

# Performance Point

## Sport Technology

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Canadian athletes are among the best in the world and have access to human performance expertise and technology that can provide advantages to facilitate international success. In the fast paced technology sector athletes and coaches have access to technology that can give them an edge in training and/or competition.

**Training Technology – Enhances preparation through providing the athlete and coach with a method and/or information they can use to *optimize* training. Examples include:**

- Microtechnologies to monitor physiology
- Motion analysis (GPS and/or accelerometry)

**Key point:** Technology is not a magic bullet, but when integrated into a performance plan it can provide useful information to enhance training effectiveness. Training Technology is a continually changing area and it is important for coaches and athletes to communicate with Canadian Sport Centre Pacific Performance Team members in order to develop and implement the technologies that will be most advantageous to training.

*“The VitalSense system has given our performance team a means to track body temperature over the course of a training session or competition. In Triathlon it has allowed us to develop heat acclimatization protocols that are much more specific and effective for the athletes.”*

Dr. Gordon Sleivert, VP Sport Performance, Canadian Sport Centre Pacific



Wireless core and skin temperature measuring system used to monitor physiological parameters during training and competition.



Thermoblazer™ ice vest worn by Canadian National Team Swimmer Rick Say at the 2004 Athens Olympic Games

**Competition Technology – Enhances performance through providing the athlete and coach with technology they can use to *optimize* performance at an event. For example:**

- Performance analysis (eg. Dartfish, Silicon Coach)
- Sport equipment (eg. Boot/shoe design, composite materials to reduce friction)
- Clothing and textiles (aerodynamic suits)

**Key Point:** Athletes and coaches must have experience and confidence with a technology before it can provide a meaningful performance advantage. Therefore, technology should be tested in training and competitions leading up to a major event in order to allow the athlete and coach time to understand and take full advantage of the product.

*“I was really impressed with the Thermoblazer ice vests that we used in Athens. It was pretty cool to know that our Sport Scientists are developing cutting edge products and we as athletes are able to take full advantage of the competitive edge”* Rick Say, Canadian National Team Swimmer

## Powering Sport Performance

The Canadian Sport Centre Pacific, in partnership with the network of Canadian Sport Centres and PacificSport Centres, delivers sport performance programs to help athletes and coaches win medals for Canada. Working in support of our national and provincial sport partners, the Canadian Sport Centre Pacific is creating a stronger system for the development of athletes, coaches, performance enhancement teams and sport performance facilities. [www.cspacific.ca](http://www.cspacific.ca)