

MANITOBANS IN RIO

2016 Olympians & Paralympians with a local connection

Canadian Sport Centre Manitoba is the hub for high performance sport in our province, supporting current and aspiring Olympic and Paralympic athletes.

The Centre's world-class sport science team provides physiology, biomechanics, strength and conditioning, nutrition and mental health services that complement the technical training athletes receive from their coaches. Through creativity and innovation, we're pushing the barriers of human potential.

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SARAH-ANNE BRAULT

Age: 26 | **Sport:** triathlon

Sarah-Anne Brault grew up in Winnipeg. She first learned to swim, and fell in love with the pool at a young age. In junior high she added running to her list of abilities, and after participating in Kids of Steel races, she realized triathlon was something she wanted to pursue seriously.

Sarah-Anne briefly attended West Virginia University where she represented the Mountaineers on the track over the longer distances. "However," she says, "**my heart and soul belonged to triathlon.**" She will make her Olympic debut at the Rio 2016 Games.

Sarah-Anne has lived in Quebec City for many years, and is currently serviced by the Institut National du Sport du Quebec, which is part of the Canadian Olympic and Paralympic Sport Institute Network.



JUSTIN DUFF

Age: 28 | **Sport:** volleyball

Justin Duff began playing volleyball at age 16, after trying his hand at a number of different sports. When he was 18, one of his teammates told him that if he continued to improve, he might have a chance of playing for the National Team one day. That comment spurred him on and made him believe Team Canada could be a possibility.

Justin studied mathematics at the University of Winnipeg, and while there he was named a First Team All-Canadian and Male Athlete of the Year in 2010. After graduation, his volleyball success has continued. In 2015 he helped Canada win gold at the NORCECA Championships. He was also on the squad that won the FIVB World League Group 2 in 2016. Professionally, Justin plays with the Russian volleyball club Belogorie Belgorod.

In Rio, the former Wesmen will be part of Canada's first Olympic indoor men's volleyball team in 24 years.



MEGHAN MONTGOMERY

Age: 35 | **Sport:** para-rowing

Originally hailing from Manitoba, two-time Paralympian Meghan Montgomery recently announced her return to the sport of rowing in hopes of capturing a medal in Rio.

Meghan, who started her journey as a Winnipeg Rowing Club athlete, moved to Victoria, BC to train seriously in late 2005 after graduating from the University of Manitoba (with a B.A and a B.Ed in senior school mathematics). In Victoria, she began training full-time with Rowing Canada's para squad. In 2008, Meghan competed in the Mixed LTA 4+ event at the Beijing Paralympic Games and four years later at the London Paralympic Games. After the Games in 2012, Meghan decided to retire from the sport in pursuit of a teaching career, and began teaching math and coaching rowing at Shawnigan Lake School in BC.

Since her emergence from retirement, Meghan has immersed herself fully in rowing once again, already having won a World Championship gold medal this past June. She now has five career podium finishes at five different World Championships.

CHANTAL GIVENS

Age: 38 | Sport: paratriathlon

Chantal Givens is on her way to Rio, representing Team Canada in the inaugural paratriathlon event at the 2016 Paralympic Games.

The Albertan-born athlete moved to Winnipeg in 2006, where she currently resides and trains. Chantal's sporting career began as a springboard diver in her early teens. It took volunteering at just one World Triathlon event in 2001 for her true passion for sport to come alive. "Seeing the expressions on the faces of the finishers excited me and gave me a new sport to play," she says. At the end of her 10-year diving career, she decided to give triathlon a try. But "trying" meant starting fresh. Before even owning a bike, Chantal registered for a long distance race. It was during her rookie season that she had an opportunity to compete at some of her first world events at a non-elite level.

Chantal competed in mostly able-bodied events in the beginning, where she gained experience and fitness in this multi-discipline event. She trained and raced in a variety of events including triathlons, cross-country and marathons. Following a national championship win in 2012, she shifted her focus exclusively to paratriathlon.

Chantal is now a three-time Canadian Paratriathlon Champion. However, she nearly saw her Paralympic dream slip away last August when – only weeks before a major ITU World Paratriathlon Event – she fell from her bike, fracturing her scapula. Thanks to the athlete's determination and the expert support of her coach and sport science team members from the Canadian Sport Centre Manitoba, Givens saw a quick recovery and successful return to competition.

Her 2016 accomplishments include a first-place finish at the Aguilas ITU World Paratriathlon Event and fourth at the Penrith event, as well as a second-place finish at the 2016 Sarasota CAMTRI Paratriathlon American Championships.

Outside of sport, Chantal is a physical education teacher and loves sharing her passion for sport with the next generation. Her dream is to motivate other women and people living with physical disabilities to discover and follow their passion. Chantal's determination and dedication are the driving force behind her success.



“ For me, the opportunity to represent Canada at the Paralympic Games is the realization of a lifelong dream. Growing up, I had the mindset of being the best that I could be and to not be afraid to work for it. My dad told me that we appreciate things more the harder we work for them, and I can definitely say that I appreciate this opportunity!”



LEAH KIRCHMANN

Age: 26 | Sport: road cycling

Cyclist Leah Kirchmann was introduced to her sport at age 13, as part of the Kids of Mud program in Winnipeg. Initially, it served as cross-training for cross country skiing, but she says she was soon hooked on biking “after a few good battles through the mud.”

While Leah was soon recruited for a road team, her love of being outdoors and being active kept her skiing in the winters, and mountain biking and road cycling as the snow melted. Leah stuck with all three sports for several years, but skiing and mountain biking eventually took a backseat to cycling as a portion of her time and energy shifted to her studies.

Soon after, Leah was noticed by pro teams, and began her professional road racing career with the Optum Pro Cycling team in 2011. In 2014, Leah became the first Canadian cyclist (male or female) to win all three road National Championship titles (road, time trial, criterium), and in the same year placed third in La Course by Le Tour de France. Currently, Leah competes with Dutch pro team Liv-Plantur. She will head to her first Olympics following a career-best season.

Leah gives back to the community, working as an advocate and ambassador for healthy living and for young women in sport.

“ I owe a huge thank you to everyone who played a role in my athlete development and helped me achieve this goal. My love of sport and cycling in particular began in Manitoba.”



TYLER MISLAWCHUK

Age: 21 | Sport: triathlon

Oak Bluff's Tyler Mislawchuk only became serious about triathlon five years ago. Playing hockey and soccer growing up, Tyler has always been involved in sport. He started competing internationally in triathlon in 2011. In 2013, Tyler made his World Cup debut, the same year he graduated from Vincent Massey Collegiate, and won a silver medal at the Canada Summer Games in Sherbrooke, QC.

Tyler began racing on the ITU circuit just under two years ago, after putting his education at the University of Manitoba's Asper School of Business on hold to train full time. Living and training in Australia and Spain, the athlete's international rankings have climbed steadily. Tyler finished in the top 15 in each of his World Triathlon Series races in 2016.

Tyler missed a large portion of his qualification period due to injury, and was playing a game of catch-up as the Olympics approached. His determination in the face of difficulty paid off. This summer in Rio, Tyler joins Triathlon Canada's team alongside four other first-time Olympians.

“ Everything I do on a daily basis helps toward making me a better triathlete and accomplishing this dream I had as a kid of being an Olympian. It is an honour to be named to the Canadian Team and be given the opportunity to wear the maple leaf.”



LEANNE MULDREW

Age: 33 | Sport: sitting volleyball

Leanne Muldrew returns to the women's national sitting volleyball team for the 2016 Paralympic Games in Rio. Muldrew played for Canada in 2011 and was on the squad that placed third at the Paralympic Games qualifier for the London 2012 Paralympic Games. Canada needed a top-two to advance to those Games.

Since then, Muldrew, a former standout standup player in Winnipeg's club system, has focused on her studies and her career as an American Sign Language interpreter.

Canada's women's sitting volleyball team will make history in Rio, as it will mark the first time ever that Canada has qualified a sitting volleyball team to compete at the Paralympic Games.



SOPHIE SCHMIDT

Age: 28 | Sport: soccer

Sophie Schmidt was born in Winnipeg, but grew up in Abbotsford, BC. She was eight years old when she started playing soccer for Abbotsford, and was 16 when she made her debut for Canada. Since then she has made more than 100 appearances with the national team, playing a career-high 76 consecutive matches with Canada in 2011-2015. Sophie plays professionally with FFC Frankfurt of Germany. She was a part of the Canadian women's soccer team that took home the bronze medal at the London 2012 Olympic Games.

She has been described as an "aggressive and tough defensive midfielder with good distribution," a leader who is good under pressure and has a "strong fighting mentality."

"[It is] such an honour and blessing to be able to represent Canada at another Olympics!" – Sophie Schmidt



DESIREE SCOTT

Age: 29 | Sport: soccer

Winnipeg-born pro soccer player (and certified Zumba instructor) Desiree Scott began playing the sport at age eight. Growing up, she participated in as many sports as she could, but had a knack for soccer, making Canada's U-16 and U-19 National Teams while in high school. After graduation, she went on to play for the Bisons at the University of Manitoba.

Desiree made her first international appearance for the Senior National Team at the Cyprus Cup in 2010. From there, she was selected to the Canadian National Team, and helped her team to a bronze medal at the London 2012 Olympics. She currently plays professionally with FC Kansas.

When not playing soccer or with her family, Desiree enjoys spending time coaching and helping out in the community. As an ambassador for KidSport Winnipeg (a charitable organization which helps offset registration costs for families who can't afford to put their children in sport), Desiree helps run a soccer camp.

"I want to be a person and athlete who my family, city and country can be proud of!"
– Desiree Scott



NICOLE SIFUENTES

Age: 30 | **Sport:** athletics | **Event:** 1500m

Middle-distance runner Nicole Sifuentes looks to improve on her semi-final finish at the 2012 London Olympic Games.

Raised in Winnipeg, Nicole started running at age 12. She attended Vincent Massey Collegiate for high school, and caught her first glimpse of international competition at the 2003 World Youth Championships. After graduating, Nicole moved to Ann Arbor, MI to attend the University of Michigan, where her athletic scholarship allowed her to train seriously while pursuing a B.Sc. in Civil Engineering. She excelled academically and in her sport, and after four years Nicole completed her degree and began working in order to support her training needs.

Nicole's excellence in running hasn't slowed since. She competed for Team Canada in the London 2012 Olympics, won a bronze medal at the World Indoor Championships in 2014 and took home silver at the 2015 Pan Am Games.



ERIN TESCHUK

Age: 21 | **Sport:** athletics | **Event:** steeplechase

Erin Teschuk started running in elementary school, when she realized her favourite part of soccer practice was running laps. After high school, Erin moved to North Dakota to attend NDSU, where she's become a dominant NCAA runner and seven-time All American. Erin's improvement over the last four years has been incredible: the back-to-back steeplechase National Champion heads to Rio only a year after her first major international competition, the 2015 IAAF World Championships.

Erin was born and raised in the province and says, "Winnipeg is filled with some of the greatest people I know. Manitoba has some of the toughest athletes I know." She hopes to train and compete in a way that she can look back on her time in the sport and know that she got the best out of herself.

"Putting your all into something you care about is always going to be worth it, regardless of the final outcome." – Erin Teschuk



CHANTAL VAN LANDEGHEM

Age: 22 | **Sport:** swimming | **Events:** 50m freestyle, 100m freestyle, 4x100m relay

Chantal began swimming at four years old, and never looked back. She went to high school at Vincent Massey Collegiate in Winnipeg, and started competing at a national level in her teens. At 18, she was on the brink of competing at the London 2012 Olympics, but missed qualifying by the heartbreaking margin of 0.01. The next year, Chantal placed in the top 10 in three different events at the FINA World Championships, and has kept climbing since.

At the 2015 Pan Am Games, Chantal made a name for herself after winning two gold medals on the opening night, upsetting American legend Natalie Coughlin in the process.

For as long as she can remember, Chantal has loved being in the water, a passion which led her to move south of the border to continue competing while pursuing an education. Currently, Chantal keeps busy balancing training and studying psychology at the University of Georgia.

ISABELA ONYSHKO

Age: 18 | Sport: artistic gymnastics

Brandon gymnast and rising Canadian star Isabela Onyshko should be on everyone's Rio radar. She's making big waves for Canada in artistic gymnastics, with some calling her the best gymnast in the country.

Isabela broke onto the international scene in 2014, winning medals at World Cup events in Croatia and Qatar and representing Canada at the 2014 Commonwealth Games in Glasgow. In 2015, Isabela proved herself an international athlete to be reckoned with. She competed at the Jesolo Trophy and the 2015 Ljubljana World Cup in Slovenia, where she won gold on both bars and beam and silver on floor. At the 2015 Canadian National Championships, she earned a silver medal in the all-around for the second year in a row.

Following impressive results at last year's World Championships and Pan Am Games, she began 2016 with a gold in the all-around category at the Elite Canada Championships, along with taking top spot in senior women's apparatus finals in uneven bars, beam and floor. Isabela won gold in the individual all-around at L'International Gymnix competition with a score of 57.550 points. At that competition, she took silver on floor and bronze on uneven bars. At the 2016 Global News Canadian Championships, she scored 58.550 to beat out Nova Scotian Ellie Black for the top spot. Isabela earned gold for her performance on uneven bars and beam, with a bronze on floor.

Within a span of a few weeks, the exceptional teen graduated high school in the top of her class, celebrated her 18th birthday and was named to the Olympic Team. Isabela seems to break the stereotype for gymnasts of this calibre, speaking of her considerable achievements with surprising humility, and taking time to mentor and encourage younger athletes.

“It's sort of surreal. You dream about it... it's still hard to believe. I can always remember wanting to go far in this sport.”

– Isabela Onyshko

“Manitoba has not historically been known for producing gymnasts of this calibre, and here we have Bela, a truly homegrown talent, who may just be the best gymnast in the country.” – Kathy Stoesz, Executive Director, Manitoba Gymnastics Association



2016 OLYMPIC GAMES | AUGUST 5-25

Competition Schedule for Manitoban Athletes

SPORT	ATHLETE	3	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Opening Ceremony			●																
Closing Ceremony																			●
Artistic Gymnastics	Isabela Onyshko				●		●		●			●	●	●					
Athletics	Erin Teschuk										●		●						
Athletics	Nicole Sifuentes									●		●		●					
Road Cycling	Leah Kirchmann				●														
Soccer (Women's Team)	Sophie Schmidt Desiree Scott	●		●			●												
Swimming	Chantal Van Landeghem			●			●	●	●	●									
Triathlon	Sarah-Anne Brault																	●	
Triathlon	Tyler Mislawchuk															●			
Volleyball (Men's Team)	Justin Duff				●		●		●		●		●		●		●		●

2016 PARALYMPIC GAMES | SEPTEMBER 7-18

Competition Schedule for Manitoban Athletes

SPORT	ATHLETE	7	8	9	10	11	12	13	14	15	16	17	18
Opening Ceremony		●											
Closing Ceremony													●
Paratriathlon (Women's PT4)	Chantal Givens					●							
Para-Rowing	Meghan Montgomery			●	●	●							
Sitting Volleyball (Women's Team)	Leanne Muldrew			●									

Note: Schedules are subject to change. At time of printing, para-athletics has not yet named its team, and the date for the para-rowing mixed LTA 4+ event has not been specified.



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