Advanced Coaching Diploma
The Advanced Coaching Diploma program at the Canadian Sport Institute provides coaches with a private post-secondary career training program that meets BC Ministry of Advanced Education standards. The Advanced Coaching Diploma is based on the four themes of coaching – Leadership, Coaching Effectiveness, Performance Planning, and Training and Competition Readiness – that require analysis, planning, and implementation of new skills and knowledge in day-to-day coaching.

International Coaching School
The International Coaching School (ICS) – hosted by the Canadian Sport Institute – provides coaches with two different opportunities to become world-class leaders: the NCCP Competition-Development Stream and the High Performance Coach Advance. This event is a great opportunity to share new information as well as to network, learn from other High Performance coaches, and reconnect with ACD/NCI Alumni.

IGNITE™ Athlete Development Program
The IGNITE™ Athlete Development Program introduces young athletes (aged 14-17) to a High Performance training environment by improving their athleticism, physical literacy and fitness through a multi-sport training program complementary to their current sport-specific practice and competition schedules. The program helps to improve both foundational movement skills and overall athleticism, providing young athletes with the physical framework needed to advance in sport.

Canadian Sport School
The Canadian Sport School is an important Talent Development initiative of the Canadian Sport Institute that is delivered in partnership with the network of PacificSport Regional Centres and local school districts. The program supports secondary school-aged student athletes to balance their educational and training demands in an enriched sport environment while maximizing the credits contributing to the students’ graduation program.

Athlete Advance™
The Canadian Sport Institute Athlete Advance is an annual gathering of athletes and professionals aimed at educating and inspiring BC’s future and current Olympic, Paralympic, and World Championship athletes. Participants have the opportunity to access practical workshops on topics that are relevant to the High Performance athlete. The Athlete Advance is open to all Canadian Sport Institute and PacificSport registered athletes and is free to attend.

Sport Performance Speaker Series
These sessions are designed to increase athlete and coach knowledge on topics including nutrition, sport psychology, strength and conditioning, and other sport performance areas. Innovative, current, and interactive seminars and workshops are presented by professionals in their respective fields. Athletes can attend these sessions free of charge, but pre-event registration is required.

GymWorks™
GymWorks™ is a partnership program with local fitness facilities, health clubs, and community centres. This benefit enhances the training environment by providing easy, local, and no-fee access to strength and conditioning centres. As a registered athlete or coach with Canadian Sport Institute / PacificSport, you are eligible to take advantage of the benefits of this partnership.

FoodStuff™
FoodStuff™ is a community partnership between local restaurants / grocery stores and Canadian Sport Institute / PacificSport. It is in support of Canada’s High Performance athletes and coaches. Your Canadian Sport Institute card provides the region’s High Performance athletes and coaches with affordable options and the kind of food value they need to reach their goals in representing Canada.

Official Supporters
Canadian Sport Institute and PacificSport are proud to work with world-class partners who help in advancing High Performance athletes. Throughout the province, there are community partners who offer various benefits and discounts to registered Canadian Sport Institute and PacificSport athletes and coaches.