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Powering Podiums Defining Enhanced Programs

Thursday 1st October 2026



Land Acknowledgement

We gratefully and respectfully acknowledge that our workplaces at CSI Pacific exist on the traditional, ancestral, and unceded territories of the xwməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), Líl'wat7úl (Lil'wat), Esquimalt and Songhees Nations of the Coast Salish peoples.

I am speaking to you today from Sidney BC which is located within the traditional territory of the W̱SÁNEĆ People



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Welcome to Powering Podiums

- Purpose – Direction - Context
- Introducing Dr. Seth Lenetsky to System Enhancement
- What is Enhanced Excellence?
- Project based enhancements
- Share ideas around strategic projects to enhance programs
- Break out rooms-What makes programs better



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Powering Podiums

- October 1st (11am-12.30pm) What is an Enhancement- The What
- November 26th (11am-12.30pm) Enhancing a Program- The Why and The How
- January 26, 2026 (1pm-4:00pm) Enhanced Excellence Future

CANADIAN SPORT INSTITUTE PACIFIC / PACIFIQUE INSTITUT CANADIEN DU SPORT
viaSPORT British Columbia

POWERING PODIUMS

SAVE THE DATE

SESSION 1	DEFINING ENHANCED PROGRAMS THURSDAY OCTOBER 1 ST 11AM-12:30PM	ONLINE
SESSION 2	DESIGNING ENHANCED PROGRAMS THURSDAY NOVEMBER 26 TH 11AM-12:30PM	ONLINE
SESSION 3	EVALUATING PROGRAM EXCELLENCE TUESDAY JANUARY 26 TH 1PM-4PM, TBC	IN PERSON

ADDITIONAL DETAILS COMING SOON



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Purpose

- Rethinking enhanced excellence
 - Making High-Performance Sport Better
 - Defining our objectives - Collaboration
 - Sharing Solutions
 - Setting the direction

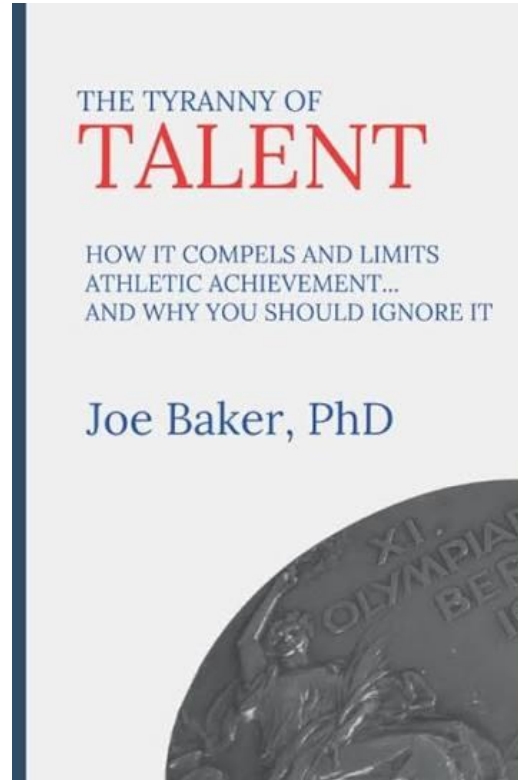


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Talent Identification?



Talent isn't grown- its made, everyone could be talented.



4 out of 5 athletes in talent ID systems miss, we hit 1 in 5 times - 20% conversion rate

We want to keep collecting and looking at the data, what is the best approach? What is the 'right' conversion rate? Are we seeing early maturation and still calling it talent.

We need to keep looking at different ways to operate in order to support athletes and coaches



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High Performance Sport Definition



- High performance sport in British Columbia is defined by the LTAD aligned pathway that is athlete-centred and coach-led with optimal support to enable athletes to convert toward national teams and contribute, where possible, to Olympic and Paralympic podiums.

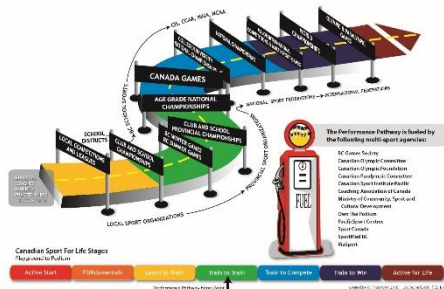


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Enhanced Excellence - Pillars

Pathway Progression

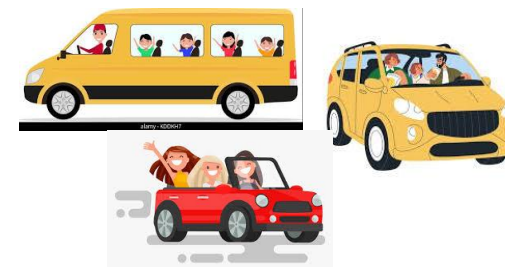
Performance Pathway



Sport Science Support



HP Athlete Program



HP Coaching





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Enhance Excellence Direction / Vision

Targeted Approach

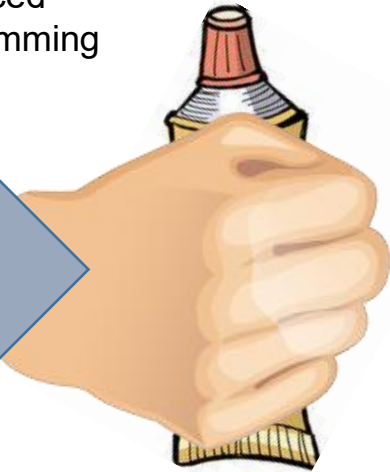
(ID approach)

National Team

Supported or
Enhanced
Programming

Data informs
tracking and
optimal
support

ID based
on
potential

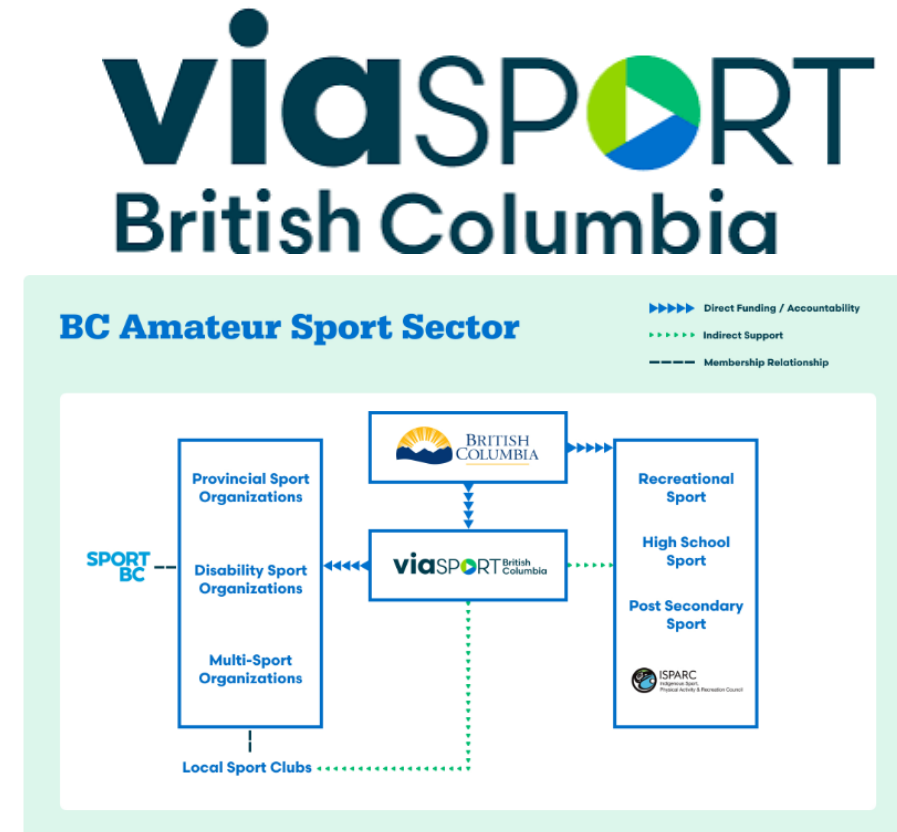
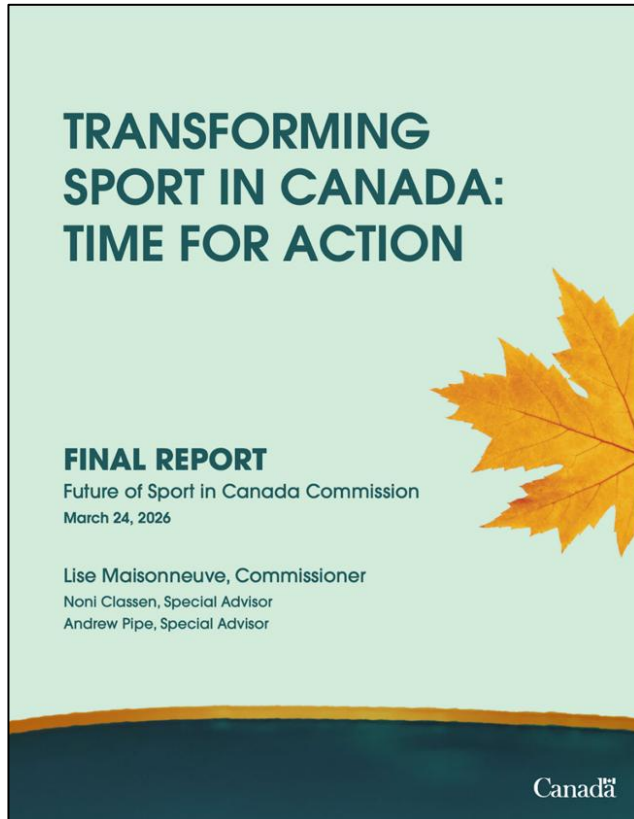


- Enhanced Targeted Support – Annual Review – autonomous decision making
- Directed Targeted Support – Project based approaches to enhance sport needs.
- System Based Support – Scalable initiatives that would enhance all sport (i.e. HP Data Management)

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Context – What has changed since January





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Dr. Seth Lenetsky - me

- PhD in strength & conditioning/sports biomechanics (Punch analysis in boxing)
- Worked in Canadian sports since 2021
- Started new role with CSI-P in September

Thanks for having me!!!





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What is Enhanced Excellence?



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GET BC ATHLETES ON TO NATIONAL TEAMS



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Collaboration — Working together to enhance HP sport

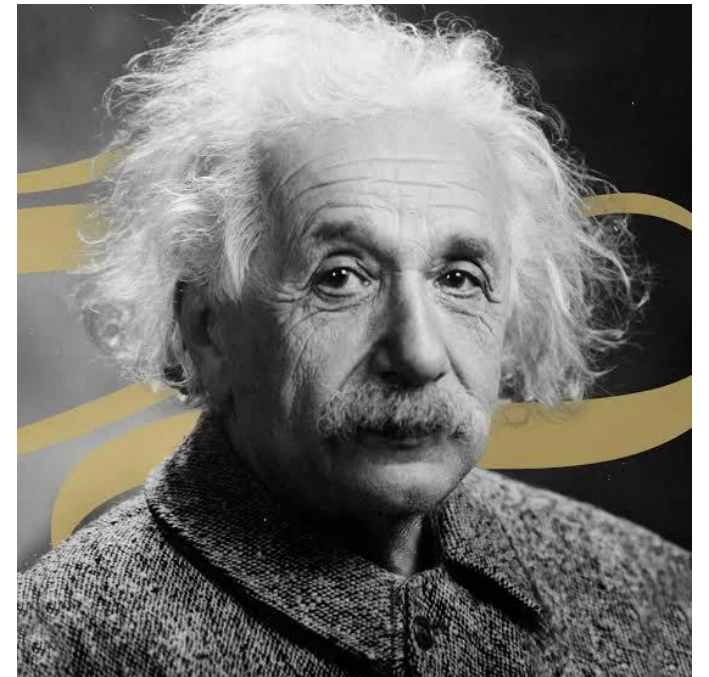
- We are all on the same team
- Getting athletes on to national teams is the goal
- CSI Pacific number #1 job is to support you in creating the environment for athletes, and to enhance athlete and coach performance – Other stuff is nice



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Enhancement Strategies?

- More is not better
- More project based
- Every sport will work differently





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How systems will adapt

- Re-focus will take place in the 1st quarter of 2027
- Expanded work on collaboration
 - CSI staff to support EE reporting
- More information to come
- This webinar is part of that process



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Menti questions

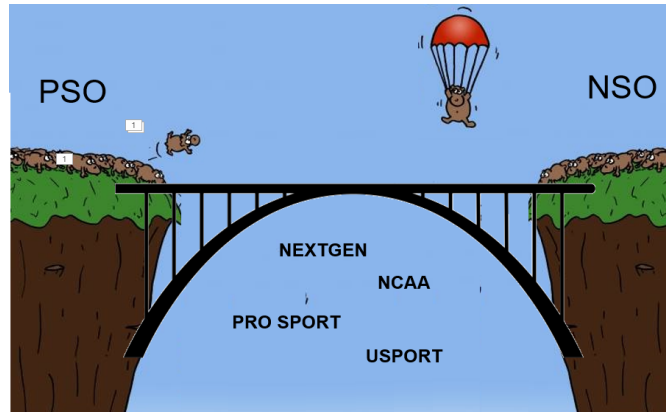
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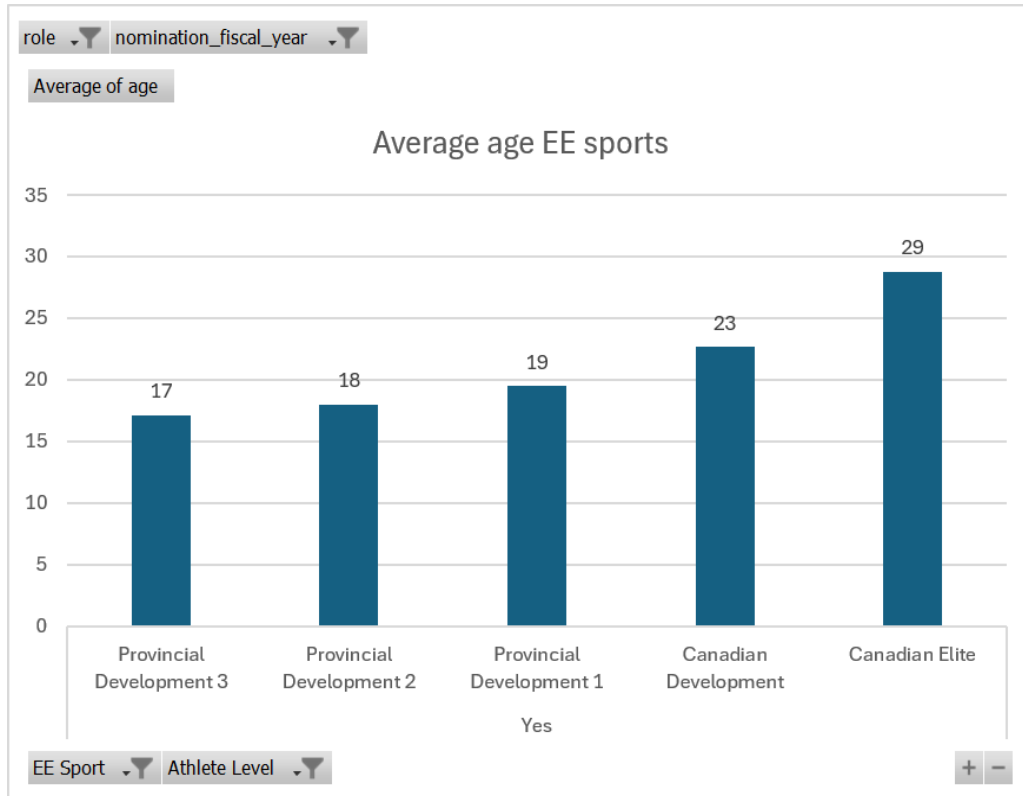
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Project Based Enhancements

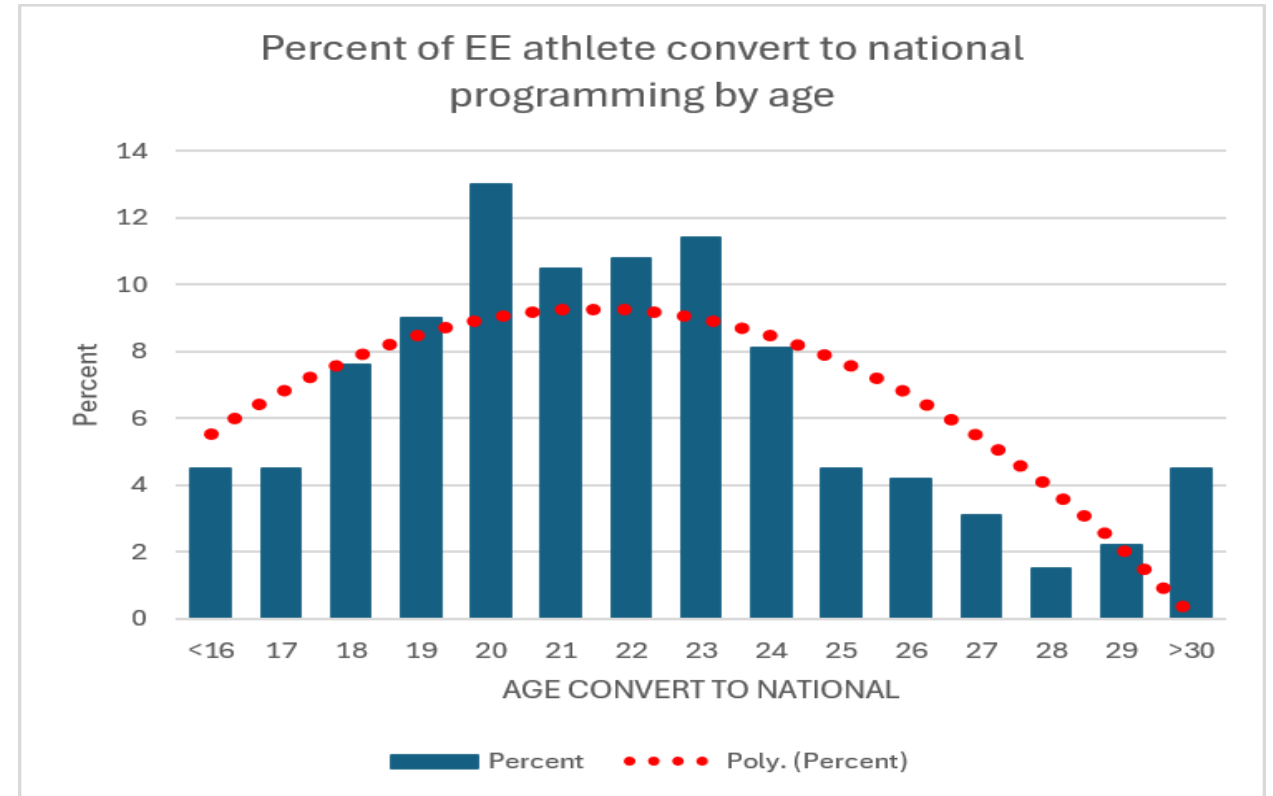
What project-based enhancements could your program provide



EE Athlete - Age



- Average age increases by level of targeting
- National level athletes are 4 years older on average than provincial level



- 20% of EE athlete convert (1/5)
- 75% of athletes convert to national level between age of 19-27 years

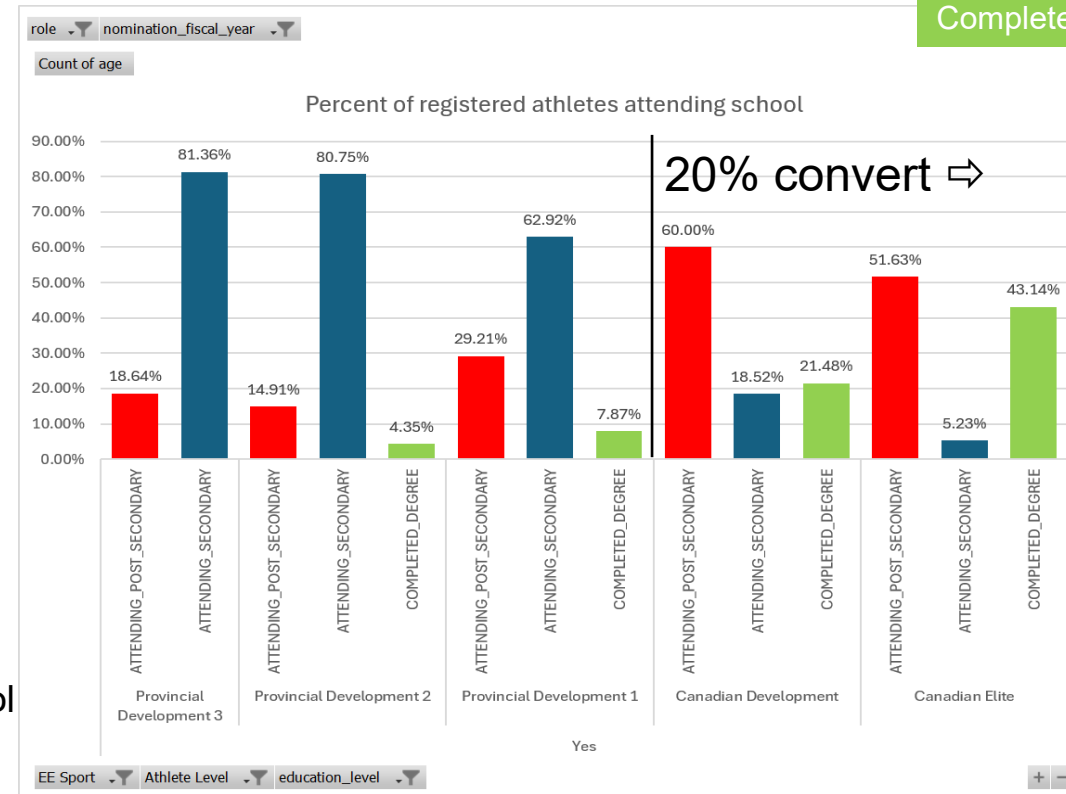
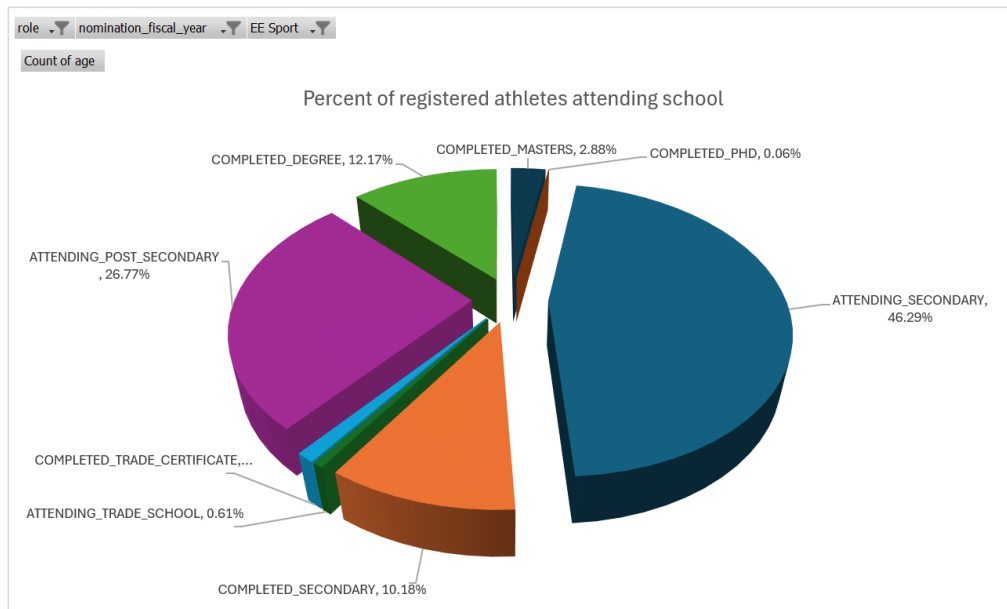


EE Athlete – Schooling

Attending Secondary School

Attending Post Secondary School

Completed Degree



- About 60% of athletes complete or attend secondary school
- About one quarter (25%) currently attend post secondary
- About 15% completing post-secondary education.



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Staging Camps



- Pre-Nationals, Pre Selection Process
- Identify athletes that will benefit from a structured, multi-faceted outcome driven 3–5-day camp
- Prepare and present a budget for the event
- Provide clear intended outcomes
- Why, When, and How will this be delivered
- Where does it fit in your program
- What is the enhancement



Travelling for Competition

- NOT travelling to a core event, Provincials, Nationals etc
- Provide a focused and deliberate athletic experience
- Take athletes outside of the comfort zone – Push the performance envelope
- Setting goals for team and individual athletes
- Finding ‘best practice’ environments
- Challenging BC athletes in that environment
- Merit based selection
- NO cost to athletes (subsidized)
- Robust reporting and reflection process



Supporting post secondary athletes

- Working with targeted athletes' grade 10-12
- Supporting them in post secondary choices (varsity vs non-varsity)
- Finding the 'best fit' academically and in sport
- Building relationships with coaches and programs
- Obtaining tracking data
- Monitoring athletes remotely
- Athletes still feel a part of the program
- PSO plays the role instead of 'college recruiters'



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Guest Presentations

5 minutes, 5 slides



Break out rooms

12 minutes

- How does your PSO support athletes further up the pathway?
- What makes programs 'better', what does 'better' look like?
- How involved is the PSO in guiding gap analysis for your targeted athletes?
- How do you work with coaches to support the YTP?



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Breakout rooms feedback



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In closing

Thanks to our presenters for sharing

Session recording and slides will be sent out next week

Next session

November 26th

Thanks for joining us today.....