



**CANADIAN  
SPORT  
INSTITUTE**  **INSTITUT  
CANADIEN  
DU SPORT**  
— **PACIFIC / PACIFIQUE** —

VICTORIA | WHISTLER | VANCOUVER

**YEAR IN  
REVIEW**  
2025-26

# Letter from the CEO & Board Chair

The Milano Cortina 2026 Olympic and Paralympic Games marked a defining moment for CSI Pacific and the athletes and partners we support. Preparation, collaboration, and performance aligned, with Canadian athletes and sport organizations delivering when it mattered most on the world stage.

Behind every performance was a collective effort across the sport system. National and provincial partners created environments where athletes could thrive, leading to composed performances, personal bests, and podium results across Olympic and Paralympic competition. CSI Pacific supported over one hundred athletes and coaches through integrated performance services, helping ensure they arrived ready to perform.

The impact of British Columbia's high-performance system was clearly reflected in the results. BC-connected athletes contributed significantly to Canada's success, winning 43% of Olympic medals and 80% of Paralympic medals. These outcomes highlight the strength of daily training environments, coaching expertise, and integrated support teams across the province.

Beyond the Games, the past year featured significant growth and innovation across the Institute. Initiatives such as the Oarsome Rowing Project, REDs work, and collaborations with partners like Arc'teryx reinforced CSI Pacific's leadership in applied sport science. Performance Nation played a key role by expanding into community and professional sectors through



firefighter and police testing, Lifting 101 clinics, and Podium Performance for Professionals, generating new partnerships and diversifying revenue.

Equally important were advances in infrastructure, systems, and culture that strengthened the performance environment. The opening of the Vancouver campus, continued optimization in Victoria, and the rollout of the APPS platform improved integration and service delivery across the network. Investment in people remained central, with 100% Safe Sport compliance, expanded EDIA initiatives, and strong staff engagement through programs such as the Employee Excellence Program, reinforcing a more connected, inclusive, and athlete-centered system.

You can read more about all these initiatives on the pages ahead.

It has been a successful and impactful year, and we are even more excited for what lies ahead.

Wendy & Sherry

*Wendy Pattenden Sherry Tryssenaar*

# Our National Sport Partners Training in BC



# Imagine Canada

CSI Pacific proudly maintained our accreditation from the Imagine Canada Standards Program.

This program is for Canadian charities and non-profits that demonstrate excellence in five areas of operations:



**Accredited**  
IMAGINE  
CANADA

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







## CSI Pacific Affiliated Milano Cortina 2026 Medallists

### Gold (5):

**Ina Forrest** - Wheelchair Curling, Mixed Team | **Mikaël Kingsbury** - Freestyle Ski, Men's Dual Moguls | **Megan Oldham** - Freestyle Ski, Women's Big Air | **Natalie Wilkie** - Para Biathlon, Women's Individual Standing & Women's Sprint Pursuit Standing

### Silver (4):

**Kalle Eriksson & Sierra Smith (Guide)** - Para Alpine, Men's Downhill Vision Impaired | **Éliot Grondin** - Snowboard, Men's Snowboard Cross | **Mikaël Kingsbury** - Freestyle, Men's Moguls | **Natalie Wilkie** - Para Biathlon, Women's Sprint Standing

### Bronze (7):

**Kalle Eriksson & Sierra Smith (Guide)** - Para Alpine, Men's Slalom Vision Impaired & Men's Super-G Vision Impaired | **Michaela Gosselin** - Para Alpine, Women's Slalom Standing | **Kurt Oatway** - Para Alpine, Men's Downhill Sitting | **Megan Oldham** - Freestyle, Women's Slopestyle | **Tyler Turner** - Para Snowboard, Men's Snowboard Cross | **Natalie Wilkie** - Para Cross Country, Women's Sprint Standing

## Strength & Conditioning

The Strength and Conditioning team expanded its reach across BC, supporting new partnerships while continuing to deliver high performance services to national and provincial athletes. New partnerships were founded with BC Curling, Field Hockey BC, BC Sailing, Para-Rowing and many Performance nation clients, while the S&C team also continued to deliver high performance support to national and provincial athletes through all phases of training, competition, and recovery.

In Whistler, a dynamic training environment brought together multiple winter sports teams, where our coaches played a key role in managing load, supporting recovery, and preparing athletes for the demands of the season, working with dozens of athletes ahead of them competing at the Milano Cortina Olympic and Paralympic Games.

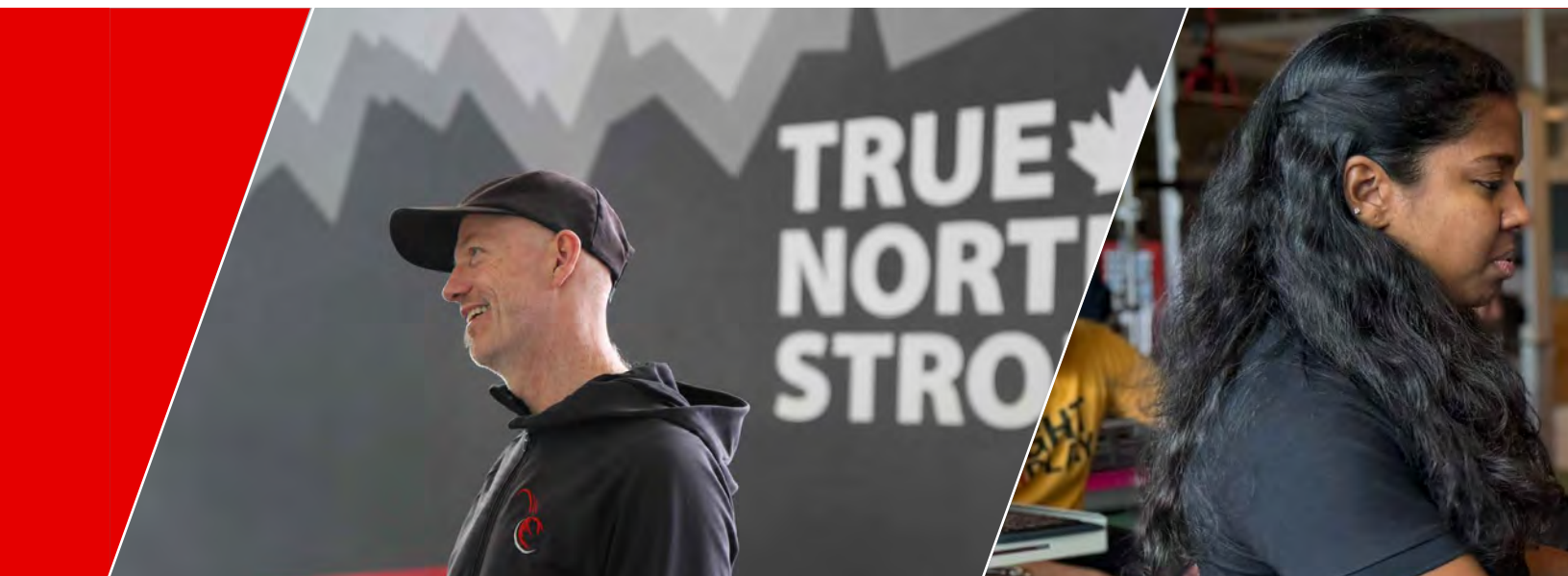
The team also made important strides in system development and innovation. S&C coach Andrew Kates has been leading work on the Return to Performance initiative for ACL rehabilitation, developing a structured, evidence-informed pathway to guide athletes from injury through to full performance. This includes protocol development, interdisciplinary alignment, and the creation of early-phase and pre-surgery training programs, helping to bring greater consistency to return-to-sport processes, with continued development and implementation to come.

## Physiology

This year the Physiology team delivered high-quality testing and support, expanding into the new UBC lab while maintaining strong service in Victoria, Vancouver, and the field. Highlights included large-scale testing blocks such as  $VO_2$  max testing for 45 athletes in six hours and over 130 firefighters assessed across seven halls.

Innovation and collaboration were central to the team's work: Projects with Arc'teryx advanced understanding of thermal performance, while the Oarsome Rowing Project featured more than three million athlete files and transformed complex data into actionable insights. Physiology staff also supported national teams through camps and competitions, contributing to world-stage performances, including four medals at the Para World Championships.

Equally important was the investment in people and system development. Through knowledge sharing and contributions to national initiatives like the High Performance Athlete Assessment Standards working group, the team continues to strengthen both internal expertise and the broader sport system.



## Health Services

Health Services advanced athlete care through a balance of education, research, and applied support. The Relative Energy Deficiency in Sport (REDs) webinar was a key highlight and fostered cross-disciplinary learning and collaboration. Led by experts across physiology, nutrition, and medicine, the discussion explored the complexities of identifying and managing REDs, sparking meaningful cross-disciplinary dialogue and reinforcing the importance of integrated care.

This work extended to the international stage at the Female Athlete Conference, where our Chief Medical Officer Dr. Paddy McCluskey and Senior Advisor, Research & Development Trent Stellingwerff shared leading research and applied strategies in areas such as REDs, iron management, and translating science into practice. Their presentations, alongside ongoing work on the national REDs Project, continue to elevate CSI Pacific's contribution to global conversations around athlete health and performance.

The team also remained closely connected to applied environments, supporting interdisciplinary learning through sessions on mental health and return to sport, while contributing to national team support at major competitions.

## Human Resources

This year marked growth, transition, and meaningful progress in building CSI Pacific's people and culture. The organization welcomed new staff, celebrated promotions, and recognized the contributions of departing team members, enhancing the sense of community throughout the organization.

A key milestone was achieving 100% Safe Sport compliance, reinforcing a commitment to a safe, respectful, and athlete-centered environment. Equity, Diversity, Inclusion and Accessibility (EDIA) also remained a priority, with renewed momentum through the EDIA Committee and initiatives that supported learning, reflection, and inclusion.

Pride events, Truth and Reconciliation sessions, and a special Lunch and Learn with Dr. Joanna Harper helped deepen conversations around identity, inclusion, and the evolving landscape of high performance sport.



## Data Solutions

The Data Solutions team played a central role in improving data systems across CSI Pacific. The team led a major transition away from our former data system over to more secure and streamlined systems, implementing new software in collaboration with multiple service areas throughout the Institute, including Nutrition, Mental Performance and Health Services.

At the same time, the team has remained closely connected to performance environments, supporting partners such as Rowing Canada with responsive, adaptable data solutions that evolve alongside athlete and coach needs.

A key milestone was the launch of the CSI Pacific Access Platform for Performance Services (APPS). This platform represents a step forward in how services are accessed, communication is managed, and information is shared across the system, helping to create a more integrated and user-friendly experience for athletes, coaches, and staff.

## Biomechanics & Performance Analysis

The Biomechanics & Performance Analysis (BPA) team continued to expand its impact through applied projects and collaboration. Throughout the year, the team has worked closely with partners to advance running analysis projects, developing new workflows that improve both the precision and efficiency of athlete assessments. This work reflects a broader focus on making data more actionable and accessible within daily training environments.

In rowing, new mobile-friendly reporting tools were developed to deliver real-time insights directly to coaches. This supports faster decision-making and better integration of data into daily training.

The team also contributed to research initiatives, including a partnership with Bracelayer – a leader in compression garments - and exploratory work with adaptive sport organizations. These efforts focused on translating complex data into practical applications ensuring BPA remains practical, accessible, and impactful across the sport system.

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## ShanghaiRanking Global Ranking of Sport Science Schools and Departments (University of Victoria)

**1** Canadian  
Rank

**17** Global  
Rank

**185** CSI Pacific  
Publications  
(accumulated)

# Research & Development

This year saw strong engagement across the system, with 26 staff, students, and contractors actively contributing to research projects, analysis, and publications. The team delivered 131 presentations reflecting a growing commitment not just to generating knowledge, but to sharing it in meaningful, applied ways. In total, CSI Pacific contributed to 24 published abstracts or papers, reinforcing a culture where research is both collaborative and widely disseminated.

This commitment to knowledge exchange was also reflected in international collaboration. A visit from Australian students and researchers combined applied sessions, facility engagement, and shared learning, alongside a staff presentation on emerging bicarbonate research, reinforcing CSI Pacific's reputation as a leader in translating science into practice.

At the project level, CSI Pacific remains deeply embedded in national and international research initiatives. The REDs Project continues to generate important insights into athlete health, while involvement in Project FURTHER and the Oarsome Rowing Project, which includes over three million athlete data files, demonstrates the scale and ambition of the work being undertaken. Partnerships with product industry leaders such as Arc'teryx and Bracelayer are also pushing innovation forward, translating lab-based findings into real-world performance solutions.



## Partnerships

Partnerships remained a key component of support for athletes, coaches, and staff. This year included a shift from a broad Community Partners model to a more focused Community Champions approach, prioritizing higher-impact relationships aligned with athlete needs and operational priorities. Existing partnerships were reassessed and agreements were renewed to ensure long-term value.

Collaboration with the Data Solutions team led to enhancements of partnership functionality within CSI Pacific's online Benefits Passport. This collaboration improves access to benefits for users and upgrades tracking of usage across the system.

Ongoing improvements in tracking and reporting are expected to provide better insight into how partnerships are used. This will support future decision-making and strengthen the overall effectiveness of the program.

## Mental Performance

The Mental Performance team delivered impactful support across training, competition, and major Games environments. Practitioners worked with athletes from coast to coast and internationally to build skills in focus, confidence, and resilience. This included embedded support with snowboard, ski cross, and sliding sports, as well as multi-sport delivery at the Canada Summer Games, where athletes benefited from both in-competition support and pre-Games preparation across a wide range of disciplines. On the international stage, Mental Performance Lead Christie Gialloreto supported Para Snowboard athletes at Milano Cortina and worked closely with snowboard Olympians, providing critical mental performance support in the highest of high-pressure environments.

Mental health remained a priority, with initiatives like Bell Let's Talk Day and expanded Game Plan services strengthening access to care and support for athletes and coaches.

The team also continued to innovate, integrating tools like Hecostix and exploring virtual reality applications, while investing in professional development and leadership. Staff brought back insights from international conferences, completed advanced training such as EMDR certification, and contributed to broader system development and research.

## Nutrition

The Nutrition team delivered impactful support across camps, competitions, and international tours. The team delivered hands-on, athlete-centered support to programs including rowing, soccer, cycling, and many winter sports preparing for the winter Olympic and Paralympic Games. From individualized fueling plans and hydration testing to competition-day strategies and recovery protocols, their work ensured athletes were prepared to perform in a wide range of environments. This support translated directly to performance, highlighted by results such as Stefan Daniel capturing his sixth Para Triathlon world title.

The scale and innovation of the team's work stood out. At the Rowing Altitude Research Camp, over 3,000 meals were tracked to support world-class research, while field-based testing, including real-time bicarbonate analysis, pushed the boundaries of applied nutrition in performance settings.

Education remained central, with cooking sessions, team workshops, and presentations reaching hundreds of athletes. Initiatives like the Whistler Athlete Garden brought nutrition to life, connecting athletes to fueling in a tangible way.



## Performance Pathways

Performance Pathways focused on improving alignment and coordination across the athlete development system. Initiatives such as Powering Podiums and Enhanced Excellence meetings helped clarify roles and improve information flow. This work is helping build a more connected and efficient system, ensuring athletes are supported consistently at each stage of their pathway.

Development programs including the International Coaching School, Canada Games Prep Program, and BC Winter Games Coach Mentorship Program supported both athletes and coaches and saw strong engagement. Team BC's strong performance at the Canada Games, including a third-place finish and 116 medals, reflects the strength of this pathway.

Talent identification efforts, where CSI Pacific played a key role in delivering testing, continued through RBC Training Ground events across British Columbia. These initiatives identified athletes with high performance potential and contributed to national-level selections.

## Performance Programs

Performance Programs expanded through new initiatives and continued development opportunities. A major highlight was the launch of the Athlete Ambassador Program in collaboration with viaSport, which includes athletes representing both Game Plan and PlaySafe streams. The program focuses on storytelling, community engagement, and leadership development. Athletes are gaining experience in communication and advocacy while promoting safe sport and athlete well-being.

Coach development also remained a priority, highlighted by the continued success of the International Coaching School and the celebration of 10 years of the UBC Master of High Performance Coaching and Technical Leadership program. These initiatives continue to build coaching capacity and leadership within the high performance system.

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**2328**

Registered  
Athletes

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**513**

Registered  
Coaches



# Game Plan

Game Plan continued to support athletes in areas beyond performance, including career, education, and well-being. The appointment of a new Game Plan Advisor, Anna Kozniuk, strengthened delivery of services and athlete engagement across CSI Pacific.

The year included preparation for Milano Cortina 2026, with activities such as Media Day, kit distribution, and media training sessions. Wellness programming also expanded through initiatives like Game Plan Day and recovery-focused experiences, including a retreat to Scandinave Spa in Whistler.

Support for life beyond sport remained a priority, demonstrated through athlete achievements such as acceptance into academic programs, including the Smith School of Business' Accelerated MBA program. Engagement in broader well-being discussions also reinforced a holistic approach to athlete development.



# Performance Nation

Our Performance Nation program saw strong growth this year, expanding its reach across sport and into the broader community. What started in sport is now reaching new spaces, with more than 250 spirometry tests delivered to firefighters across 13 Island communities and police health and fitness assessments expanding across multiple departments. These initiatives not only supported performance, safety, and readiness in high-demand professions, but also generated over \$25,000 in revenue, reinforcing the value of applied sport science beyond traditional pathways.

The introduction of Lifting 101 clinics created accessible entry points for developing athletes, while Podium Performance for Professionals opened the door for corporate and community leaders to experience what it means to train like an Olympian.

Within the sport system, Performance Nation strengthened and expanded its partnerships. Ongoing work with Rowing BC, Field Hockey BC, and Wheelchair Tennis, alongside national and provincial team support, ensured athletes continued to benefit from integrated strength and conditioning, nutrition, mental performance, and physiology services. Education remained central to this work, with sessions and remote programming extending the reach of expertise across the province.





# IT

Over the past twelve months, the IT team focused on strengthening security, improving reliability, and empowering staff with better tools and knowledge. With evolving cybersecurity threats, phishing simulations and CanIPhish training reinforced security for all staff throughout the Institute.

Behind the scenes, system upgrades improved resilience and protection, including the transition to an O365-integrated antivirus and updates to key policies. A power outage at PISE also helped identify opportunities to further strengthen system reliability.

At the same time, the team supported better collaboration through Teams training and new resources, helping staff streamline communication and workflows. Together, these efforts reflect a proactive and people-focused approach to IT.

# Facilities

In Vancouver, the new campus officially opened its doors, marking a major milestone for CSI Pacific. The transition was smooth thanks to the collective effort of many staff working behind the scenes, and the space is now fully operational. The new environment is already enhancing collaboration with UBC and more partners, as well creating new opportunities to connect. We are excited to see how it continues to evolve as it becomes a central hub for athletes and staff.

In Victoria, efforts focused on optimizing existing space to better support collaboration and day to day operations. This included updates to office layouts on the third floor, where Rowing Canada, Athletics Canada, and Own the Podium are now co located. These changes have strengthened integration across organizations and created a more connected working environment.

The Mobile Environmental Trailer (MET) in Victoria continued to be a valuable asset across the campus, supporting both performance preparation and research initiatives. It remained on site through the year and played an important role in heat preparation for upcoming Games, while also supporting innovative collaborations with partners such as Arc'teryx. These projects highlighted the unique ability of the trailer to bridge applied sport science and product development in a controlled environment.

Across all locations, these updates reflect a continued focus on creating spaces that support collaboration, innovation, and performance.

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## Our Campuses



**Victoria Campus**  
@ PISE  
4371 Interurban Road  
Victoria, BC V9E 2C5  
[ T ] 250.220.2545



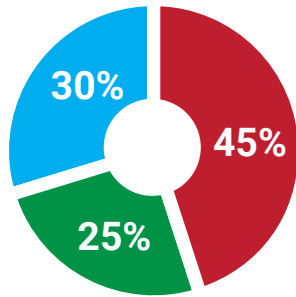
**Whistler Campus**  
@ Whistler Athletes Centre  
1090 Legacy Way  
Whistler, BC V8E 0K3  
[ T ] 604.962.8892



**Vancouver Campus**  
@ UBC Gateway Health Building  
Office #2150  
5955 University Blvd  
Vancouver, BC V6T 1Z3

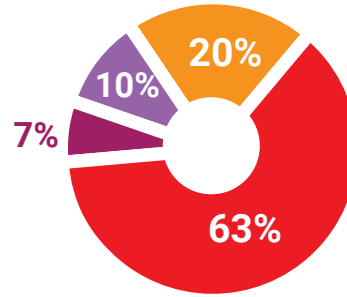
# Financial Summary

## Funding



 National Funding Partners	\$3,133
 Provincial Funding Partners	\$1,735
 Other Contributions, Fee for Service, Sponsorships & Misc	\$2,054
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TOTAL	\$6,922

## Expenditures



 Health & Performance Services	\$4,252
 Research & Development	\$451
 System Enhancement	\$688
 Business Operations	\$1,388
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TOTAL	\$6,779

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 - \$33,125

Restricted Fund - \$109,725

## Our Funding & Facility Partners

