



Year in Review | *Pacific Region* | *2014 - 2015*



LETTER FROM THE CEO & BOARD CHAIR

“A major milestone was reached this year through the creation of the Canadian Olympic and Paralympic Sport Institute Network”

As we take a moment to reflect on the 2014-15 fiscal year, it can be summed up in one phrase: “The Power of Partnerships”. This year, the Canadian Sport Institute Pacific (CSI Pacific) achieved many long term goals through exciting collaborations with both provincial and national partners.

On the national front, a major milestone was reached through the creation of the Canadian Olympic and Paralympic Sport Institute Network (COPSIN). Backed by a new three year, \$3 million direct investment by the Canadian Olympic Committee and the Canadian Olympic Foundation, along with additional funds from the Canadian Paralympic Committee, this brand alignment strengthens Canada’s high performance sport system and demonstrates the network’s key contribution to the preparation of Olympic and Paralympic athletes.

Our innovation and research goals were also nurtured by partnerships this year, as CSI Pacific worked with local and international universities plus other Canadian organizations in support of applied sport science research. Together many important projects were completed, featuring subjects such as *The Use of Pressure Insoles to Provide Feedback for Runners*, *Heat Acclimation in Varying Dehydration States*, and *Rowing and Cycling Biomechanics with Nutrition Interventions*.

Another agreement with innovation and research in mind was forged between CSI Pacific and the University of British Columbia (UBC). Through this strategic partnership, CSI Pacific has the opportunity to develop world class applied sport practitioners through mentorship and internship programs with shared learning cascading between varsity and national teams. UBC benefits directly from increased resources, support, and technical leadership from CSI Pacific to build on the athletic department’s culture of high performance. More than 10 projects will receive funding to support new measures to ensure student athletes stay healthy and obtain maximum benefit from their training.

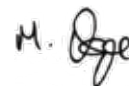
And at the provincial level, CSI Pacific, the Richmond Olympic Oval, and Whistler Sport Legacies established a strategic partnership enabling the Vancouver Campus to relocate to the Oval’s world-class facility in June. The move ensures athletes and coaches will have all of the programs and services they need to achieve their sport performance goals under one roof.

Our Talent Development team has also flourished as a result of our partnership with Own The Podium, the Province of British Columbia, and various National Sport Organizations and Provincial Sport Organizations. The successful NextGen

Program, which is committed to the identification and development of Canadian athletic and coaching/leadership talent 8-5 years from the podium, is looking to expand from six sports to 10 in the next year. Current Cycling NextGen athlete, John Wilcox, is a testament to the strength of the NextGen system. Completing his second year at the Canadian Sport School and his first full year in the Cycling NextGen program, John has recently been named to Cycling Canada's Junior World Track Cycling team, and will compete at the Track Cycling Junior World Championships in August 2015.

On top of all the progress made through partnerships, the 2014-15 fiscal year saw athletes who live or train in BC record outstanding performances on the world stage. Notable results came from Catharine Pendrel, who captured the World Championship title in women's mountain biking for the second time. Dylan Armstrong of Kamloops was awarded a well-deserved Olympic bronze medal in shotput from the 2008 Beijing Games due to a doping disqualification by his competitor. Canada also witnessed the incredible performance of the national women's rugby team as they competed in their first ever World Cup final, taking home the silver medal on August 17. And the 2014 Commonwealth Games were a huge success for the Canadian squad, with multiple medals being won in the pool, on the track and on the triathlon course by BC athletes.

As we look ahead, great excitement is building as the country prepares to host the FIFA Women's World Cup along with the Toronto 2015 Pan Am and Parapan American Games. Many eyes in the sporting world will once again be on Canada, and CSI Pacific is confident the strength of our sport system will shine brightly. After building so many productive partnerships and witnessing dominating performances by BC athletes on the world stage, we must certainly agree with the Government of Canada's declaration of 2015 as the Year of Sport!



Mark Hope

Board Chair

Canadian Sport Institute Pacific



Wendy Pattenden

CEO

Canadian Sport Institute Pacific

2014 - 2015 World Championship Results

CYCLING

<i>Tory Nyhaug</i>	<i>BMX</i>	<i>Silver</i>
<i>Catharine Pendrel</i>	<i>XC</i>	<i>Gold</i>
<i>Allison Beveridge, Jasmin Glaesser, Kristi Lay, Stephanie Roorda</i>	<i>Track - Team Pursuit</i>	<i>Bronze</i>

FREESTYLE SKIING

<i>Cassie Sharpe</i>	<i>Ski Halfpipe Ladies</i>	<i>Silver</i>
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PARA ALPING SKIING

<i>Matt Hallat</i>	<i>Alpine Men's Slalom Standing</i>	<i>Bronze</i>
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PARA EQUESTRIAN

<i>Lauren Barwick</i>	<i>Individual para-dressage freestyle test grade II</i>	<i>Silver</i>
	<i>Individual para-dressage championship test grade II</i>	<i>Bronze</i>

ROWING

<i>Patricia Obee, Lindsay Jennerich</i>	<i>Lightweight 2x</i>	<i>Silver</i>
<i>Rosanne DeBoef, Lisa Roman, Lauren Wilkinson</i>	<i>Heavyweight 8+</i>	<i>Silver</i>

RUGBY

<i>Team Canada</i>	<i>Women's 15-a-side</i>	<i>Silver</i>
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SNOWBOARD

<i>Darcy Sharpe</i>	<i>Snowboard Big Air Men</i>	<i>Silver</i>
<i>Kevin Hill</i>	<i>Snowboard Cross Men</i>	<i>Silver</i>

SWIMMING

<i>Ryan Cochrane</i>	<i>1500m Freestyle</i>	<i>Bronze</i>
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WHEELCHAIR BASKETBALL

<i>Janet McLachlan</i>	<i>Team Canada</i>	<i>Gold</i>
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Women's 8+ (Credit: Rowing Canada Aviron)

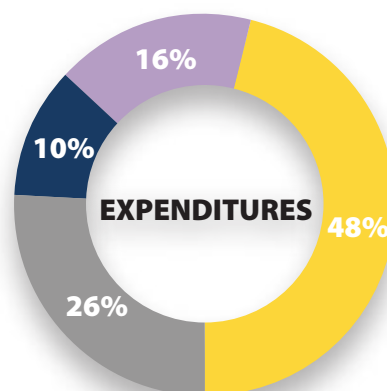
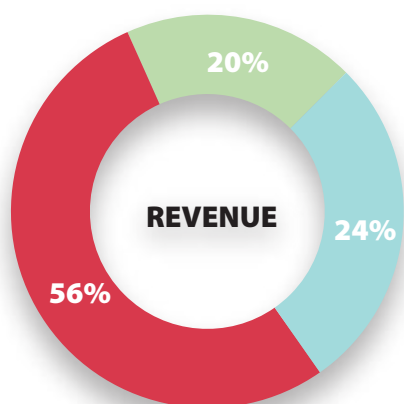


Catharine Pendrel (Credit: Rob Jones/Canadiancyclist.com)



Dylan Armstrong (Credit: Athletics Canada)

Financial Summary



TOTAL REVENUE (in thousands)

■ Sponsorship, Fee for Service and Other Contributions	\$1,613
■ Provincial Funding Partners	\$2,000
■ National Funding Partners	\$4,579
	\$8,192

TOTAL EXPENDITURES (in thousands)

■ System Development	\$784
■ Business Operations	\$1,293
■ Talent Development	\$2,073
■ Performance Services	\$3,803
	\$7,953

During the fiscal year ending March 31, 2015, a total of \$6.6 million (2014 – \$6.3 million) of Canadian Sport Institute Pacific's operating expenditures relate directly to the delivery of services and funding to sports, athletes and coaches. Approximately \$5.8 million was spent on the development and delivery of high performance services to provincial and national level athletes and sports. \$0.8 million was spent on sport system initiatives such as the Canadian Sport for Life project – the development of generic and sport specific long term athlete development models in partnership with Canada's National Sport Organizations. 16% of the Institute's total expenditures relate to operational support costs.

At fiscal year end the Institute was in a healthy net asset position of \$2.4 million in 2015 (2014 – \$2.1 million), of which the Institute's Board of Directors has internally restricted \$500,000 as an operating reserve to ensure uninterrupted operations. There was an overall surplus of \$255,833 (2015) in operations (2014 – \$38,801 surplus), all of which have already been committed to athlete programs and projects. Due to the timing of funding received to execute projects and programs, it is not out of the ordinary for the Institute to recognize surpluses in some years and deficits in the subsequent years. Our objective is to allocate all available resources in carrying out our mission of providing a world-class, multi-sport daily training environment for athletes and coaches.



Women's Rugby, Silver Medallists at the 2014 World Cup (Credit: Rugby Canada)

PERFORMANCE SERVICES

Our Performance Services functional area is often referred to as the 'team behind the team'. They take care of an athlete's preparation, from monitoring their physiological state, honing strength and conditioning regimes, to customizing nutritional plans to give them an extra push onto the podium.

In addition, our analysis team supports the technique improvement process and competition scouting through the application of biomechanics and notational analysis. Canadian Sport Institute also recognizes the importance of investing in research and development. As such, all of the Performance Services team are provided with protected time to work on innovation and research initiatives to give athletes an edge on their competition.

As part of a complete daily training environment which supports NSO targeted sports, our staff also provide medical support, mental performance preparation and life services for balance on and off the field of play.

TALENT DEVELOPMENT

The Talent Development functional area supports athlete and coach development through education, planning and periodization, Advanced Coaching Diploma courses, and through programs like the IGNITE Athlete Development Program and the Canadian Sport School. In addition, six sport-specific NextGen Programs operate in Victoria and Whistler, bridging the gap for athletes transitioning from provincial to national teams.

SYSTEM DEVELOPMENT

Canadian Sport Institute supports numerous Provincial and National sport system projects including Canadian Sport for Life and Team BC initiatives.

BUSINESS OPERATIONS

In support of the Institute's Performance Services and Talent Development team and system development projects, Business Operations encompasses the areas of finance and administration, human resources, information technology, communications, facilities and other operating costs.



Matt Hallat, 2015 IPC Alpine Skiing World Championships Bronze Medallist, Alpine Men Slalom Standing (Credit: Alpine Canada)

Partners in Powering Podium Performances

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. 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.

Federal Funding Partners



Provincial Funding Partners



Performance Partners
