

YEAR IN REVIEW 2022-23



Letter from the CEO & Board Chair

It has been a fantastic year here at CSI Pacific. Following a year that featured two major games, this past year allowed us to focus more on our internal organization and growth, on the heels of changes we encountered due to COVID-19. At the same time, we are ramping up for Paris 2024 in just over one year, which is sure to be absolutely incredible for our registered athletes, coaches, sports partners, staff, and the whole country as we cheer on Team Canada!

Over the past 12 months, CSI Pacific has continued to live our purpose of **Powering Performance. Inspiring Excellence.** We emphasized our critical success factors of *Collaborate. Serve. Innovate. Perform.* In doing so, we kept ourselves firmly focused on the future of the organization. This has included an exciting vision for the Institute, with plans for new facilities underway for both our Vancouver campus at UBC, and our Victoria campus, as well as significant upgrades in Whistler with the addition of a new performance lab at Whistler Olympic Park. Having secured a \$10 million donation from a private donor, we are immersed in planning for our new facility at UVic, which will provide an outstanding location for our growing organization, while also strengthening our research and collaborative bonds with institutes of higher education.

Partnership was at the forefront of the past fiscal as we had our most collaborative year ever as a member of the Canadian Olympic and Paralympic Sport Institute Network (COPSIN). As one of the seven members of COPSIN from across Canada, this year featured the most concerted effort ever to share ideas and resources, in order to best serve Canada's athletes. COPSIN has confirmed three key strategic priorities for the next quadrennial: Increase Efficiency of COPSIN; High Performance Partner of Choice; and Growing Our Resources.

In addition, the past twelve months also included a great deal of internal work, re-envisioning our own strategic plan, with updated aspirational goals and key strategic initiatives ready to go for the 2023-24 fiscal year.

Importantly, CSI Pacific became an official signatory organization to the Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS) to uphold the standards of abuse free sport. We have updated all our policies to be aligned with the Office of the Sport Integrity Commissioner (OSIC) and we are set up for success in this area. We hosted and attended many sessions regarding Abuse-Free Sport, including having this area as a focused theme for our Athlete Advance this past March.

Our amazing staff continued our advanced work with our affiliated athletes and coaches. We welcomed a few more sport organizations: Softball Canada, Biathlon Canada, Nordiq Canada, Sail Canada and Judo Canada to our list of sport partners (see opposite page for full list). In the highlight event of the year, a number of our staff, led by Dr. Cesar Meylan, worked closely with Canada's Men's Team ahead of the FIFA World Cup Qatar 2022, where the men played in the World Cup for the first time in 36 years.

CSI Pacific will continue to grow, strengthen and perform this coming year, as we gear up for the final preparation for Paris 2024!



Wendy Pattenden
Wendy Pattenden
CEO
CSI Pacific



Laura Nashman
Laura Nashman
Board Chair
CSI Pacific

Our National Sport Partners Training in BC



Our Funding & Facility Partners



Imagine Canada

The Canadian Sport Institute Pacific has received accreditation from the Imagine Canada Standards Program. This is for Canadian charities & non-profits that demonstrate excellence in five areas of operations:



- Board Governance
- Financial Accountability & Transparency
- Fundraising
- Staff Management
- Volunteer Involvement



CSI Pacific Sport Scientist Dr. César Meylan working with Canada Soccer ahead of the FIFA World Cup Qatar 2022

RESEARCH & DEVELOPMENT

Over the last year, CSI Pacific staff, students, and university collaborators have published 25+ peer-reviewed publications, resulting in 50+ national expert presentations, and 10 international invited expert presentations.

For the first time since before the COVID pandemic began, CSI Pacific hosted our annual Research Sharing Day. It was hosted on the mainland at Simon Fraser University (SFU) and featured 10 different presenters with projects across Biomechanics, Medicine, Nutrition, Mental Performance, Analytics, Strength & Conditioning and Physiology.



Rugby Canada athlete Maggie MacKinnon training in our Victoria High Performance Lab

HEALTH AND PERFORMANCE SERVICES

The Health and Performance Services team continues to grow across all disciplines, with new, extended, and increased requests from our NSO and PSO partners. We are working within the Institute and across the COPSI Network as a whole to increase and improve athlete health intakes for all Sport Canada carded athletes.

Abuse-Free Sport played a significant role in learning opportunities for all our staff and especially for Health and Performance Services staff. We had the chance to involve Allison Forsyth in our December Staff Advance and will be continuing with her guidance and support through ITP Sport as we learn and grow in the safe sport space. CSI Pacific will be looking to grow our mental health capacity and engage additional practitioners for education and individual support, both for our affiliated NSOs and CSI Pacific staff.

50+
national expert
presentations



STRENGTH & CONDITIONING

It has been a busy year within the Strength & Conditioning department. Whistler S&C staff experienced a significant shuffle with sport allocations last spring.

Kayla Dodson completed her two-year term chairing the Para-Sport Practitioner Pathway Council, leading that group in several initiatives. César Meylan worked with the Canada's Men's Soccer team's leadership group and played a significant role in the progression of the men's program in Canada, including at FIFA World Cup Qatar 2022. Dana Agar-Newman has been working hard to develop the S&C pathway program at the University of Victoria with one of the goals of this program being the development of high quality young Canadian sport scientists.



Athletics Canada para athlete Jesse Zesseu with CSI Pacific's Sandeep Nandhra

MENTAL PERFORMANCE

CSI Pacific's Mental Performance team includes an integrated group of practitioners with specialties in mental health, mental performance, culture wellness, and sport professional career advising. Our Mental Performance practitioners have all achieved the highest level of credential in the field: Certified Mental Performance Consultant.

Our team was also able to contribute nationally in two key ways: Geoff Hackett worked with Team BC at both the Summer and Winter Canada Games; and Sharleen Hoar, the Mental Performance Lead, was named as the Psychology Lead for the High-Performance Advisory Council with Sport Scientist Canada.



CSI Pacific Physiologist Stacey Hutton working in our new Whistler Performance Lab

NUTRITION

Nutrition was proud to play a role in field support for the interdisciplinary REDs study that CSI Pacific has been working on this year. Nutrition has also continued their close collaboration with other disciplines, including working with Data Solutions and Physiology on both the centralization and standardization of anthropometry data.

In addition to regular daily athlete support, Nutrition worked to create an Ovulation Monitoring Protocol, as well as developing innovative virtual online education for our soccer and cycling partners. As a team, Nutrition continues to emphasize overall department growth, which will improve overall culture and staff performance.

PHYSIOLOGY

This year, the Physiology team hired three new full-time staff to support Rowing Canada in Duncan, Performance Nation in Vancouver & Whistler, and Athletics Canada and Triathlon Canada in Victoria.

On top of in the daily training environment (DTE) and lab testing, Physiology supported athletes at training camps, including at altitude camps in Flagstaff, Arizona, and helped prepare athletes with heat adaptation in France and utilizing CSI Pacific's heat chamber. Additionally, they were able to support athletes at international competitions, including but not limited to the Athletics, Rowing, and Triathlon World Championships.

Finally, a new performance lab was established onsite at Whistler Olympic Park, near our Whistler Campus. This new lab will help support testing for our winter sport athletes, and expand capacity for what we are able to offer. The new lab provides exciting new opportunities for growth with our winter sport partners.

Physiology Research Projects

1. REDs multicenter study
2. Blood flow restriction in Rowing, in partnership with the University of Guelph
3. Female athlete-focused project with one of our key industry partners, exploring bra comfort during exercise in the heat



SYSTEM ENHANCEMENT

System Enhancement continued their work this year by hosting a wide array of national lead events and webinars to support high performance athletes, as well as the annual Game Plan Summit, Game Plan Day in Canada, virtual and in-person networking events, and peer-to-peer discussion webinars for athletes. System Enhancement also have been involved in many other external events including RBC Training Ground, Canada Summer and Winter Games, and the 2023 Athlete Advance.

They supported 46 coaches and technical leaders in the UBC Masters of High-Performance Coaching and Technical Leadership Program. Since its inception in 2015, 96 coaches/leaders have completed the graduate certificate and 38 have graduated with a Master's degree.

1849
registered
athletes

211
registered
coaches

MEDICAL

Continuing with CSI Pacific's focus on REDs this year as an interdisciplinary goal, Dr. Paddy McCluskey helped to support Ida Heikura's REDs study. He also helped the International Olympic Committee to write the REDs CAT2, a clinical assessment tool. Dr. McCluskey also maintained his role with the Sport Medicine Advisory Committee (SMAC), helping to keep everyone current with the COVID-19 pandemic, in addition to other pressing medical concerns that emerged over the course of the past year.

The Medical team worked closely with Athletics Canada, Triathlon Canada, Rugby Canada, Swimming Canada, many Provincial Sport Organizations, and numerous national team athletes, in the daily training environment, at camps and in competition.



PERFORMANCE NATION

POWERED BY CANADIAN SPORT INSTITUTE PACIFIC

This year, CSI Pacific formally launched our Performance Nation program. Key services offered include Sport Physiology and Sport Nutrition as well as team education seminars (both in-person and online). These services have led to a greater reach and influence on sports and athletes, including professional sports teams, minor youth sports, individual athletes, and support for emergency response workers, such as nutrition and recovery education for firefighters.

Performance Nation has fostered a strong partnership with Whistler Sport Legacies (WSL), with whom we share our Whistler campus. Our strategic partnership with WSL includes a collaborative approach to Performance Nation programming in Whistler, while our new lab at Whistler Olympic Park (*see Physiology section*) expands our capacity to service Performance Nation clients. We've also partnered with Vancouver's Connect Health Care Centre for Integrative Medicine to be their go-to physiology testing provider.



Softball Canada medallist Emma Entzminger using our High Performance Lab for firefighter training, as part of our Performance Nation initiative

BIOMECHANICS & PERFORMANCE ANALYSIS

The Biomechanics & Performance Analysis (BPA) team enjoyed another busy year supporting sport partners at the national and provincial levels, and undertaking numerous research initiatives. Supporting Swimming Canada, Graham Olson, using new cameras, developed more efficient workflows to improve technique insights shared with athletes and coaches.

Working with Athletics Canada, Ryan Brodie, Marc Klimstra and BPA lead Ming-Chang Tsai refined the deployment of wearable sensors for para-athletes. Nationally, there was the continued evolution of the sport sensor data makerspace, which supports the development and application of technology solutions across multiple sports and sport science disciplines.



Aboriginal Coaching Module, Victoria

DATA SOLUTIONS

The Data Solutions (DS) team continues to grow year-over-year, supporting our sport partners, national programs, and internal CSI Pacific data initiatives. Internally, the DS team developed and is rolling out an improved athlete and coach registration system, enabling more efficient intake for athletes and coaches and more effective knowledge translation between departments within CSI Pacific.

The DS team is also undertaking similar performance data quality reviews with Nutrition and Physiology heading into the new fiscal year to ensure our Performance Services teams are collecting, maintaining, analysing, and sharing performance data to gold standards. In support of our partners, DS continues to provide data management, analysis, and knowledge translation through a variety of tools.

BUSINESS OPERATIONS

CSI Pacific Human Resources engaged the company innerlogic to conduct a cultural review of the organization as a whole. In addition, HR established a working group of CSI Pacific employees spanning across campuses, levels, and tenure to address the main cultural indicators highlighted in that review.

This year, CSI Pacific became an official signatory to the Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS) to uphold the standards of abuse-free sport.

The Equity Diversity Inclusion & Accessibility (EDIA) task team was guided by the EDIA survey, which formed the basis for our awareness raising & learning opportunities within CSI Pacific. We engaged the support of Inclusion Incorporated, running a number of Lunch & Learns on EDIA topics, and hosting two Aboriginal Coaching Modules for our practitioners.

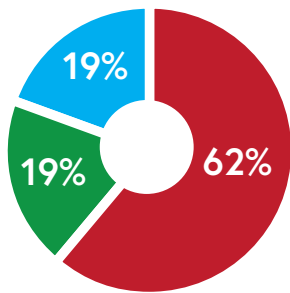
Communications redoubled CSI Pacific's focus on brand awareness and community engagement. This included a Brand Awareness poll conducted by Leger, which gave us a baseline of how much we – and our competitors – are known throughout B.C. This year also featured CSI Pacific's first ever collaboration brew: Locker Room Lager, produced by partners Backcountry Brewing, in Squamish. The beer highlighted CSI Pacific's association with Canada's Men's Soccer Team at the World Cup in Qatar.



I.T. worked closely with Data Solutions over the past year, working towards introducing SharePoint as CSI Pacific's main tool for documents and resources. This shift will allow for more seamless and efficient teamwork throughout CSI Pacific while simultaneously improving file organization. As well, hardware was purchased to upgrade laptops throughout the Institute, which will benefit staff in their workflows.

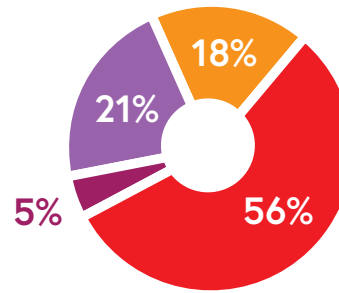
Financial Summary 2022-23

Revenues



■ National Funding Partners	\$5,142
■ Provincial Funding Partners	\$1,635
■ Other Contributions, Fee for Service, Sponsorships & Misc	\$1,631
TOTAL	\$8,407

Expenditures



■ Health & Performance Services	\$5,037
■ Research & Development	\$427
■ System Enhancement	\$1,946
■ Business Operations	\$1,579
TOTAL	\$9,085

CSI Pacific utilizes Fund Accounting in regards to its financial reporting. As such, we have a number of different funds which reflect a variety of restrictions and are used to track revenues and related expenditures. In the current year the planned deficits for each of the funds was as follows:

Operating Fund - \$192,901
Restricted Fund - \$389,053

Our Campuses



Victoria Campus (at PISE)
4371 Interurban Road
Victoria, BC V9E 2C5
[T] 250.220.2500 [F] 250.220.2503



Vancouver Campus (at UBC)
210-6081 University Blvd
Vancouver, BC
V6T 1Z1



Whistler Campus (at WAC)
1090 Legacy Way
Whistler, BC V0N 1B1
[T] 604.962.8891 [F] 778.327.4084

About CSI Pacific

Offering world-class Olympic and Paralympic training environments in Vancouver, Whistler and Victoria, Canadian Sport Institute Pacific (www.csipacific.ca) 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.

Learn more: www.csipacific.ca