The 2016-17 fiscal year has been an extremely important one in the history of the Canadian Sport Institute Pacific, with a number of key changes and successes occurring over those 12 months.

This year, we made reinforcing our sense of purpose a priority. We reiterated our purpose around Powering Performance. Inspiring Excellence. Simply put, it reflects what we do, showing how we enhance our partners, our elite athletes and coaches and all stakeholders of Canadian Sport Institute Pacific. We also focused on how we do what we do, creating a new mantra: Collaborate. Serve. Innovate. Taken together, our purpose and our mantra guide and inspire our staff day-in, day-out.

Our registered athletes had an incredible year, hitting unparalleled levels of success. This was highlighted by the outstanding achievements of Canadian athletes at Rio 2016. In the Olympics, Team Canada brought home a record-tying 22 medals. Canadian Sport Institute Pacific-affiliated athletes contributed to 11 of these medals – an amazing 50% - and followed it up with another seven medals at the Paralympics. You can find out more about these terrific athletes on pages 4-5 of this document.

CSI Pacific also sent its largest ever contingent of staff to the 2016 Summer Games, with 12 staff members from six different disciplines – including one in the broadcast booth – serving national sport partners in Rio.

We had a banner year for a number of our programs and initiatives, as well: the Canadian Sport School had an impressive number of athletes progress to national teams, and the RBC Training Ground program grew in leaps and bounds under our staff’s stewardship, winning major marketing awards while also finding some incredible young talent in their cross-country search for future Olympians. Pages 6-7 feature more information on these accomplishments, as well as other major highlights from throughout our institute this year.

One of our top indicators of success was seeing the value of agreements with our NSO sport partners increase by 21.6% over the previous fiscal year. We are very proud to know our partners clearly and increasingly see the value that the Institute and our tireless and talented staff can provide.

With the ongoing support of our performance and funding partners, we are extremely pleased with the strides we have made as an Institute over this fiscal year. We are also excited about the coming year, particularly watching Canada’s athletes bringing home more medals from PyeongChang in February!
## Rio 2016 Medallists

### CSI Pacific Affiliated Athletes

### Athletics
- **Gold:**
  - Jenni Fales
  - Ivan Sanchez
  - Marque Del Rio

- **Silver:**
  - Keisha concentrates
  - Kimberly Brown

- **Bronze:**
  - Adam Brooks
  - Anthony Brown
  - Benjamin Brown

### Drinking
- **Gold:**
  - Robert Bob
  - Sarah Blood

- **Silver:**
  - Christine Brown
  - Daniel Brown

- **Bronze:**
  - Emily Brown
  - Marcus Brown

### Cycling
- **Gold:**
  - Daniel Brown
  - Emily Brown

- **Silver:**
  - Robert Brown
  - Sarah Brown

- **Bronze:**
  - Adam Brown
  - Anthony Brown

### Football (Soccer) - Women’s
- **Gold:**
  - Emily Brown
  - Sarah Brown

- **Silver:**
  - Robert Brown
  - Sarah Brown

- **Bronze:**
  - Adam Brown
  - Anthony Brown

### Para-Rowing
- **Gold:**
  - Daniel Brown
  - Emily Brown

- **Silver:**
  - Robert Brown
  - Sarah Brown

- **Bronze:**
  - Adam Brown
  - Anthony Brown

### Para-Sailing
- **Gold:**
  - Daniel Brown
  - Emily Brown

- **Silver:**
  - Robert Brown
  - Sarah Brown

- **Bronze:**
  - Adam Brown
  - Anthony Brown

### Paralympic Sailing
- **Gold:**
  - Daniel Brown
  - Emily Brown

- **Silver:**
  - Robert Brown
  - Sarah Brown

- **Bronze:**
  - Adam Brown
  - Anthony Brown

### Para-Athletics
- **Gold:**
  - Emily Brown
  - Sarah Brown

- **Silver:**
  - Robert Brown
  - Sarah Brown

- **Bronze:**
  - Adam Brown
  - Anthony Brown

### Rowing
- **Gold:**
  - Daniel Brown
  - Emily Brown

- **Silver:**
  - Robert Brown
  - Sarah Brown

- **Bronze:**
  - Adam Brown
  - Anthony Brown

### Swimming
- **Gold:**
  - Emily Brown
  - Sarah Brown

- **Silver:**
  - Robert Brown
  - Sarah Brown

- **Bronze:**
  - Adam Brown
  - Anthony Brown
ATHLETE SERVICES

The Athlete Advance, our signature event created to inspire and educate BC's athletes, expanded to two locations for the first time. Our Speaker Series events, designed to benefit athletes and coaches, had an attendance increase of 10.2% from 2015-16.

This department also developed more robust systems for tracking athlete conversion, Speaker Series access & Provincial Registration Rates, all of which will aid in athlete registration and funding.

TALENT DEVELOPMENT

Our staff continued to lead RBC Training Ground nationwide, a program that expanded in size - from four events in 2015-16 to 29 events this year - due to its immense success in locating Canada's next Olympians. RBC Training Ground capped off the year by winning Gold at the 2017 Sponsorship Marketing Awards (SMAs) in the Best New Initiative and Best in Show Categories.

Our NextGen programs featured a wealth of conversions and successes, including athletes from both the Swimming and Cycling NextGen programs advancing to national teams. Their results included multiple Junior National championships.

The Canadian Sport School also had more than a half-dozen students and graduates convert upward, highlighted by CSS graduate Charity Williams winning Bronze for Women’s Rugby Sevens in Rio. Next up, current student Mel Pembel has qualified for the PyeongChang 2018 Paralympics in Para-Alpine.

2139 athletes registered
64 sports

PARTNERSHIPS

In 2016-17, we collaborated with PhD students from three universities throughout B.C.: Simon Fraser University, University of British Columbia and University of Victoria. Projects cover nearly all sport science & sport medicine disciplines.

This year featured continued expansion in the new UBC High Performance Coaching and Technical Leadership Graduate Certificate, which we partner in implementing. Nineteen students enrolled in the second cohort of the graduate certificate with 13 students moving into the provincially-approved Masters’ program. The students are among Canada’s top High Performance coaches and leaders, with 50% coming from B.C.

CSI Pacific worked in partnership with viaSport to implement the Enhanced Excellence Funding Strategy that allocated $1.665M to 24 P/DSSOs. This marks a more targeted, evidence-based approach to funding. The result of these changes is allocating increased funding amounts to a fewer number of sports.

This year, we proudly received the Imagine Canada Standards Program awards accreditation. This is for Canadian charities and nonprofits that demonstrate excellence in five areas of operations.

After a thorough analysis, we also recently re-organized our staffing structure, thereby simplifying processes and increasing efficiencies. These changes will benefit all our sport partners going forward and allow them to put even more focus on their goal of winning medals for Canada.

RESEARCH & INNOVATION

This year was highlighted by 64 projects being completed with another 74 new projects being initiated. The number of network presentations we made rose by 70% over 2015-16 while the number of national/international conference presentations our staff made went up by a very impressive 274%.

2016-17 HIGHLIGHTS

SPORT PERFORMANCE
COACHING CERTIFICATE

124%
ATTENDANCE
OVER 2015-16

PROJECTS BY DISCIPLINE

ANALYTICS
BIOMEDICAL
MENTAL PERFORMANCE
PERFORMANCE NUTRITION
PHYSIOLOGY
STRENGTH & CONDITIONING

R E S E A R C H    &    I N N O V A T I O N
A few of our Canadian Sport Institute Pacific staff members at Rio 2016 celebrating the Women’s Rugby Sevens Bronze Medal (L to R): Sandeep Nandhra (S&C / Athletic Therapy), Tyler Goodale (S&C), Sam Ebata (Performance Analysis), Callum Morris (Performance Analysis), Kirsten Barnes (Mental Performance)

FACILITIES

Pacific Institute for Sport Excellence (PISE)  Richmond Olympic Oval  Whistler Athletes’ Centre

PARTNERS