we continued to deliver excellence to our national, provincial and local partners as we strive to **Collaborate. Serve. Innovate.** Our dedication to these three tenets helped us create the best possible training environment for our sport partners, and also helped us grow as an organization. More on that below.

Our purpose at CSI Pacific – what drives us to do what we do – is **Powering Performance. Inspiring Excellence.** It was clear that our staff have done exactly that, as our affiliated athletes and National Sport Organization partners absolutely blew the roof off of PyeongChang 2018 with their performances. Athletes affiliated with us won a remarkable 42% of Canada's gold medals and 40% of Canada's overall medal totals at the Olympics and Paralympics. You can see more stats about the incredible results from these athletes on pages 4 & 5. Our Whistler campus is certainly over-achieving with these results!

We sent five staff members to the PyeongChang Olympics, each one of whom worked over the past quadrennial with a newly minted gold medalist. This included Ski Cross' double gold medal triumph, as well as being part of the journey as Mikaël Kingsbury (pictured), the greatest mogul skier of all time, finally took his place atop the Olympic podium. This year also featured our closest ever work with Alpine Canada and Canada's Para-Alpine athletes and culminated in that team winning an incredible 10 medals at the Paralympics.

Both our Athlete and Coach Services team had significant spikes in attendance in their programs in 2017-18, as well as in overall registration, while our Talent Development team tested over 500 young athletes throughout the province and had a significant number being targeted by our National Sport Organization partners. Our Canadian Sport School also featured its first ever Paralympian.

With this level of success, it's no surprise that we continue expand. With that in mind, we now have the exciting prospect of looking for a bigger home for our Victoria campus that can suit our growing needs as an Institute.

You can read more about all of these highlights and more on pages 6-7.

Strengthened by the ongoing support of our performance and funding partners, we're already looking forward to all the excitement 2018-19 is sure to provide!



Wendy Pattenden

Wendy Pattenden
CEO
Canadian Sport Institute Pacific



Chris Cameron

Chris Cameron
Board Chair
Canadian Sport Institute Pacific



OUR NATIONAL SPORT PARTNERS

TRAINING IN BC



PyeongChang 2018 Medallists

CSI Pacific affiliated athletes



OLYMPICS:

22% OF TEAM CANADA'S ATHLETES
WERE CSI PACIFIC AFFILIATED

THEY WON 31% OF TEAM
CANADA'S MEDALS

INCLUDING **45% OF THE GOLD
MEDALS**

PARALYMPICS:

40% OF THE ATHLETES WERE CSI
PACIFIC AFFILIATED

THEY WON **50% OF TEAM
CANADA'S MEDALS**

COMBINED OLYMPICS & PARALYMPICS:

CSI PACIFIC AFFILIATED ATHLETES
MADE UP 25% OF THE ATHLETES,
WON 40% OF CANADA'S TOTAL
MEDALS AND **42% OF THE GOLD
MEDALS**



THE ATHLETES

LAURIE BLOUIN
SNOWBOARD - WOMEN'S SLOPESTYLE
SILVER

INA FORREST
WHEELCHAIR CURLING
BRONZE

JAMES GEMMELL
PARA ICE HOCKEY, MEN'S
SILVER

ALEXIS GUIMOND
PARA-ALPINE GIANT SLALOM,
STANDING
BRONZE

MOLLIE JEPSEN
PARA-ALPINE SUPER COMBINED,
STANDING
GOLD
PARA-ALPINE SLALOM, STANDING
SILVER
PARA-ALPINE DOWNHILL, STANDING
BRONZE
PARA-ALPINE GIANT SLALOM,
STANDING
BRONZE

MIKAËL KINGSBURY
FREESTYLE SKIING - MEN'S MOGULS
GOLD

BRADY LEMAN
SKI CROSS - MEN'S
GOLD

MARK MCMORRIS
SNOWBOARD - MEN'S SLOPESTYLE
BRONZE



MAC MARCOUX & GUIDE
JACK LEITCH
PARA-ALPINE DOWNHILL,
VISUALLY IMPAIRED
GOLD
PARA-ALPINE GIANT SLALOM,
VISUALLY IMPAIRED
BRONZE

KURT OATWAY
PARA-ALPINE SUPER-G SITTING
GOLD

MAX PARROT
SNOWBOARD - MEN'S SLOPESTYLE
SILVER

BRITT PHELAN
SKI CROSS - WOMEN'S
SILVER

ALANA RAMSAY
PARA-ALPINE SUPER-G, STANDING
BRONZE
PARA-ALPINE SUPER COMBINED,
STANDING
BRONZE

KELSEY SERWA
SKI CROSS - WOMEN'S
GOLD

CASSIE SHARPE
FREESTYLE SKIING - HALFPIPE
GOLD

SÉBASTIEN TOUTANT
SNOWBOARD - BIG AIR
GOLD

EMILY YOUNG
PARA-NORDIC 4X2.5KM, MIXED
SILVER
PARA-NORDIC 7.5KM STANDING
BRONZE

OUR TEAM

WHO WORKED WITH THESE
NATIONAL TRAINING GROUPS

FREESTYLE SKIING:
STRENGTH & CONDITIONING
SEAN NUGENT
TAI TRAN

BIOMECHANICS
SAM EBATA

PHYSIOLOGY
WENDY PETHICK

MENTAL PERFORMANCE
CONSULTANTS
DR. LAUREN MCBRIDE
DR. PENNY WERTHNER

PARA-ALPINE:
STRENGTH & CONDITIONING
KAYLA DODSON

SKI CROSS:
STRENGTH & CONDITIONING
& IST MANAGEMENT
CRAIG HILL

PHYSIOLOGY
STACEY HUTTON

NUTRITION
JOANNA IRVINE

SNOWBOARD:
SPORT SCIENCE & MEDICINE
LEAD
JEREMY SHEPPARD

STRENGTH & CONDITIONING
JEREMY WATKIN
ALBIE SEARS

MENTAL PERFORMANCE
CHRISTIE GIALLORETO

NUTRITION
REBECCA HALL
JOANNA IRVINE

ATHLETE SERVICES

Due to popular demand, our Athlete Services team had two Athlete Advances for the first time ever: one on Vancouver Island and one on the mainland, to benefit even more athletes than ever before. The result? **A 53% growth since 2016-17**

Our 15 Sport Performance Speaker Series events had an 11% gain on 2016-17, and a **27% increase** in on-demand video for these events. A new Sport Education Certificate program was created for these videos, as was **Performance Public On-Demand**, a paid service for public to access these videos.

2400+ Athletes in 67 Sports



COACH SERVICES

In 2017-18, we **supported 80 Coaches in Advanced Coach Education** through partnership with UBC's Masters of High Performance Coaching and Technical Leadership and the COPSIN Advanced Coaching Diploma.

Of the 36 coaches who took the Sport Performance Coaching Certificate, 29 completed the full complement of courses, **a 71% increase** on the previous high.

As of the time of writing, CSI Pacific has **276 provincial athlete and/or coach partnerships**. These range from partners in apparel to accommodation, and from food partners to subsidized gym memberships.

CSI Pacific has over 250 coaches registered as of 2017-18.

Talent Development



PARALYMPIAN SEARCH



In 2017-18, we efficiently implemented six RBC Training Ground events in B.C., where we **tested over 500 athletes** from across six very unique and distinct geographic regions throughout the province.

Ninety-five athletes participated in the regional final, of which **51 athletes (53.6%) have received invitations** from partner NSOs to participate in sport-specific assessments.

We co-hosted a Paralympian Search at our Vancouver Campus in October 2017 and are hosting another in Victoria in May 2018. This featured **excellent on-site collaboration** with our partners at the Canadian Paralympic Committee.

Four of CSI Pacific's proprietary PODIUM SEARCH™ events were held in B.C. in 2017-18, testing 465 athletes.

CANADIAN SPORT SCHOOL

Current and former Canadian Sport School Victoria athletes had a remarkable year. Current student Mel Pemble became **CSS Victoria's first ever Paralympian** when she competed in downhill skiing at the PyeongChang 2018 Paralympics.



Graduate Erin Attwell was the **2017 Junior National Champ** in Track Cycling, while at the Canada Summer Games four current and two graduate student-athletes competed, with Sam Willett winning Gold in the Hammer Throw.

2017 Alumni Sophie De Goede was named **U Sports Women's Rugby Rookie of the Year** and Erin Geddie was USports the Women's Wrestling champion.

Operationally, the provincial CSS program has worked to align programs, standardize service delivery and centralize admin services between its **multiple campuses throughout B.C.**



Partnerships

We continue to collaborate with many institutes of higher education, including **UVic, UBC, SFU & Camosun College**.

CSI Pacific's Director, System Excellence, David Hill serves as the Associate Director of Industry for UBC Kinesiology in the delivery of the **Masters in High Performance Coaching and Technical Leadership**.

Additionally at UBC, one of our Physiologists, James Brotherhood, works as the Senior Manager of Sport Science and Sport Medicine at UBC Athletics and Recreation.

Also in 2017-18, Dr. Nick Clarke, one of our Strength & Conditioning Leads, was hired in a **joint position with UVic Athletics** as Senior Strength & Conditioning Coach.



University
of Victoria



Back Office



We continued our Imagine Canada Standards Accreditation, demonstrating our **ongoing excellence in five areas of operations**. These areas are:

- o Board Governance
- o Financial Accountability and Transparency
- o Fundraising
- o Staff Management
- o Volunteer Involvement

CSI Pacific has been accredited with Imagine Canada since 2015.

CSI Pacific also began automated transaction processing to **increase efficiencies & streamline** our financial management procedures.

Innovation & Research

In 2017-18, CSI Pacific staff completed **45 national and international conference presentations** in the fields of Health Science, Mental Performance, Nutrition, Biomechanics & Performance Analysis, Strength & Conditioning and Physiology.

Dr. Marc Klimstra was hired as our Lead, Innovation and Research, in 2017-18. He is supported by **two senior Innovation & Research advisors**, Dr. Dave Clarke (SFU) & Dr. Chris West (UBC). Dr. Clarke's focus is on Sport Analytics I&R while Dr. West's is on Para-sport Innovation & Research.

We work with CanAssist at UVic and Camosun Innovates on **Paralympic technology**, as well as with UBC's data science group & SFU sport analytics.

CSI Pacific has eight adjunct professors on staff, at universities throughout Canada and Australia.

Twenty-five projects I&R were completed that led to **20 peer reviewed publications**.

Information Technology



In order to **strengthen our cyber-security**, we implemented an array of new systems, procedures & cloud-based applications.

We introduced **Smartabase, a new database** for our registered athletes & coaches that allows our sport science and medicine staff to analyze athletes' data across all sports and disciplines. This means we are able to figure out the best training protocols for our athletes and that our sport medicine team can get them back out competing as quickly as possible. We currently have data from **more than 9,000 athletes and coaches** in the database and have partnered with over a dozen National Sport Organizations on the project.

Engagement on all social media channels (Twitter, Facebook, Instagram, YouTube) has gone up over the past year by **over 20% across all platforms**.

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 (COPSI Network) and the viaSport Regional Alliance. 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 Centres and Engage Sport North.

OUR CAMPUSES



VICTORIA CAMPUS

located within Pacific Institute
of Sport Excellence (PISE)



VANOUVER CAMPUS

located within
Richmond Olympic Oval



WHISTLER CAMPUS

located
Whistler Athletes' Centre

FUNDING PARTNERS

