

YEAR IN REVIEW

2021-2022



Powering Performance. Inspiring Excellence.

Letter from **CEO** & **BOARD CHAIR**

It has been a truly incredible twelve months for us at CSI Pacific, and for the athletes, coaches and sports with whom we work.

We supported and enjoyed two sets of major games – Tokyo 2020 and Beijing 2022 – in the same twelve-month span, harkening back to the old days of the Olympics, where Winter and Summer Games were hosted in the same year.

While the Tokyo and Beijing Games happening so close together put significant pressure on the organization, it didn't stop us from cheering on Canada's athletes – especially our registered ones! – all year long as they took on the world.

The results were spectacular. Team Canada had amazing achievements across the board at both sets of Olympics and Paralympics, and CSI Pacific affiliated athletes were a huge part of that, punching far above their weight in each individual Games. More on that, including a list of all CSI Pacific affiliated medallists on page 4 and 6.

We are extremely proud of all our staff who worked so hard to get these athletes and coaches to the Games, ready to perform when it mattered most. Special recognition is owed to our medical team, including our Chief Medical Officer, Dr. Paddy McCluskey, for keeping all the staff and athletes safe and healthy during the pandemic, allowing Team Canada to enjoy their sensational results.

Congratulations to all the athletes, coaches, our NSO partners and staff. It's a privilege to work with you all. Go Canada!



Wendy Pattenden
Wendy Pattenden
CEO
CSI Pacific



Laura Nashman
Laura Nashman
Board Chair
CSI Pacific

THANK YOU *to all of our* National Sport Partners





OUR TEAM AT THE GAMES



Ryan Brodie

Performance Technology
Team Canada Mission Staff



Christie Gialloreto

Mental Performance
Rowing & Para Rowing



Alex Hodgins

Mental Performance
Soccer



Matt Jensen

Performance Analysis
Para Triathlon



Zach Kalthoff

Strength & Conditioning
Soccer



Sue Lott

Physiotherapy
Para Rowing



Dr. Paddy McCluskey

Lead Physician
Athletics



Sandeep Nandhra

Athletic Therapy and
Strength & Conditioning
Para Athletics



Wendy Pethick

Physiologist
Rowing & Para Rowing



Dr. Gareth Sandford

Physiologist
Athletics



Dr. Trent Stellingwerff

Physiologist & IST Lead
Athletics

BY THE NUMBERS

50%

CSI Pacific Affiliated Athletes
Making Up Team Canada*

42%

Medals won by CSI Pacific
Affiliated Athletes



23%

CSI Pacific Affiliated Athletes
Making Up Team Canada

43%

Medals won by CSI Pacific
Affiliated Athletes

**CSI Pacific's Highest Ever Percentage at a Summer Olympics*

2020ne

Medallists



MOHAMMED AHMED
Athletics - Men's 5000m



STEFAN DANIEL
Para Triathlon PTS5



BRENT LAKATOS
Para Athletics -
Men's 5000m T54
Men's 800m T53
Men's 400m T53
Men's 100m T53



JANINE BECKIE
KADEISHA BUCHANON
GABRIELLE CARLE
ALLYSHA CHAPMAN
JESSIE FLEMING
VANESSA GILLES
JULIA GROSSO
JORDYN HUITEMA
STEPHANIE LABBÉ
ASHLEY LAWRENCE
ADRIANA LEON
ERIN MCLEOD
NICHELLE PRINCE
QUINN
JAYDE RIVIÈRE
DEANNE ROSE
SOPHIE SCHMIDT
DESIREE SCOTT
KAILEN SHERIDAN
CHRISTINE SINCLAIR
EVELYNE VIENS
SHELINA ZADORSKY



ANDRE DE GRASSE
Athletics - Men's 100m &
200m



EVAN DUNFEE
Athletics - Men's Race
Walk 50km



KATE O'BRIEN
Para Cycling - C4-5 500m



EMMA ENTZMINGER
LARISSA FRANKLIN
SARA GROENEWGEN
JENN SALLING
Women's Softball



NATE RIECH
Para Athletics - Men's
1500m T38



GREG STEWART
Para Athletics - Men's
Shot Put F46



CAILEIGH FILMER
HILLARY JANSSENS
Rowing - Women's Pairs



DAMIAN WARNER
Decathlon



ZACHARY GINGRAS
Para Athletics - Men's
400m T38



SUSANNE GRAINGER
KASIA GRUCHALLA-WESIERSKI
KRISTEN KIT
MADISON MAILEY
SYDNEY PAYNE
ANDREA PROSKE
LISA ROMAN
CHRISTINE ROPER
AVALON WASTENEYS



JEROME BLAKE
AARON BROWN
ANDRE DE GRASSE
BRENDON RODNEY

Athletics - Men's 4 x 100m

Rowing - Women's Eights



BEIJING

OUR TEAM AT THE GAMES



Kayla Dodson

Strength & Conditioning/IST Lead
Para Alpine



Megan Kamachi

Performance Technology
Team Canada Mission Staff



Christie Gialloreto

Mental Performance
Para Snowboard



Andrew Kates

Strength & Conditioning
Freestyle Skiing



Craig Hill

Strength & Conditioning/IST Lead
Ski Cross

BY THE NUMBERS

32%

CSI Pacific Affiliated Athletes
Making Up Team Canada

58%

Medals won by CSI Pacific
Affiliated Athletes*



35%

CSI Pacific Affiliated Athletes
Making Up Team Canada

56%

Medals won by CSI Pacific
Affiliated Athletes**

**CSI Pacific's Highest Ever Percentage at a Winter Olympics*

***CSI Pacific's Highest Ever Percentage at a Winter Paralympics*



Medallists



JACK CRAWFORD

Alpine Skiing -
Men's Combined



**JUSTIN KRIPPS
RYAN SOMMEER
BEN COAKWELL
CAM STONES**

Bobsleigh - 4 man



CASSIE SHARPE

Freestyle Skiing -
Women's Halfpipe



CHRISTINE DE BRUIN

Bobsleigh -
Women's Monobob



MARIELLE THOMPSON

Women's Ski Cross



LISA DEJONG

Para Snowboard -
Women's Snowboard Cross



RACHAEL KARKER

Freestyle Skiing -
Women's Halfpipe



TYLER TURNER

Para Snowboard -
Men's Snowboard Cross
& Men's Banked Slalom



INA FORREST

Wheelchair Curling



MIKAËL KINGSBURY

Freestyle Skiing -
Men's Moguls



ELIOT GRONDIN

Men's Snowboard Cross &
Snowboard Cross Mixed



**MAC MARCOUX
TRISTAN RODGERS**

Para Alpine -
Men's Downhill VI



NATALIE WILKIE

Para Nordic Skiing -
Women's 15km Standing,
Women's Sprint Standing,
Women's Middle Distance
Standing & Mixed
4 x 2.5km Relay



ALEXIS GUIMOND

Para Alpine -
Super G Standing



MARK McMORRIS

Snowboard -
Men's Slopestyle



EMILY YOUNG

Para Nordic Skiing -
Mixed 4 x 2.5km Relay



LEWIS IRVING

Freestyle Skiing -
Mixed Team Aerials



MERYETA O'DINE

Women's Snowboard Cross &
Snowboard Cross Mixed



MICAH ZANDEE-HART

Women's Ice Hockey



MOLLIE JEPSEN

Para Alpine -
Women's Downhill Standing
& Giant Slalom Standing



MAX PARROT

Snowboard -
Men's Slopestyle & Men's Big Air



ALANA RAMSAY

Para Alpine -
Women's Super G Standing &
Super Combined Standing

Department HIGHLIGHTS

Athlete Coach Services

Athlete Coach Services (ACS) was extremely busy this year, providing direction and programming services for athletes and coaches, both online and in-person. They also went through a number of staffing changes with the onboarding of three brand-new ACS Coordinators to support Canadian & Provincial Development athletes with their registrations & renewals, occurring throughout the year.

In the fall, ACS also developed a successful re-launch of the Rising Star and Nesters athlete grants. Out of 107 applicants, seven athletes received a \$1,000 grant from CSI Pacific. Athlete Coach Services continues to work towards an increasingly efficient and integrated system of athlete management, which will make for the best process for athlete affiliation prior to competition, including the Olympic and Paralympic Games.

1744

Registered
Athletes

212

Registered
Coaches

6

New Community
Partners



Back Office

The Human Resources team have worked very hard this year with the revamp of their staff onboarding process and a comprehensive review of all staff policies and procedures. Also, CSI Pacific's staff benefit provider was changed to Sterling Capital Brokers this year, improving the benefits for staff across the organization.

The Equity, Diversity, Inclusion and Accessibility (EDIA) Committee hosted and planned a variety of events and initiatives throughout the year including the EDIA National Survey. This committee also led the way in recognizing the very first National Truth & Reconciliation Day by educating our staff with various webinars, the importance of land acknowledgement, and promoting Orange Shirt Day.



The Employee Excellence Committee revamped the Employee Excellence Program (EEP) and re-launched it at the start of the fiscal year to create an inclusive space for all staff while encouraging them to participate in the many initiatives and activities planned in advance.

On the Communications side, the team expanded with the hiring of a new Communications Coordinator to help support and manage the internal and external communications, public relations, marketing, and the overall brand of CSI Pacific. This year, the team helped create daily updates, newsletters, press releases, and a strong social media plan throughout both sets of Olympic and Paralympic Games.

The I.T. team assisted staff throughout all three campuses with the new, hybrid model of work created by the pandemic, supporting them through these new processes and individual setups. Our hard-working team maintained high cybersecurity standards for CSI Pacific staff.

Data Solutions

The Data Solutions team have completed several analytical research projects with more than a half-dozen National Sport Organizations this year. This included the Quadrennial (2017-2021) Injury Surveillance Statistical Modeling Analysis with Athletics Canada led by CSI Pacific's Research & Development Senior Advisor, Trent Stellingwerff. Our team of experts also led numerous educational presentations at this year's Own the Podium SPIN conference detailing research projects that will further evaluate and predict athlete performance.

Data Solutions educated and empowered all CSI Pacific staff in data literacy & fluency and started a mandate to leverage all Microsoft Office tools in the workplace. They did so by sharing files and storing data through OneDrive and SharePoint, as well as utilizing Tracking Service Delivery for proper structure and processing.



Game Plan

A new Game Plan Advisor was hired in early 2022 with our previous long-serving Advisor moving to Canadian Sport Centre Atlantic.

Our new Advisor continued to find ways to collaborate between Game Plan's Athlete Wellness program and Athlete Coach Services, hosting a wide array of events and webinars that support high-performance athletes.

These included the annual Game Plan Summit, peer-peer discussion webinars for athletes who did not qualify for the Tokyo and Beijing Games, and multiple workshops to support athletes considering retirement.

Medical

Our Medical team was in the spotlight again this year with COVID-19 testing and protocols at the forefront. The team kept track of all provincial mandates, designed our own COVID protocols, and provided staff and the public with regular updates of CSI Pacific COVID-19 protocols. Their diligence was essential in keeping COVID numbers low for athletes, coaches and staff, thereby allowing the maximum number of athletes to compete throughout the pandemic.

They provided and organized testing for many affiliated athletes flying to Tokyo and Beijing helping ensure they could pass all regulations and travel to the Olympic or Paralympic Games. The Medical team also worked with National and Provincial Sport Organizations to offer asymptomatic testing prior to travelling, at competitions beyond just Tokyo and Beijing.

A Health and Performance Services Administration Coordinator was hired to work directly with our Chief Medical Officer and support the increased workload and new initiatives, helping keep everyone safe and healthy throughout the year.

Mental Performance

CSI Pacific's Mental Performance team continues to be one of the largest and strongest groups of Mental Performance Consultants throughout the COPSIN network, supporting a large number of athletes at all levels across a wide variety of sports.

Our Mental Performance Lead, Sharleen Hoar, hosted and executed numerous initiatives and presentations on research projects including the implementation of the Mental Health National Plan. Additionally, the athletes who competed in Tokyo and Beijing this year benefited from Mental Health Consultants Alex Hodgins' & Christie Gialloreto's attendance at the Games, and their continuous support.

Nutrition

The Nutrition team collaborated on an assortment of different programs and presentations this year. As one example, the Whistler Athlete Garden and Food Education project enjoyed its second year with 13 athlete gardeners and two social events. The Nutrition team was also a part of nearly a dozen research project presentations supporting high-performance athletes throughout our partner National Sport Organizations. This research included assisting in the development of the National Supplement policy.

CSI Pacific's dietitians provided exceptional support to a large number of Olympians and Paralympians on the road to Tokyo and Beijing this year. They also provided the development of online nutritional education videos in collaboration with Cycling Canada nutrition practitioners. Along with that, they started a volunteer nutrition program with the goal of developing skills in young sport nutrition practitioners who can provide support to this busy discipline.

Performance Nation

CSI Pacific's move to diversify revenue was a one of the largest organizational shifts in this year. Central to this plan is the move to obtain revenue from private sources using our fee-for-service model, which has grown and been enhanced to hit a broader target market. This program was given a new name: **PERFORMANCE NATION.**

Performance Nation will appeal to a client base beyond CSI Pacific's long-standing NSO partners. New clients will include non-targeted sports, professional teams and individual "weekend warriors", amongst others. A new name was chosen and a new booking system implemented. The program, with new branding, will be launched in 2022.

Physiology

The Physiology team was instrumental in athlete preparation for the Tokyo and Beijing Games, supporting athletes with programs and initiatives including Heat Training and Modified Training for the Injured. These protocols for CSI Pacific's affiliated athletes helped them better prepare for competition around the globe this year.

Physiology collaborated on three research projects and more than a dozen presentations, including the data collection from the Relative Energy Deficiency in Sport (RED-S) study which has the goal of producing novel data to eventually create a new Clinical Assessment tool. On top of that, they were also a chief contributor in support of CSI Pacific's new Performance Nation program.



Research & Development

The Research & Development team has collaborated with stakeholders nationwide to have one of their most influential years yet. All told, CSI Pacific and associated staff, contractors and students, were involved in 21 unique R&D projects, resulting in 27 peer-reviewed scientific publications (and 2 book chapters), that were "translated" into 71 major presentations on the International, National, and Institute level.

Along with their outstanding work, they decided to change their department name from Innovation & Research to Research & Development as it relates more to their work they are producing.

Development = Action

Strength & Conditioning

The Strength & Conditioning team has collectively been hard at work coaching and training high-performance athletes at our facility gyms throughout the past year. They also helped many athletes outside of our facilities at numerous National Sport Organizations' dedicated spaces and/or at alternate locations.

A number of our coaches attended the Tokyo and Beijing Games and worked with members of Team Canada at both this year's Summer and Winter Games (see Tokyo & Beijing sections, pg 3-6). Our S&C team continues to work with Rowing Canada at their new Quamichan "Quammy" facility, helping to prepare Rowing's Olympic and Paralympic hopefuls for Paris 2024.

Very excitingly, our own Cesar Meylan, was named Sport Scientist of the Year at the annual SPIN Summit for his on-going dedication and hard-work with Canada Soccer.



System Enhancement



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA

At the start of the year, System Enhancement hosted a number of educational webinars and events, including the Advanced Coaching Education through the UBC High Performance Coaching & technical Leadership program. We are currently working with Team BC to deliver the Canada Games Preparation Program for the 2022 Canada Games through a three-part series which will be delivered fully online.



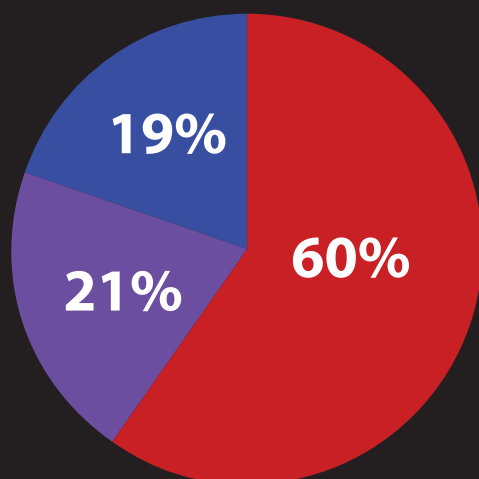
The Podium Search & RBC Training Ground programs have been moved to System Enhancement this year. We facilitated two events: one in Vancouver with 103 athletes and the other in Kelowna with 66 athletes.



On another note, this year featured the 10th graduating class from Canadian Sport School - Victoria. As of this school year, the Canadian Sport School (CSS) - Victoria's delivery has been taken over by the Pacific Institute for Sport Excellence (PISE). This change benefited the students and CSI Pacific, in order to best deliver the program following the challenges delivered by COVID. CSI Pacific still oversees the Canadian Sport School program as a whole, providing oversight to the campuses throughout the province.

FINANCIAL SUMMARY 21-22

Funding

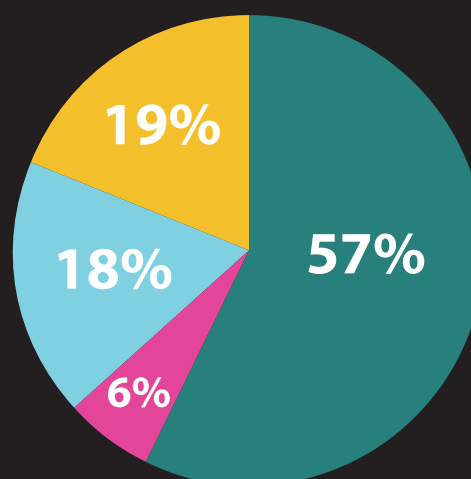


■ National Funding Partners	\$4,733
■ Provincial Funding Partners	\$1,635
■ Other Contributions, Fee for Services, Sponsorships & Misc	\$1,540

TOTAL

\$7,908

Expenditures



■ Health & Performance Services	\$4,200
■ Innovation & Research	\$438
■ System Enhancement	\$1,311
■ Business Operations	\$1,368

TOTAL

\$7,317

FUNDING PARTNERS

Canada



BRITISH COLUMBIA



viaSPORT
BRITISH COLUMBIA
CHANGING THE GAME. CHANGING LIVES



SPORT PARTNER



PERFORMANCE PARTNER



CANADIAN OLYMPIC FOUNDATION
FONDATION OLYMPIQUE CANADIENNE



Offering world-class Olympic and Paralympic training environments in Vancouver, Whistler and Victoria, Canadian Sport Institute Pacific is committed to *Powering Performance. Inspiring Excellence.* Working with national sport organizations and fuelled by our national and provincial partners such as Sport Canada, viaSport, Own the Podium, Canadian Olympic Committee, Canadian Paralympic Committee and the Coaches Association of Canada, we are driven by our mantra to Collaborate. Serve. Innovate. Perform.

Our team of sport science, sport medicine, coaching & life services experts provide leading-edge programs and services to athletes and coaches to ensure they have every advantage to win medals for Canada.