



Annual Report
2017-2018

**CANADIAN
SPORT
CENTRE**



**CENTRE
CANADIEN
DU SPORT**

MANITOBA



MESSAGE FROM OUR GENERAL MANAGER



JEFF POWELL
General Manager

The highlight of the year was undoubtedly the performance of Manitoba's athletes at the 2018 Winter and Paralympic Games in Pyeongchang, South Korea. Of the 12 Manitobans that travelled to compete, 11 of them came home with medals around their necks. Each and every one of them should be proud of their efforts, as we most certainly are.

Of course, CSCM's efforts did not end when the Olympic flame was extinguished. Already, the eyes of the Centre, and the athletes and coaches it serves, have turned towards Tokyo in 2020. Members of our community should look forward to the journey of Skylar Park in Tae Kwon Do, and Leah Ferguson in wrestling, as they pursue their Olympic dreams.

It was not only Manitoba's athletes that distinguished themselves last year. Adrienne Leslie-Toogood continues her important work as the head of Own The Podium's group of sport psychology and mental performance experts across the country. Similarly, Jorie Janzen and Kyle Turcotte continue to be requested to do more in leading Curling Canada's National Team Program in their respective fields, all the while working very closely with Manitoba's curling teams.

Organizationally, CSCM continues to look at ways to lead and grow. We could not be happier to have welcomed Adam Decker to the team in January to round out the physical prep group and lead our Talent ID and Development program. Marketing & Events Manager Luisa Miranda Alarcón has taken the lead on a COPSIN-wide initiative to align the various communication and marketing efforts around the country, to many accolades from the National Partners.

CSCM has also posted its fourth consecutive surplus in 2017/18, even in the face of a very uncertain funding environment. Provincial support fell for the third year in a row and is now down more than 20 per cent over that period.

Against that backdrop, we have worked hard to ensure the long-term sustainability of the organization by establishing a second fund with the Winnipeg Foundation. Along with the Pan Am Legacy Fund, which has long supported the Centre, the CSC Manitoba Olympians & Paralympians Fund will help Manitobans access the performance supports they need to compete with the world's best for years to come.

Finally, to the staff and Board of CSCM: none of the above would have been possible without you. You have made it easy to work hard. Your expertise and wisdom have carried the day far more often than not, and on behalf of all who call on you for advice, guidance and support, I say thank you.

Bailey Bram, Hockey
Photo: Dave Holland, CSI Calgary



PSYCHOLOGY



ADRIENNE LESLIE-TOOGOOD

*Director
of Sport Psychology*

Sport psychology services at the Canadian Sport Centre Manitoba continued to play a leadership role both locally and nationally in the 2017/2018 year.

Serving the community

As the Director of Sport Psychology, I have continued to stay involved in a number of community organizations. I serve as the discipline lead for the National Sport Science and Medicine Advisory Council of Canada, and moved into the position of Past Chair of the Canadian Sport Psychology Association. I also led a team of local psychologists who served as members of the sport medicine team for the Canada Games. This was the first-time that psychology was a member of the services delivered at the polyclinic at a Canada Games. Also this year, I continued to manage a listserv of mental performance consultants supporting local athletes and coaches, facilitated a successful Cal Legacy Lecture and led a national bid process to bring the World Congress of Sport Psychology to Canada in 2021. Finally, had the pleasure of travelling with Team Carruthers and supporting them through the Olympic trials this past December.

Developing students

This year, I mentored graduate students in clinical psychology as they worked with the Canada Games Diving and Triathlon teams, and co-advised two doctoral students in clinical psychology. Notably, one was a past Olympic medalist who returned to Winnipeg specifically to study with us. Donna Harris successfully completed her master's degree, and presented her research at the SPIN (Sport Innovation) summit, given its significance to high performance sport. This year I also served on the committee for Ms. Laura Cecerralli, who completed her research utilizing biofeedback equipment and examined self-compassion in relation to failure experiences.

Sport psychology continues to ensure athletes affiliated with the centre have access to psychological services to both maximize performance and stay mentally well through their high-performance journey.



DIETETICS



JORIE JANZEN

*Director
of Sport Dietetics*

In the 2017/2018 year, sport dietetics worked with athletes from a variety of sports including Taekwondo, Canoe/Kayak, Gymnastics, Triathlon, Racquetball, Wrestling, Volleyball, Beach Volleyball (new this year), Track and Basketball, and was Canada's NTP Dietitian Lead for curling.

Research and review

The 2017/2018 year was rich in research for the Canadian Sport Centre Manitoba's sport dietetics team. Research was done to understand how dairy milk consumption effects exercise recovery. Elite male hockey players were required to consume low-fat chocolate milk within 30 minutes post-exercise, in order to test the main biomarkers of exercise-induced muscle damage, and the ability to reduce delayed onset muscle soreness, as means to minimizing the effect on exercise performance at the next event.

Further to this, we began a study last year to assess nutrition knowledge, beliefs, and actual practice of high performance curlers across Canada. Nutrition can affect areas

related to performance such as an athlete's body composition, mental focus, perceived fatigue, and recovery. Thus, evaluating all foods, beverages and supplements that an athlete consumes may provide insight into diet quality and potential gaps in their nutrition plan that may further affect sport performance. So far, the study has composed of a quality of life questionnaire and a sport nutrition questionnaire. The research of this topic will continue this summer.

Other topics of interest that were researched by nutrition student volunteers and or dietetic interns include: alkaline water and the systematic response to high pH water ingestion, IgG based food sensitivity testing, human/gut microbiome and its link to mental health and eating disorders, and "The Hungry Brain": the nutrition-cognition connection.

Connecting in the community

Staying connected to our networks is an important part of the growth and success of sport dietetics and CSCM. This year I continued my roles as co-chair of the Manitoba Sport



John Morris, Curling
Photo: Canadian Olympic Committee

Nutrition Network, sports dietitian liaison for the Manitoba Registered Dietitians Network, CSCM sports dietitian for the COPSIN Dietitian's Network, and member of the Para Sport Nutrition Group. This year also marked my last as the provincial liaison for the Dietitians of Canada Sports Nutrition Network. For the 2017/2018 year, our memberships included the College of Dietitians of Manitoba, Dietitians of Canada (Sport Nutrition Network, Mental Health and Eating Disorders Network, CPSDA (Collegiate and Professional Sports Dietitians Association), PINES (Professionals in Nutrition for Exercise and Sport) and the Academy for Eating Disorders.

MSNN continuing education events

Sport dietetics is committed to attending educational events for the purpose of expanding our knowledge and expertise. In February of 2017 we attended "Building an Integrated Performance Nutrition Program": How to collaborate with sport coaches and support staff for best outcomes with athletes and in March of 2018, attended "Nutrition Interventions and Concussion Management" presented by Ashley Armstrong out of CSI Pacific in March 2018.

Professional presentations

There were three professional presentations of significance that can be highlighted this year. This includes Research Day 2017, presented by the Faculty of Kinesiology and Recreation

Management. The topic for this presentation was "Sports Nutrition: Beyond the Basics but Keeping It Basic". We also celebrated Manitoba Nutrition in Your Practice Day on April 27, 2017 at the University of Manitoba, with keynote speaker, "The Tool in my Tool Box: Nutrigenomix." Lastly, sport dietetics presented at the Dietitians of Canada Annual Conference in St. John's Newfoundland and Labrador on June 9 and 10, 2017. At this conference we presented on "The Non-Negotiables in Sports Nutrition", and "Advancing Dietitian Competencies in Nutrition Supplements: The How & Why".

Development and mentorship

Sport dietetics continues to support the development of students in our area of study through mentorship. As part of the Manitoba Partnership Dietetic Education Program, we worked with six dietetic interns from 2017 to present, providing each student with three weeks of work experience. Students assisted in literature reviews of relevant topics and trends in sports nutrition. This benefited our program by helping us save time, while providing a fantastic learning experience for students in the community.

PHYSICAL PREPERATION



KYLE TURCOTTE

*Strength
& Conditioning Lead*

This past year we experienced some change within the area of physical preparation, some of which involved staffing changes. Two staff members moved on, leaving a gap in servicing needs. Shortly after Christmas we welcomed Adam Decker to our team, who transitioned into a strength and conditioning role with a number of our athlete groups.

Continued support

My role as national team consultant with Curling Canada continued. Within this role, I travelled to perform fitness assessments on a number of teams in the spring of 2017, attended camps in Edmonton throughout the summer and travelled to Ottawa for the Roar of the Rings. I also continued to support athletes and teams via direct provision of training programs throughout the competitive season. We're in constant pursuit of making a greater contribution to research and innovation by collaborating with local researchers on sweeping specific initiatives.

Impacting athletes

This year, I worked closely with canoe/kayak coach Jerome Semek to provide support for local athletes Nadya Crossman-Serb and James Lavallee, both of who were carded. James' carding was later removed, with the promising possibility of being reinstated after the summer of 2018. Aside from the above-mentioned athletes, I trained a group of up-and-coming paddlers in the weight room, supplementing the training they completed with Jerome.

Physical preparation will continue to develop ways to collect, manage and manipulate data collected on our athletes.

PERFORMANCE SCIENCE & TALENT ID



ADAM DECKER

*Performance Science
& Talent ID Lead*

Since starting with CSCM in January 2018, I have taken the lead on the strength & conditioning and physiology role with three sports: Taekwondo, Wrestling, and Diving. Within these sports are Olympic hopefuls Skylar Park and Andrew Park (both Taekwondo) and Leah Ferguson (Wrestling). I have also worked closely with Jen Saunders (Racquetball), Marianne Bergmann (Rowing), and Shannon Rempel (Speed-skating).

Within the talent ID portion of our program, I have launched a few new initiatives that include:

- Identification of existing talent in Manitoba (Jr. and Sr. National athletes from all of Manitoba's Provincial Sport Organizations)
- Sport transfer (late entry) programs. An example of this is working with both Football

and Rugby Manitoba to identify athletes for Bobsled Canada.

- An early identification program for those with future National team potential, in collaboration with Provincial and National Sport Organizations. This includes "after-school" training sessions for identified athletes, five days per week.

Another highlight of this year includes spending a week in Las Vegas working with the Performance Science staff and athletes of the UFC Performance Institute. While in Vegas, I had the opportunity to also meet with my colleagues from Cirque du Soleil and consulted with performers from the show, Beatles Love.



James Lavallee, Canoe/Kayak
Photo: Cory Aronec Photography Ltd.

ATHLETE SERVICES & MORE



STEPHANIE LAMBERT

*Athlete Services,
Development &
Programs Manager*

2017/18 saw an expansion to Stephanie's position to include the Advanced Coaching Diploma (ACD). CSCM joined forces with other members of the Canadian Olympic & Paralympic Sport Institute Network (COPSIN) to bring the **Coaching Association of Canada's (CAC)** ACD to Manitoba coaches. This addition led to Stephanie's attendance at CAC's Sport Leadership Conference in November 2017. The conference had a theme of disruption in a positive manner. Stephanie is working with three Manitoba coaches who applied for and were accepted to the program, based out of the Canadian Sport Institute Calgary hub.

On the education front, Stephanie continued to work with **Vincent Massey Collegiate** and **Pembina Trails School Division**. June 2017 saw 15 graduate from the program and 19 matriculated in September 2017. New this past year, the grades 11 and 12 were hosted at CSCM to get a glimpse into non athlete, and non coach, careers in the sport industry. Staff gave students a brief synopsis on what they do and how they got there. Students also got an intro into fitness testing and biofeedback analysis.

Wearing the Athlete Services hat, Stephanie continued to work with **Game Plan, powered by Deloitte**, and coordinate athlete sessions. 2017/18 saw seven sessions with an average attendance of seven athletes per session. Game Plan implemented use of a new database system. This new database assists with implementation of the new initiative to reach out to all newly carded and recently de-carded athletes on a monthly basis.

2017/18 Development focused on the execution of a fundraising campaign focused around the PyeongChang Olympics and Paralympics. While the campaign didn't reach any of its quantitative goals, it did surpass the 2016/17 campaign. New in 2017/18 was the ability for donors to set up automatically recurring gifts (ie monthly giving) and the creation of CSC Manitoba Olympians & Paralympians Fund housed at The Winnipeg Foundation.

Thank you!

to board member Nicole LaTourelle for her participation on the development committee, including her guidance and wisdom.

2017/2018 ATHLETE SESSIONS

APRIL	How to Job Hunt Game Plan Career pillar <i>Thank you to Y.E.S. Manitoba</i>
MAY	Staying Well in the Pursuit of Excellence Game Plan Health pillar <i>Thank you to Laura Ceccarelli & Dr. Adrienne Leslie-Toogood</i>
JULY	Media Day <i>Thank you to Scott Brown & Luisa Miranda Alarcón</i>
SEPTEMBER	Balancing Sport & Education Game Plan Education pillar <i>Thank you to Patti Dickieson, Stacy Hawash, Ryan Karhut, Dr. Adrienne Leslie-Toogood, Colin Mathieson & Chantal Van Landghem</i>
JANUARY	Sponsorship & Self-Marketing Game Plan Skill Development pillar <i>Thank you to Stephanie Lambert & Luisa Miranda Alarcón</i>
MARCH	Financial Tips Game Plan Skill Development pillar <i>Thank you to RBC Royal Bank</i>
	Hotel Room Cooking <i>Thank you to Brianne Collette, Casey Gail, Jorie Janzen & Tamara Paetsch</i>



Skylar Park, Taekwondo
Photo: Cory Aronec Photography Ltd.

MARKETING & EVENTS



LUISA MIRANDA ALARCÓN

*Marketing
& Events Manager*

The Marketing and Events department finished an exciting year at CSCM. From a branding perspective, most of our marketing effort was placed building upon the foundation we set in the previous two years, and in June 2018 we launched a fresh look and feel for the CSCM brand, which includes an extended colour palette, and versatile brand elements.

Part of the branding process included the application of the brand to the new and improved office space. The renovation project started in January and concluded just before the Opening Ceremonies of the Winter Olympic Games, PyeongChang 2018. For this project, CSCM worked in collaboration with the University of Manitoba, furniture partner Anthony Allen, and National Leasing to create and improve its work environment including ergonomic office furniture and a comfortable meeting and lounge space for athletes and visitors to enjoy. The satellite office located at the Sport For Life building was renovated in time for the 50th Edition of Canada Games.

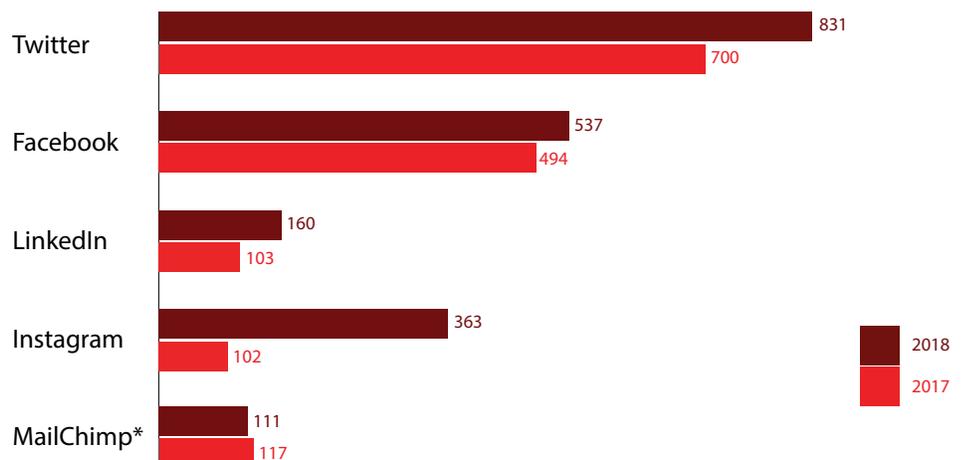
We have taken a holistic approach to brand the Centre. While our team continues to produce web and social media content and marketing materials to build awareness for CSCM and our athletes, we understand that a brand is created in every touch point and interaction, whether we interact with internal or external audiences. Establishing a brand for the Centre includes improving the processes

and providing our service providers with the tools they need to do their job efficiently and effectively. To that end, we applied for the TechSoup program and through it, accessed the complete Microsoft Office Suite for all staff, one full Adobe Creative license at a fraction of its cost and a \$10,000 monthly grant for Google AdWords. This represents a total contribution of close to \$20,000 in software and advertising tools that we would not have access to otherwise. Information on this program and its benefits were shared with other Communications Managers Network-Wide.

Another milestone is the collaborative work done with the other COPSI Network communications teams across the country. Everyone is bought in and agrees in the creation of a common strategy and content plan post-PyeongChang. The focus thus far has been on coming together in the ongoing projects, which is a first for our group. From a branding perspective, visually and in writing, we all consistently displayed the same look and expressed in the same voice and tone for PyeongChang.

On the Events side, we hosted a week-long Olympic Broadcast event in collaboration with the Faculty of Kinesiology at the University of Manitoba and CBC. The viewing party was set up at the Agora within the Active Living Centre, and it was open to all students, faculty and CSCM's athletes and staff.

SOCIAL MEDIA STATS

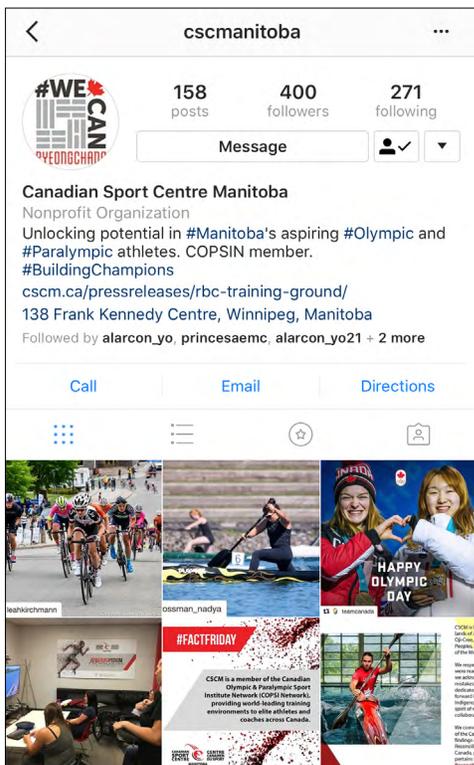


* (e-blasts, blogs, press releases, updates, and promotional content)

Twitter

Tweets	Top Tweets	Tweets and replies	Promoted	Impressions	Engagements	Engagement rate
	CSCManitoba @cscmanitoba · Jan 30	RBC Training Ground is calling all aspiring athletes aged 14 to 25. REGISTER TODAY and help discover Canada's next generation of #Olympic #Athletes . Visit cscm.ca/programs/rbc-t... for information on the #Manitoba qualifiers. COULD IT BE YOU? 🏅🏅🏅 pic.twitter.com/FnzZpxgNla		22,823	43	0.2%
		View Tweet activity				Promote
	Promoted in campaigns			143,472	1,376	1.0%
	CSCManitoba @cscmanitoba · Feb 26	@LKLawes created by curling club and family members pic.twitter.com/RrOIBzzRE0		21,170	2,252	10.6%
		View Tweet activity				Promote
	CSCManitoba @cscmanitoba · Feb 26	CSCM's general manager, Jeff Powell is present @YWGairport welcoming our newest #Olympic heroes @briglacquette and @LKLawes pic.twitter.com/T2HOqJ4rBA		17,573	1,017	5.8%
		View Tweet activity				Promote

Instagram



Instagram profile for **cscmanitoba**. The profile shows 158 posts, 400 followers, and 271 following. The bio identifies the organization as the Canadian Sport Centre Manitoba, a nonprofit focused on supporting Olympic and Paralympic athletes. The grid features various photos of athletes in action, including a cyclist, a kayaker, and curlers, along with promotional graphics for the PyeongChang 2018 Olympic Games.

Mail Chimp



A Mail Chimp email campaign for the PyeongChang 2018 Olympic Games. The header includes logos for the Canadian Sport Centre Manitoba and the Sport Institute Network. The main content features a grid of athlete photos and a central headline: "PyeongChang 2018 Olympic Games Halfway!". Below this, text encourages recipients to add their names to the history books. A prominent red button reads "Manitobans in PyeongChang", and a dark grey button at the bottom highlights "Lawes, Morris win gold in inaugural mixed doubles curling event".

RBC TRAINING GROUND



The Canadian Sport Centre Manitoba, in partnership with RBC, the Canadian Olympic Committee, the Canadian Olympic Foundation and CBC, hosted the first ever RBC Training Ground Regional Final for Manitoba-Saskatchewan last weekend.

The inaugural year was hugely successful for both prairie provinces, drawing in 400 athletes through four RBC Training Ground qualifiers from across the region.

The top one hundred athletes were invited to the Manitoba-Saskatchewan Regional Final where they were joined by RBC executives, Canadian Olympic Committee representatives, CBC journalists and Canadian Olympians. The all-day event took place on Saturday, May 5 at the University of Winnipeg Duckworth Centre.

Athletes drove and flew in from remote areas across the prairies to attend the Final, a statement of the dedication the region's athletes have to achieving excellence in sport.

Representatives from nine different National Sport Organizations attended the event in Winnipeg to make connections with the prairie's best

athletes in hopes to find Canada's next Olympian. Coaches and sport officials from athletics, bobsleigh skeleton, judo, rugby, rowing, speed skating, water polo, wrestling and snowboard scouted for athletes who matched their desired profile.

Event winners included athletes from a wide variety of sports, including sprinters Wilfred Sam-King and Syed Muhammad Aoun, volleyball player Emma Ciprick, cyclist Ness Dalling, and cowgirl Hailey Tonn. More than a dozen athletes were approached by members of their potential new sport organizations during the event.

Posting impressive scores across all eight speed, power, strength and endurance tests, York University running back Kayden Johnson was named the overall champion at the Manitoba-Saskatchewan Final. Before the day was done, Kayden was approached by several National Sport Organizations at RBC Training Ground. The ones that are most attractive, he says, are Bobsleigh Skeleton Canada and Rugby Canada.

A huge thanks goes to Cole Vincent, RBC Training Ground Coordinator for coordinating a successful inaugural year!

TRAINING GROUND AT THE CANADA GAMES

RBC Training Ground at the Canada Games saw tests of anthropometry (height, weight, wingspan), power (vertical jump), speed (40m sprint) and strength (isometric mid-thigh pull) open to all competing athletes. Hosted at the University of Manitoba's Active Living Centre, including the High Performance Training Centre, the RBC Training Ground tests were overseen by multiple Canadian Sport Centre Manitoba Strength & Conditioning staff members, Bison Athletics strength coaches and numerous RBC volunteers. Over 6 days during the Canada Games, well over one

hundred athletes were tested, ranging from a wide variety of sports and locations across Canada, some whose test results managed to peak interest from sports such as Cycling and Rowing Canada. Implementing RBC Training Ground testing during the Canada Games brought local attention to the opportunity available to up-and-coming athletes through this program, which was subsequently built upon during Manitoba's first year as a regional host of the nation wide RBC Training Ground in 2018.



REGISTRATION AND ATTENDANCE OF ATHLETES AT RBC TRAINING GROUND EVENTS IN THE PRAIRIE PROVINCES

City	Date (2018)	Event Type	Registered	Attended	% Attended
Brandon	February 24	Qualifier	57	53	93 %
Winnipeg	March 17	Qualifier	92	68	74 %
Saskatoon	March 17	Qualifier	202	153	76 %
Winnipeg	April 7	Qualifier	160	123	77 %
Winnipeg	May 5	Final	95	88	93 %



TOP STORIES 2017-2018

Psychology at the Canada Games

The Director of Sport Psychology led a team of local psychologists who served as a member of the sport medicine team for the Canada Games. This was the first-time psychology was a member of the services delivered at the polyclinic at a Canada Game.



Photo: WAYNE GLOWACKI /WINNIPEG FREE PRESS

Academic Excellence

The Director of Sport Psychology had graduate students in clinical psychology work with the Canada Games diving and triathlon teams, and also co-advised two Doctoral students in clinical psychology. Notably, Olympic medallist, Chantal Van Landeghem, who returned to Winnipeg specifically to study with Dr. Leslie-Toogood. The other, Donna Harris successfully completed her Masters degree, and presented her research at the SPIN conference as it had implications for high performance sport.

New Brand Unveiled

CSCM unveiled its new brand at the 2017 Annual General Meeting. The concept is an abstract and familiar way to represent movement. The silhouette of the running athlete represents all of the steps an athlete takes to make it. The sum of their effort and experience is represented in every dot. The new brand was launched in celebration of CSCM's 20th anniversary of incorporation.

Bid to Host the ISSP

CSCM's Director of Sport Psychology Adrienne Leslie-Toogood and Marketing Manager Luisa Miranda Alarcón put together an official bid to host the 2021 International Society of Sport Psychology (ISSP) World Congress along with Dr. Leisha Strachan, Associate Professor at the University of Manitoba. The trio travelled to Spain in July 2018 to present the bid to bring the conference to Winnipeg in the final round of the competition. Although the team lost to Taiwan, this was a significant milestone since the ISSP conference has not been held in Canada or North America since 1981.



#WECAN

The COPSI Network communication team successfully collaborated in the roll out of the #WECAN Campaign and materials associated with the PyeongChang 2018 Games. Our goal as a Network to consistently display the same look and speak in the same voice was successful. A huge thanks goes out to Annie Gagnon, Communications Manager at CSI Calgary for coordinating this effort on behalf of the network.

Updating our Space



CSCM partnered with Anthony Allen Office Furnishings and National Leasing to create and improve its work environment. It now includes ergonomic office furniture and a comfortable meeting and lounge space for athletes and visitors to enjoy.

Women's Hockey

Manitoba's Bailey Bram, Brigette Lacquette and Jocelyne Larocque looked to capture Team Canada's undefeated Olympic title in women's hockey at the PyeongChang 2018 Winter Olympic Games.

The Canadian team proudly brought home silver after a 24 consecutive game-winning streak. This was Bailey and Brigette's Olympic debut and Jocelyne's second Olympic medal.

Mixed Doubles Curling Bring Home The Gold

Winnipeg's Kaitlyn Lawes and Manitoba-born John Morris of Canmore made history in the PyeongChang 2018 Olympic Winter Games as they captured the first ever gold medal in the mixed doubles curling event. Both Olympic gold medallists prior to attending the Pyeong-Chang Games, the duo showed finesse and composure throughout the tournament, posting a perfect record after losing their first game to Norway.

Teammates for only two months before the Games, Lawes and Morris are the first Canadians to become double Olympic gold medallists in curling. They are now tied with four others as the most decorated Olympic curlers in history.

Paralympic Debut

Jamie Anseeuw and Dennis Thiessen from Oak Bluff and Sanford, Manitoba (respectively) brought home the bronze medal in Wheelchair Curling from the 2018 Paralympic Winter Games, hosted in PyeongChang, Korea. This bronze marks Jamie's Paralympic debut and Dennis' second Paralympic medal.



Celebrating 20 Years

March 27, 2017 marked 20 years since CSCM was created as a legacy of the 1999 Pan American Games hosted in Winnipeg. This past year saw The Pan Am Games Legacy Fund return its three millionth dollar to Manitoba's high performance champions.

20
Years

OUR COMMUNITY

PyeongChang Olympians with Manitoba Connection

Athlete	Sport	Medal(s)
Bailey Bram	Ice Hockey	Silver
Chay Genoway	Ice Hockey	Bronze
Quinton Howden	Ice Hockey	Bronze
Brigette Lacquette	Ice Hockey	Silver
Jocelyne Larocque	Ice Hockey	Silver
Kaitlyn Lawes	Curling Mixed Doubles	Gold
Heather McLean	Speed Skating	
John Morris	Curling Mixed Doubles	Gold
Eric Radford	Figure Skating - Pairs	1x Gold, 1x Bronze

PyeongChang Paralympians with Manitoba Connection

Athlete	Sport	Medal(s)
Jamie Anseeuw	Wheelchair Curling	Bronze
Billy Bridges	Para Ice Hockey	Silver
Tyrone Henry	Para Ice Hockey	Silver
John Leslie	Para Snowboard	
Bryan Sholomicki	Para Ice Hockey	Silver
Dennis Thiessen	Wheelchair Curling	Bronze

Donors

Individual Donors	Monthly Donors	Corporate Donors
Jerry Griffiths	Miranda & Alarcón	Diamond Athletic Medical Supplies
Nicole LaTourelle	Olympian '04	Qualico
Karen Milani	Olympian '76	RBC Royal Bank
Miranda & Alarcón		
Stephen Moffat		
Jeff Palamar & Angela McBride		
Michael & Leah Puchniak		
Janine & Matt Stephens		

Board of Directors

Name	Position	Status
Hub Berube	Chair	
<i>vacant</i>	Past Chair	
Travis Muhr	Treasurer	
Stephen Barber	Member at Large	
Donna Harris	Member at Large	
Laura Kwiatkowski	Member at Large	through October 2017
Nicole LaTourelle	Member at Large	
Karen Milani	Member at Large	
Michael Puchniak	Member at Large	

Staff

Name	Position	Status
Doreen Bechtle	Bookkeeper	
J�r�mie Chase	Sport Science Assistant	
Matthew Davey	Strength & Conditioning Coach	left CSCM Oct/Nov 2017
Adam Decker	Performance Science and Talent ID Lead	joined CSCM January 2018
Daryl Hurrie	Director of Sport Science	left CSCM May 2017
Jorie Janzen	Director of Sport Dietetics	
Stephanie Lambert	Athlete Services, Development & Programs Manager	
Adrienne Leslie-Toogood	Director of Sport Psychology	
Dallas Ludwick	Head Coach Diving	
Luisa Miranda Alarc�n	Marketing & Events Manager	
Jeff Powell	General Manager	
Fiona Rettie	Content Specialist	
Kyle Turcotte	Strength & Conditioning Lead	
Cole Vincent	RBC Training Ground Event Coordinator	

Interns

Strength & Conditioning	Psychology	Dietetics	Marketing
Kiana Beharry	Lindsay Arnal	Brianne Collette	Luna Ruiz
William Sadonick-Carriere	Matthew Bernstein	Casey Gall	
Kaitlin Kucharski	Laura Cecarelli	Lindsay MacCharles	
Emmedale Miranda	Lauren Kaminski	Tamara Paetsch	
Jillian Neufeld	Luke Kleibrink		
Donald Nguyen	Kevin Kristjanson	Dietetics Students	
Meaghan Rempel	Morena Miljkovic	Simon Belanger	
Alexandra Rose	Chantal Van Landeghem	Denise Daley	
Martin Skierski		Hale Pachal	
Cole Vincent		Hao-Y Sim	

FINANCIAL STATEMENTS

STATEMENT OF FINANCIAL POSITION

As at March 31, 2018

	2018	2017
Assets		
Current		
Cash	62,268	68,029
Accounts receivable	13,219	24,498
Marketable securities	392,859	333,247
Prepaid expenses	407	407
Goods and Services Tax receivable	3,589	3,710
	472,342	429,891
Capital assets	144,427	71,478
	616,769	501,369
Liabilities		
Current		
Accounts payable and accruals	41,593	29,010
Current portion of capital lease obligations	8,822	-
	50,415	29,010
Capital lease obligations	35,826	-
	86,241	29,010
Net Assets		
Unrestricted	430,749	400,881
Invested in capital assets	99,779	71,478
	530,528	472,359
	368,477	328,999

STATEMENT OF REVENUES AND EXPENDITURES

For the year ended March 31, 2018

	2018 Budget (Unaudited)	2018	2017
Revenues			
Sport Manitoba	195,500	190,600	195,500
Sport Canada	337,300	357,800	384,010
Coaching Association of Canada	20,000	20,000	20,000
Canadian Curling Association	63,000	36,779	55,349
Pan Am Legacy	180,000	249,000	288,735
Marketing and event revenue	50,000	77,885	66,583
Investment income	1,500	5,283	3,873
Manitoba Liquor and Lotteries Corporation	6,000	-	-
Pan Am Diving Club	-	13,000	-
Dive Canada	28,500	10,000	8,000
Other revenue	2,500	11,104	12,949
Wrestling Program	10,000	-	10,000
Hockey Canada	5,000	-	2,500
Wheelchair basketball	-	-	737
Own the Podium	12,500	10,908	11,960
Fundraising	25,000	-	6,672
	936,800	982,359	1,066,868
Expenditures			
Training Groups	147,610	105,260	113,638
Sport Medicine	56,000	63,529	55,276
Sport Science	159,950	153,755	188,295
Sport Psychology	120,750	111,957	117,727
Marketing	65,300	114,050	67,544
Operations	237,850	259,228	237,645
Strength and Conditioning	150,400	116,411	145,967
	937,860	924,190	926,092
Excess (deficiency) of revenues over expenditures	(1,060)	58,169	140,776



John Morris & Kaitlyn Lawes, Mixed Doubles Curling
Photo: Canadian Olympic Committee

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The Canadian Sport Centre Manitoba (CSCM) was created as one of the many legacies of the 1999 Pan American Games held in Winnipeg. Today, CSCM is the hub for high-performance sport in Manitoba. A proud member of the Olympic and Paralympic Sport Institute Network, CSCM works to provide a world-class, multi-sport daily training environment for athletes and coaches through integrated services and programs in the fields of physiology, strength and conditioning, nutrition, psychology and support services.

Cover: Kyla Roy, Triathlon
Photo: Cory Aronec Photography Ltd.