

Canadian Sport Centre Pacific Year in Review 2010-2011

MESSAGE FROM THE CHAIR AND CEO

With Vancouver 2010 acting as the wind at our backs, Canadian Sport Centre Pacific (CSC Pacific) set out to ensure the momentum and spirit for sport generated in our province will be maximized as we set our sights on the future. Through extensive planning and strategic execution, our 2010 Legacy Initiative came to fruition. Thanks to continued support from our provincial and national funding partners, CSC Pacific has expanded its footprint with three world class campuses offering daily training environments for our athletes and coaches, and grown its offering of programs and services to better support the athlete development pathway from Provincial Team to international podium.

The 2010-11 fiscal year saw significant change in CSC Pacific operations as Own the Podium announced CSC Pacific's designation as an official provider of Canadian Sport Institute (CSI) programming, along with new investment from the Federal Government and Province of British Columbia, numerous programs were launched to support athletes in the transition phase between Provincial and National Teams. The development of six sport-specific Academies serving development level athletes in the Train to Compete phase of Long Term Athlete Development (LTAD) providing athletes with a full-time sport specific technical coach, support from CSC Pacific Integrated Support Team Services and access to the world class daily training environments at CSC Pacific Campuses in Victoria (at the Pacific Institute for Sport Excellence) and Whistler (at the Whistler Athlete Centre). All Academy programs are jointly managed by CSC Pacific and the sport's Provincial and National sport body – a testament to our commitment to working closely with our partners to improve efficiencies and economies of scale within the sport system.

Delving further down the athlete development pathway, the IGNITE Athlete Development Program was launched province-wide in partnership with the BC Network of PacificSport Centres. Targeting athletes in the Train to Train phase of LTAD, the program is based on multi-sport

dry-land training covering physical competencies within the foundations of track and field, gymnastics and strength and conditioning protocol. Athletes enrolled in the IGNITE program have reported exponential gains in strength, speed and resilience.

The integration of the National Coaching Institute of BC's operations within CSC Pacific has taken our coach services offering to the next level with regard to support, education, resources and access to expertise. Coaches are the foundation of athlete development and integrating their development alongside athlete development is a natural fit with exponential impact.

Never before has CSC Pacific been in the position to not only support athletes and coaches with services and expertise, but also technical programming, sport-specific coaching, enhanced technological support and most importantly dedicated facilities offering an integrated daily training environment. We are on track and continually striving to achieve our vision of becoming a World Leader in Sport Performance by maintaining our values and our commitment to our role as the team behind the team; supporting our provincial and national sport partners and helping athletes and coaches be their best when they are given their opportunity to shine on the national and international stage.

With our sights set on London 2012, Canada's Summer athletes are primed to shine once again with the goal of improving on their performance in Beijing 2008 where BC athletes brought home over 40% of Canada's medals. Helping athletes win medals for Canada not only aids in the development of national pride, but helps build role models for our youth and ultimately stronger communities. It takes a community to build a champion, and often a champion to help build a community. We look forward to continued success in London 2012 and beyond, and invite you to join us as we support, serve and cheer for BC's athletes and coaches as they strive to become champions on the world stage.

GIUSEPPE LIBERATORE
CHAIR, CSC PACIFIC

WENDY PATTENDEN
CEO, CSC PACIFIC

Congratulations

to all the athletes who competed for Canada this past year and the coaches and staff who supported them. The highlights at right are podium performances achieved at the 2010 Olympic and Paralympic Games and 2010 World Championships by athletes who live and/or train in BC.

Space limits the listing of all international results. However, further details can be found at www.cscpacific.ca.

2010 Senior World Championships

CYCLING			
Tara Whitten – Track Ominum	Gold		
ROWING			
Women's 8+	Silver		
Rachelle de Jong, Krista Guloién, Darcy Marquardt			
Women's Lightweight Double Sculls	Gold		
Tracy Cameron, Lindsay Jennerich			
ADAPTIVE ROWING			
Coxed Fours	Gold		
Meghan Montgomery, Anthony Theriault			
PARA SWIMMING			
Stephanie Dixon 100m Backstroke	Bronze		
WRESTLING			
Carol Huynh Freestyle 48kg	Bronze		
WHEELCHAIR BASKETBALL			
Janet McLachlan, Nancy Lafleche, Elisha Williams, Jessica Vliegnethart	Bronze		

2010 Olympic & Paralympic Winter Games

ALPINE			
Karolina Wisniewska			
Standing Slalom		Bronze	
Standing Super Combined		Bronze	
Lauren Woolstencroft			
Standing Downhill		Gold	
Standing Slalom		Gold	
Standing Giant Slalom		Gold	
Standing Super-G		Gold	
Standing Super Combined		Gold	
Lindsay Debou (guide to Viviane Forest)			
Visually Impaired Downhill		Gold	
Visually Impaired Slalom		Silver	
Visually Impaired Giant Slalom		Bronze	
Visually Impaired Super-G		Silver	
BOBSLEIGH			
Chris LeBihan	4-Man		Bronze
FREESTYLE			
Ashleigh McIvor	Ski Cross		Gold
ICE HOCKEY			
Duncan Keith, Scott Niedermeyer, Brent Seabrook, Roberto Luongo, Shea Weber			Gold
SNOWBOARD			
Mike Robertson	Snowboardcross		Silver
Maelle Ricker	Snowboardcross		Gold
SPEED SKATING			
Denny Morrison	Team Pursuit		Gold
WHEELCHAIR CURLING			
Ina Forrest, Darryl Neighbour, Jim Armstrong, Sonja Gaudet			Gold

Total Medals	Gold	Silver	Bronze	Total Medals	Gold	Silver	Bronze
7	3	1	3	18	11	3	4

ABOVE: Sam Danniels 2010 Paralympian, Para-Alpine
OPPOSITE: Stephanie Dixon Para-Swimming

During the Fiscal year ending March 31, 2011, a total of \$5.2 Million (2010 – \$6.6 Million) of CSC Pacific's operating expenditures relate directly to the delivery of services and funding to sports, athletes and coaches. Over \$4.2 Million was spent directly on the development and delivery of High Performance Services to provincial and national level athletes and sports. A further \$1.0 Million was spent on sport system initiatives including support for the PacificSport Centre network and programs such as the Canadian Sport for Life project – the development of generic and sport specific long term athlete development models in partnership with Canada's National Sport Organizations. Overall, 17% of CSC Pacific's expenditures relate to operational support costs.

For the fiscal year ending March 31, 2011 there is an overall surplus of \$223,553 (2010 – surplus \$304,016). The Society is in a strong net asset position of \$2.4 Million (2010 – \$2.1 Million), of which the Society's Board of Directors has internally restricted \$500,000 as an operating reserve to ensure uninterrupted operations.

PERFORMANCE SERVICES

Sport Development
The Sport Development functional area supports athlete and coach development through education, planning and periodization, National Coaching Institute of BC courses and programs and through programs like the IGNITE Athlete Development Program. In addition, six sport-specific Academies operate in Victoria and Whistler, bridging the gap for athletes transitioning from provincial to national teams.

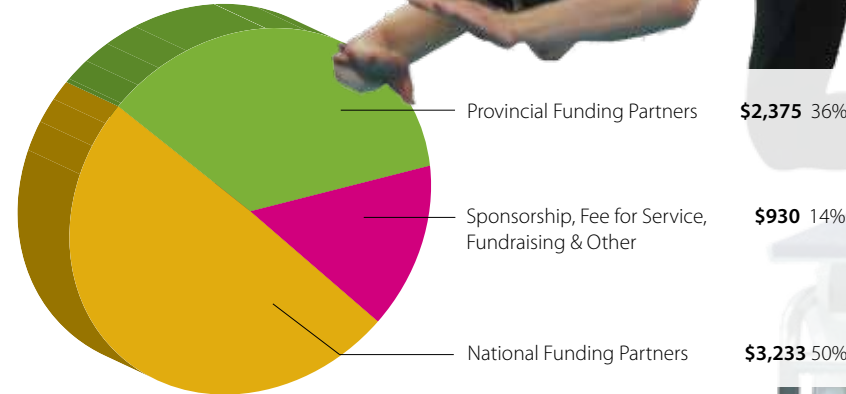
Performance Preparation

Taking care of an athlete's preparation requires focused attention on their Physiological make up, Strength and Conditioning regime, and optimal Nutrition plan to give them the extra push onto the podium.

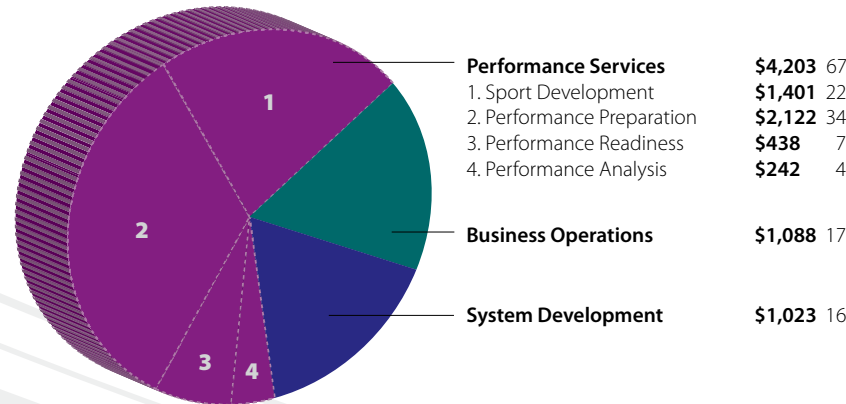
Value in Kind

Value in kind items have not been included in this analysis. It is estimated that through CSC Pacific's partnerships it is able to provide in excess of \$1 Million of services for registered athletes and coaches and cost reductions for its operations (i.e. corporate support for sporting events, athlete access to over 150 gyms across BC through the GymWorks™ program, discounts for athletes at restaurants and grocery stores through the FoodStuff™ program, and subsidized rental for CSC Pacific offices and other facilities.)

Funding (\$000) Total: \$6,538



Expenditures (\$000) Total: \$6,314 (Expenditures before amortization)



Performance Readiness

Fine tuning competition preparation, CSC Pacific Readiness team addresses Mental Performance, Medical Service needs, and Support and Life Services for life-sport balance on and off the field of play.

Performance Analysis

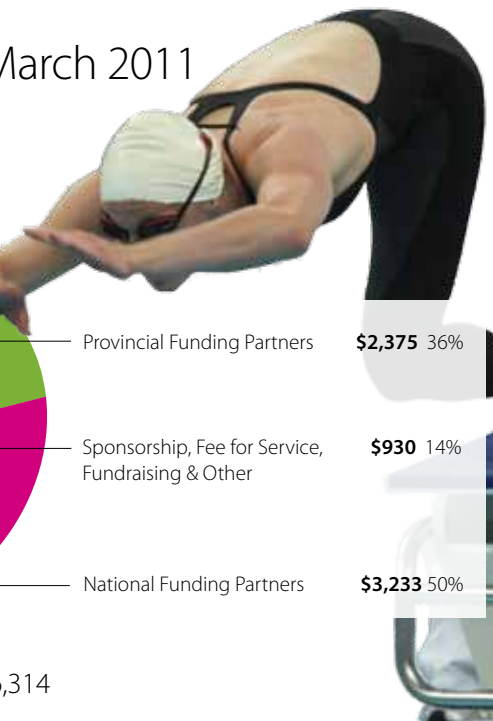
The Analysis team supports the technique improvement process and competition scouting through the application of Biomechanics and Notational Analysis, as well as the development of Sport Innovation and Technology to give athletes an edge on their competition.

SYSTEM DEVELOPMENT

CSC Pacific supports numerous Provincial and National sport system projects including Canadian Sport for Life project, the regional PacificSport Centre network, Team BC initiatives and the BC Sport Schools Project.

BUSINESS OPERATIONS

In support of CSC Pacific's Performance Services team, Business Operations practice encompass the areas of finance and administration, human resources, information technology, marketing and communications, facilities and other operating costs.



Partners in Powering Sport Performance

Canadian Sport Centre Pacific is a registered British Columbia not-for-profit society and a registered Canadian charity operating in partnership with the national network of Canadian Sport Centres and BC network of PacificSport Centres to deliver on the sport excellence policies of the federal and provincial governments.

Each of the seven Canadian Sport Centres and five PacificSport Centres are independent entities with separate governance models, and together, make up national and regional high performance sport networks delivering services throughout Canada and British Columbia.

Canadian Sport Centre Pacific would like to acknowledge and thank our sport system partners and corporate and community partners for their support. Through their generous contributions, Canadian Sport Centre Pacific continues to provide programs and services that address the changing needs of Canada's high performance athletes.

For a complete list of partners, please visit www.cscpacific.ca.

National Network Partner



Provincial Network Partner



Funding Partners



2010-2011 CSC Pacific Board of Directors

Giuseppe Liberatore
Chair

Leslie Cliff
Vice-Chair

Peter Jackson
Treasurer

Mark Hope
Secretary

Chris Cameron

Dave Cutler

Lorne Friesen

George Fuller

Murray Hall

Mike Hunter

Steve Raper

Jim Gabriel
PacificSport Centres Rep.

Victoria Campus

Pacific Institute for Sport Excellence
4371 Interurban Road
Victoria, BC V9E 2C5
Tel: 250.220.2500
Fax: 250.220.2503

Vancouver Campus

2010 Athletes' Village
1 Athletes Way
Vancouver, BC V5Y 0A8
Tel: 778.327.4085
Fax: 778.327.4084

Whistler Campus

Whistler Athlete Centre
1090 Legacy Way
Whistler, BC
Mailing Address: PO Box 659
Whistler, BC V0N 1B1
Tel: 604.905.6797

General Inquiries

questions@cscpacific.ca
questions@pacificsport.com
www.cscpacific.ca