

**CANADIAN
SPORT
CENTRE**



**CENTRE
CANADIEN
DU SPORT**

MANITOBA

2015 - 2016 ANNUAL REPORT



*Manitoban Olympian,
Artistic Gymnastics
Isabela Onyshko*

2016 Aguilas ITU World Paratriathlon

1:16:04



Manitoban Paralympian,
Chantal Givens



Jeff Powell
General Manager

“ CSCM is positioned well for whatever the future may hold as we look forward to not only the Games in Rio but to the quadrennials beyond.

The 2015/16 year was notable as it was the final full year of training and preparation for Manitoba's aspiring Olympic and Paralympic athletes. Canadian Sport Centre athletes and staff worked diligently in their preparation for Rio qualification and, hopefully, a memorable performance once there.

We continued our highly integrated involvement with Paratriathlete Chantal Givens. Every one of the Centre's four major sport science disciplines worked extensively with Chantal, in addition to administrative and logistical support to bolster her chances to perform in Rio. Chantal is an excellent example of the kind of resources that can be brought to bear in a centre like CSCM, and will serve as a case study for us on how to better serve our athletes in the future.

Isabela Onyshko burst onto the international gymnastics scene. The Minnedosa teenager, who works with Adrienne Leslie-Toogood on mental performance, is Rio-bound after an impressive string of performances at the national and international level, including dethroning 2012 Olympian and Canadian champion Ellie Black.

CSCM also entered into a partnership with the University of Winnipeg Wesmen Wrestling program and its elite wrestlers. The goal is to assist the program in developing into one of the top training groups in the country, regularly producing National Team athletes capable of making podiums around the world.

In that same developmental theme, our work with Dallas Ludwick and her Revolution Diving group continued in 2015/16, as did the partnership with the Manitoba Triathlon Centre. Both groups showed promising results, with junior athletes performing well at age group competitions. The expectation is that there will be several National Team athletes from this pool.

Not to be outdone by their warm-weather peers, Manitoba's curlers enjoyed a banner season, with four different teams making it into Curling Canada's National Team program for the 2016/17 season. Kyle Turcotte and Jorie Janzen have taken on leadership roles within the NSO and have responsibility for directing the nutrition and strength and conditioning disciplines across the entire National Team program.

CSCM also took a number of steps in 2015/16 to better position itself to serve the athletes and coaches in the province. In June, the board made several governance changes that shifted it to a legislation-compliant, effective, skills-based board. We welcomed new staff members Stephanie Lambert (Athlete Services and Development Manager), Richelle Starke (Marketing and Events Manager) and Matthew Davey (Strength and Conditioning). We continued to look for efficiencies in our operations and found them to the tune of nearly \$20,000 over the last two years. Financially inclined readers will also note the improved fiscal position of the organization on pages 9 and 10.

As we look forward to 2016/17, we are focused on three items. Obviously, the performance of Centre athletes at the Olympics and Paralympics will dominate our time and energy through August and September. Planning for the Tokyo Olympic quadrennial will take over both staff and board effort in the fall. All the while, we will be working to launch a Manitoba Olympians Fund, dedicated to the long-term sustainable support of Manitoba-based athletes willing and able to pursue performance at the highest levels.

I want to close with a note of thanks. To all of our partners at the national, provincial, corporate and government levels, your support has been instrumental in allowing us to do what we do. To our staff who have worked so diligently with the coaches and athletes, many times you go un-thanked, when it is often your efforts that hold a project together. Let me offer my deepest gratitude here for all that you have done. And to our board, thank you for your leadership, your trust and your vision for this organization. To paraphrase Chairman Hub Berube, I believe the Canadian Sport Centre Manitoba is positioned well for whatever the future may hold as we look forward to not only the Olympic and Paralympic Games in Rio but to the quadrennials beyond that as well.

DIETETICS



Jorie Janzen
Director of Sport Dietetics

Serving athletes

In 2015/16, CSCM's sport dietetics work with the University of Winnipeg's Wesmen Wrestling team involved grocery store tours and cooking classes in addition to providing individualized assessments and meal plans.

Other groups and individuals for whom the Centre continued to provide nutrition support included volleyball, diving, rowing, gymnastics, paddling, triathlon, para-triathlon, athletics and women's hockey.

Also new this year, I served as the national training program lead in sports nutrition for the Canadian Coaching Association, working with team dynamics as well as individualized nutrition programming.

Developing students

Through the Manitoba Dietetic Partnership Program, we mentored three dietetic interns. We also presented to a new class of interns on the topics of "What a Sports Dietitian Can Do" and "Relative Energy Deficiency in Sport: Fit or Fad" in September 2015.

Twice in the fall I had the opportunity to be a guest lecturer in Human Nutritional Sciences and Nutrition for Health and Sport at the University of Manitoba. Opportunities like this allow for visibility of CSCM and help us identify and recruit student volunteers.

Expanding our influence

With assistance from CSCM, Dairy Farmers of Manitoba and Sport Manitoba, the Manitoba Sport Nutrition Network hosted a successful event in March – "Nutrigenomix: Can your DNA define your sport nutrition plan?" I will continue my involvement with the Manitoba Sport Nutrition Network as past chair, and will serve as provincial lead for Dietitians of Canada Sport Nutrition Network.

In June 2015, we presented at the National Eating Disorder conference in St. Louis. This was a combined effort of CSCM's dietetics and psychology disciplines, and our session was entitled, "An Open Conversation on the Challenges of Prioritizing Health and Wellness in High Performance Sport." More recently, we co-presented at the Dietitians of Canada National Conference on the topic, "Getting Comfortable with the Uncomfortable."

This summer, I will be writing my Board Certified Specialist in Sport Dietetics (CSSD) exam. This exam has just recently been open to Canadian dietitians who have been registered dietitians for at least two years and have at least 1500 documented hours working in sport from the ADA (American Dietetic Association).

We are currently exploring future sport nutrition study topics with Dr. Myrie from Human Nutritional Sciences.



PSYCHOLOGY



**Adrienne
Leslie-Toogood**
Director of Sport Psychology

Leadership, mentorship and direct service delivery continue to be important elements of sport psychology at CSCM.

The Centre delivered sport psychology service to athletes and groups such as Volleyball Canada, Wheelchair Basketball Canada, diving national training group, triathlon regional training centre and several individual athletes. Notably, we have expanded service to young athletes who show exceptional potential such as Emma Gray and Victoria Tachinski, and provided high-level individualized service to others, including Chantal Givens, Isabela Onyshko and her coaches, Joe Stouffer and Lorie Henderson.

Attending the ParaPan Games in Toronto with Wheelchair Basketball was a travel service delivery highlight for CSCM sport psychology.

Locally, another successful Cal lecture saw Dr. Gloria Balague come to town and share her knowledge with us. Nationally, I continue to serve as discipline lead with the National Sport Science and Medicine Advisory Council of Canada (NSMACC), as chair of the Canadian Sport Psychology Association (CSPA) and on the executive of the Canadian Psychology Association (CPA) Sport and Exercise Psychology Section. Some areas of growth with CSPA include a bi-annual newsletter and electronic delivery of the AGM.

We delivered several talks to community members, including both the Universities of Manitoba and Winnipeg, the Dietitians of Canada annual conference as well as critical care nurses in the province of Manitoba.

We continued to explore and expand technology use, which included additions to the biofeedback lab, new portable equipment such as the MUSE headband, and purchasing use of the Athletic Intelligence Questionnaire.

A number of students benefited from CSCM mentorship and supervision. Some highlights for students included:

- Laura Ceccarelli being accepted to complete her master's degree and receiving National Sciences and Engineering Research Council of Canada funding for her proposal of a biofeedback research project
- Donna Harris co-presenting with me at the 2016 Sport Innovation (SPIN) conference on her master's research, "Passion and high performance sport"
- Stephen Dubiński delivering a TEDx Winnipeg talk on his master's research, using biofeedback for treatment of post-concussive athletes
- Kevin Kristjanson being accepted into the Clinical Psychology Doctoral Program at the University of Manitoba under my supervision

PHYSIOLOGY



Daryl Hurrie
Director of Sport Science

Quadrennial in Review

Despite a busy year of Olympic preparation, there are number of successes to report. We are seeing a lot of fruit come to bear from work we had done in years past. It will be a banner year for Manitobans competing at the Summer Olympics. Individual athletes or groups with whom we have worked over the last several quads will be competing in Rio de Janeiro in August, including Sarah-Anne Brault and Tyler Mislawchuk in triathlon, Leah Kirchmann in road cycling, the men's volleyball team and women's wheelchair basketball team. We also expect Chantal Givens to be named for para-triathlon.

Our work with Chantal Givens is an example of what we can do when resources are made available, as we have invested funds and staff effort into travel and competition support, engineering, technology, methodologies and new equipment for heat acclimation, altitude training and simulations.

Our research and innovation is what sets us apart from others. As one example, we have worked with engineering communities at the University of Manitoba and Red River College to evaluate the commercially available equipment. We've also developed relationships and partnerships with PanAm Clinic and the University of Manitoba's Dr. Gord Giesbrecht, to be able to have access to their AlterG anti-gravity treadmill and heat lab, respectively.

On a personal level, I was honoured to be nominated to the Rio support staff for two national sport organizations, but have declined for personal reasons. I will be taking a partial leave this year to complete my PhD.

In the Sport Science Community

We delivered two presentations as part of the University of Manitoba's "Body Talks" series, on the topics of "Sleep and Performance" and "High Intensity Interval Training." We also had the opportunity to speak at the National Strength and Conditioning Association (NSCA) regional conference. We had a research poster at last year's SPIN (Sport Innovation) Summit in Toronto in October, and were invited to present at the Bengt Saltin International Graduate Course in Clinical and Exercise Physiology in November 2015.

S&C



Kyle Turcotte
Strength & Conditioning Lead

The 2015/16 year was an eventful one in S&C. We continued our highly involved work with Dallas Ludwick and her Revolution Diving program as well as supporting the Manitoba Triathlon Centre and CSCM's efforts with Chantal Givens. Para-curler and Sochi gold medalist Dennis Thiessen continues to work extensively with the Centre as well.

Of particular note, Matthew Davey was welcomed to the CSCM fold after the departure of Adam Toffan. Matthew has made an immediate impression and has been working extensively with the University of Winnipeg Wesmen Wrestling program. With Jérémie Chase providing additional support, we have been able to revisit many previously shelved initiatives and develop new resources. One example of this was updating our chain training tool based on current research and incorporating a predicted 1 RM testing protocol into the workbook to automate the chain prescription. We also researched and developed a method for assessing 1 RM based on bar velocity; this has now been incorporated into our chain training tool.

Through Sport Canada funding, we purchased an EliteForm power tracker, an optical-based bar velocity tracking system. This has allowed us to incorporate velocity-based strength training where appropriate for our athlete population.



“ Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. It speaks to youth in a language they understand. Sport can create hope where once there was only despair.

Nelson Mandela



Curlers (top L to bottom R): Jill Officer and Dawn McEwen,
Mike McEwen, Dennis Thiessen, Jill Officer and Kaitlyn Lawes,
Reid Carruthers, Team Kerri Einarson

Nicole LaTourelle

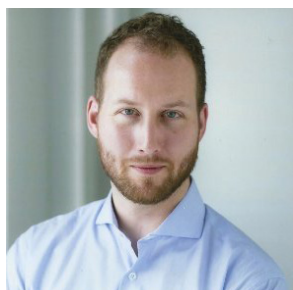


Nicole currently works with the Children's Hospital Foundation as the special events officer. Throughout her career, she has been fundraising in various positions for many charities, including St. Boniface Hospital, Tache Centre, Foyer Valade, St. Amant and the newly opened SSCY Centre (Specialized Services for Children and Youth).

Nicole has volunteered for a number of organizations, including Youville Clinic, Parish of St. Timothy, Catholic Health Corporation of Manitoba (CHAM), Phoenix Fencing Club, Winnipeg Tango and RHR Latin Dance Company.

Nicole is an avid dancer and her passion for Latin dance, in particular Argentine Tango, has allowed her to travel and study with amazing artists from all over the world. Last year she was involved with project to raise funds and coordinate a trip for a young man living with cerebral palsy to perform at the 2015 World Latin Dance Cup in Miami, Florida. Nicole's other interests include gardening, cooking and spending time with her two adult sons.

Stephen Barber



You might call Stephen a generalist. This is not to say that he has no expertise, but rather that the breadth of his reading does not allow for easy categorization. Stephen holds an undergraduate degree in commerce with a major in finance and a minor in international business, plus graduate degrees in financial economics (M.Sc.) and international economic law (LL.M.). He has also completed coursework in negotiations. Stephen remains engaged in academia through international law competitions, volunteering his time to judge internationally in London, Edinburgh and Vienna.

Stephen's professional life is as diverse as his academic life, including work in the fields of agriculture, policing and statistics. He has written procurement policy, researched organization-wide financial risk and successfully presented on a variety of topics.

Stephen volunteers much of his spare time helping to build community organizations. He sits on the boards of the Canadian International Council – Manitoba branch and the Winnipeg Tango Club. He has previously volunteered as director of finance and chair of the finance committee at his church, and continues to be engaged in the life of his church.

Board Members:

Hub Berube (chair), Mike Moore (past chair), Travis Muhr (treasurer), Stephen Barber, Ron Brown, Laura Kwiatkowski, Nicole LaTourelle, Michael Puchniak, Sarah Teetzel

WELCOME NEW
BOARD MEMBERS

STATEMENT OF FINANCIAL POSITION

As at March 31, 2016

	2016	2015
Assets		
Current		
Cash	18,060	156,245
Accounts receivable	99,517	16,342
Marketable securities (Note 1)	150,598	105,948
Prepaid expenses	407	1,088
Goods and Services Tax receivable	4,586	3,398
	273,168	283,021
Capital assets	95,309	45,978
	368,477	328,999
Liabilities		
Current		
Accounts payable and accruals	36,894	47,427
Deferred contributions (Note 2)	–	35,802
	36,894	83,229
Net Assets		
Unrestricted	236,274	199,792
Invested in capital assets	95,309	45,978
	331,583	245,770
	368,477	328,999

NOTES TO THE FINANCIAL STATEMENTS

For the year ended March 31, 2016

1. Marketable securities

Marketable securities consist of guaranteed investment certificates which mature between November 2016 and January 2017, earning interest at 0.50% to 1.00%.

2. Deferred contributions

	2016	2015
Human performance testing equipment	–	35,802

STATEMENT OF REVENUES AND EXPENDITURES

For the year ended March 31, 2016

	2016 Budget (Unaudited)	2016	2015
Revenues			
Sport Manitoba	195,500	195,500	195,500
Sport Canada	415,750	414,250	435,800
Coaching Association of Canada	20,000	20,000	30,000
Canadian Curling Association	50,000	29,320	23,842
Pan Am Legacy	160,000	95,000	126,283
National Coaching Institute coaching fees	–	–	150
Marketing and event revenue	55,000	51,468	56,512
Investment income	1,000	1,338	971
Manitoba Liquor and Lotteries Corporation	40,000	35,000	40,000
Dive Canada	8,000	8,000	8,000
Other Revenue	40,000	72,912	24,172
Manitoba Pork Council	–	–	15,000
Wheelchair Basketball	–	3,225	1,100
Canadian Paralympic Committee	10,000	–	15,000
Own the Podium	12,500	3,344	6,456
Fundraising	–	17,268	–
Deferred contributions			
Add: deferred contributions - prior year (Note 2)	10,000	35,802	38,494
Less: deferred contributions - current year (Note 2)	–	–	(35,802)
	1,017,750	982,427	981,478
Expenditures			
Training Groups	137,000	114,369	116,603
National Coaching Institute	22,150	23,072	34,386
Sport Medicine	61,000	58,277	58,904
Sport Science	206,300	186,918	220,231
Sport Psychology	117,604	116,728 1	117,232
Athlete Resource Centre	13,550	(1,124)	13,011
Marketing	70,800	72,706	32,714
Operations	199,175	211,359	195,036
Strength and Conditioning	139,500	114,309	130,133
	967,079	896,614	918,250
Excess of revenues over expenditures	50,671	85,813	63,228



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