We pay tribute to Clayton Gerein, one of the most accomplished athletes in the history of our province. Clayton passed away in January leaving behind an extraordinary legacy of excellence as an athlete and coach, as well as a friend, father, and husband. During his athletic career, Clayton competed at seven Paralympics, most recently at the 2008 Beijing Games. Over his career, he won 13 Paralympic medals and played a key role on our Athlete Advisory Committee. He spent countless hours volunteering his time to encourage, inspire, mentor and coach many athletes and injured people to pursue their dreams.
This has been a memorable year for Saskatchewan sport performances. Our province was well represented at the 2010 Olympic and Paralympic Games in Vancouver and Whistler. Congratulations to the 13 athletes from the sports of hockey, curling, speed skating, bobsleigh, luge, figure skating and cross country sit-skiing that came home with 11 medals. Saskatchewan athletes excelled at many other national and international competitions over the past year, and we congratulate these achievements as well.

These athletes, and their performances, are a testament to our amateur sport system. The programs and services made possible through the Canadian Sport Centre Saskatchewan (CSCS) continue to mature and expand in support of Saskatchewan’s high performance development. Our province continues to develop high performance athletes with the determination and ability to be on national teams, and the CSCS is pleased to support their dreams.

Our success would not be possible without the support of our partner agencies and sponsors. Thank you to Sask Sport Inc., Sport Canada, Own the Podium, Canadian Olympic Committee, Canadian Paralympic Committee, Coaching Association of Canada, Sport Medicine and Science Council of Saskatchewan, and the Province of Saskatchewan.

Finally, I would like to thank the members of the CSCS Management Committee and Athlete Advisory Committee who support the vision of leading-edge services for high performance sport in the province.

Ron Cooley, Chair
Canadian Sport Centre Saskatchewan
The Canadian Sport Centre Saskatchewan (CSCS) provides a comprehensive range of services for athletes and coaches, covering all aspects of life – both inside and outside of the sport world. Programs and services are divided into three streams: Performance Enhancement, Support Services, and Life Services. These streams enhance overall development and provide world-class athlete and coach services. The Centre also partners with national and provincial sport organizations to ensure athletes have access to a range of services to support their training and development.

Managed and administered by Sask Sport Inc., the CSCS is supported in partnership with Sport Canada, Own the Podium, Canadian Olympic Committee (COC), Canadian Paralympic Committee (CPC), Coaching Association of Canada (CAC), Sport Medicine and Science Council of Saskatchewan (SMSCS), Coaches Association of Saskatchewan (CAS), and the Province of Saskatchewan.

The Centre's services and programs are not housed within one location, but rely on the services and/or facilities provided by key partners.

“I really like that CSCS offers different gyms that you can train at; being able to go to other gyms offers different times and equipment. Workshops like the public speaking training prepared me to speak at elementary schools to promote physical activity and fitness. These are skills that I really appreciate assistance in developing, as they will help me later on in life, too, not just for sport.”

Trista Neilly
Saskatoon
Canoe/Kayak
CSCS Registered Athlete
SASKATCHEWAN

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Ron Cooley, Chair
Eric Honetschläger
Dr. Carol Rodgers
Shirley Kowalski
Lyle Sanderson
Karen Fahlmans
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Kia Byers, Canoe/Kayak
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Cori Debert, Curling
Dan Frank, Team Handball
Lisa Franks, Wheelchair Basketball
Nikola Goncin, Wheelchair Basketball
Gregg Johnstone, Wheelchair Basketball
Tim Landeryou, Racquetball
Kayla Mack, Rugby
Cory Niefer, Shooting
Daniel Olver, Wrestling
Jennifer Skilnick, Rugby
Bobbi-Jo Slusar, Hockey
Alexandra Wrubleski, Cycling
Success in Sport and in Life
Balancing physical, mental, and emotional wellness is vital for athletes aiming to reach the top of their sport. The CSCS helps the current and next generation of national team athletes enhance performance through a range of services.

Services in the areas of nutrition, mental training, biomechanics, exercise physiology, strength and conditioning, drug education, and injury assessment are provided through a partnership with the SMSCS.

The GymFit program provides CSCS athletes access to fitness facilities in major centres throughout Saskatchewan. Facilities that continue to offer their support are: YWCA Saskatoon, CBI Fitness Saskatoon, University of Saskatchewan, University of Regina, Level 10 Fitness, and the YMCA in Moose Jaw. Craven Sport Services in Saskatoon joined the network of GymFit partners this year.

This year’s Life Skills workshops focused on different aspects of recovery: nutrition, prevention, and return from injury. Other workshops offered were yoga and specialized training for public speaking. Partnerships with the University of Saskatchewan and University of Regina enable athletes to access sessions and tutoring to assist them to manage their school course load and plan for a career outside of sport.

The Canadian Sport Centre network’s National Database went into effect this year and is already having a positive effect on maintaining up-to-date athlete profiles and tracking individual athlete results. The CSCS supports athletes in designing and hosting personal websites and business cards as tools for networking and sponsorship opportunities.

Teaming up to ensure athlete wellness
The CSCS, with cooperation from its partners, offers athletes access to wellness products. With support from Wyeth Consumer Healthcare, the CSCS provides Centrum, Advil, Chapstick, and Caltrate to its members. Cold FX was added to the list of sponsored products, thanks to a new sponsorship with CV Technologies. Insurance coverage through Group Medical Services enables each CSCS athlete to access important medical services such as massage, physiotherapy, and chiropractic coverage which are instrumental in rehabilitation and recovery.
Future Best
Being on the national team or representing their country at a major sport event is a dream come true for many Saskatchewan athletes. The realization of this dream does not come without many challenges, personal sacrifices, and financial hardships.

The Future Best program is specifically designed to assist those athletes who are in the high performance phase of their career. This year 77 athletes received Future Best support. These athletes are committed to intensive training and competition with the personal goals and realistic potential of becoming a National Senior Team member, yet they have not reached carding status or been named to the National Senior Team.

Training Group Partnerships
The CSCS has developed partnerships with key provincial and national sport organizations to ensure national team athletes and their training groups are receiving the support they require to pursue their dreams. These training groups are a mix of current national team and next generation national team members. Training group support includes funding for competition and training expenses, coach employment and education.

This year we maintained partnerships with nine sports, including wrestling, wheelchair basketball, wheelchair athletics, small bore shooting, gymnastics, fencing, athletics (pole vault), soccer, and basketball.

Hayley Wickenheiser
Shaunavon
2010 Olympic Gold Medalist
Women’s Hockey
Coaching Services

Taking it to the next level

Behind our athletes are a network of coaches and volunteers assisting them to reach their dreams. The CSCS supports this vital network by providing professional development opportunities for coaches.

Dan McGee, wrestling, received the Apprentice Coach Program grant, to work directly with National Team coaches and athletes leading up to and including the World Junior Championships and the Pan American Junior Championships.

Coach Visitation grants were awarded to two Provincial Sport Governing Bodies in 2009-10. Camille Martens presented at a Rhythmic Gymnastics Coaching Congress, and the Saskatchewan Baton Twirling Federation was assisted in hosting a 2009 Champions Choice clinic.

Women in Coaching Professional Development grants were awarded to: Tannis Stang, wheelchair athletics, to support attendance at an Athletics Canada NCCP Comp – Development course; Tina Chernoff, synchronized swimming, to attend the Petro-Canada Sport Leadership conference and SPIN Summit in Vancouver; and Lynn Seguin, fencing, to attend coach mentoring sessions with Maitre Jean-Marie Banos in Montreal.

Michael Broughton, wheelchair basketball, received funds from the High Performance Coach Professional Development grant to attend the Petro-Canada Sport Leadership conference in Vancouver.

Through the Canada Games Women in Coaching Apprentice Program, Astrid Baeker, soccer, and Stefanie Robertson, canoe kayak, participated in the 2009 Canada Summer Games. Natalia Sirenko, gymnastics, and Carol Ferris, curling, were selected as apprentice coaches for the upcoming 2011 Canada Winter Games in Halifax.

Tiffany Smith, synchronized swimming, and Keewetin Trottier, cross country ski, were selected to participate in the Canada Games Aboriginal Apprentice Coach Program for the 2011 Canada Winter Games.

A total of 94 coaches from 25 different sports participated in various modules of the 2009 NCCP Competition – Development courses. In 2010, four complete courses will be delivered in Saskatoon and Regina.

A Coach Professional Development & Networking Session was attended by 14 high performance coaches. The topic was “Developing Mental Toughness in Your Athletes”, presented by Mental Trainer Lisa Benz.

National Coaching Institute – Saskatchewan

The primary focus of the National Coaching Institute - Saskatchewan (NCI-SK) has been to provide support for Saskatchewan coaches currently completing Level 4/5 Tasks in the old NCCP program prior to the transition to the new NCI Diploma program. Consultation has occurred with national and provincial sport organizations regarding the Coach Diploma program and the role of mentor and master coaches.

Other initiatives this year included: discussions with post-secondary institutions and SMSCS consultants to serve as subject matter experts in the Coach Diploma program, as well as inclusion of NCCP programs in their degree or certificate programs; and supporting coaches in the CAC Coaching Internship Program. Investigation into the utilization of distance education technologies to make NCI-SK courses more accessible throughout the province is ongoing.

Kaspar Wirz
Saskatoon
Para-Nordic National Team Head Coach
Colette Bourgonje
Porcupine Plain
2010 Paralympic Silver & Bronze Medalist
Cross Country Ski

"Without the support from the Canadian Sport Center Saskatchewan, the goal of reaching the podium would not have happened. Thanks for helping to make my dreams come true - you believed..."
Building pride and recognition for our athletes
The profile of CSCS registered athletes and coaches and their achievements are promoted through the website and e-newsletters.

Ambassadors for the future
CSCS athletes are role models and ambassadors in their own communities and throughout the province. By speaking at various schools and events, they inspire children and youth to be the best they can be and to take pride in their provincial heritage. This year, approximately 10,000 school children heard positive messages delivered by Team Sport Speakers Bureau athletes.

2010 - a year to celebrate sport!
Hosting the Olympic and Paralympic Games on Canadian soil increased public interest and media demands for athlete information and appearances.

Saskatchewan 2010 athletes participated in the “Make Some Noise” event marking the one year countdown to the 2010 Games and played a lead role in the 2010 Vancouver Olympic Torch Run at various community ceremonies throughout the province.

A tribute event was held to congratulate the Saskatchewan Olympians and Paralympians who participated in the Games. The athletes were recognized by the Province of Saskatchewan at the Legislative Building and also visited community schools in Regina to share their Olympic/Paralympic experiences.

MARKETING AND

[Image of Saskatchewan Olympians and Paralympians with Premier Brad Wall during tribute event]
Saluting our Best

The 2009 Saskatchewan Sport Awards were held on March 25, 2010 at the Conexus Arts Centre in Regina. The CSCS partnered in this event by providing 17 Athlete Ambassador hosts at corporate tables, marking the sixth year of the Ambassador program at the awards. CSCS also sponsored the guest speaker, Saskatchewan Olympian Lyndon Rush.

"Being from Saskatchewan and developing through the Saskatchewan sport system gave me a unique opportunity to establish a strong work ethic and a true desire to succeed. It seemed like there was always a head-wind when riding the bike in the summer and you could always count on it being cold out on the Oval in the winter. But when it came to pushing through another practice, those small obstacles made the biggest difference when I moved to train at the National Training Center in Calgary. Although I train and go to University in Alberta, I have always called Saskatchewan home."

World Class Performances

Saskatchewan was well represented at the 2010 Vancouver Olympic and Paralympic Winter Games. A total of 13 athletes from our province participated in the games, winning 11 medals – seven gold, two silver and two bronze. The CSCS continues to assist our athletes in achieving their goals with a focus on supporting the next generation of National Team members who will represent our country on the international stage.

The Canadian Sport Centre athletes who received a Saskatchewan Sport Award are:

Youth Male Athlete of the Year: Shylo Wolf, Saskatoon, Canoe Kayak Saskatchewan
Youth Female Athlete of the Year: Kendra Chernoff, Saskatoon, Swim Saskatchewan Inc.
Male Athlete of the Year: Lucas Makowsky, Regina, Saskatchewan Speed Skating Association
Female Athlete of the Year: Brianne Theisen, Humboldt, Saskatchewan Athletics
FINANCIAL OVERVIEW

CSCS Revenues

- Provincial Partners - 60%
- Sport Canada - 23%
- Other National Partners - 17%

CSCS Expenses

- Administration - 26%
- NCI and other Coach Programs - 5%
- Marketing and Communications - 4%
- Athlete and Training Group Services - 65%
Registered Athletes

**Canadian Elite**

Simon Baird, Athletics
Colette Bourgonje, Cross Country Ski (Paralympic)
Megan Buylens, Wrestling
Kia Byers, Canoe/Kayak
Erin Cumpstane, Softball
Mark Dodd, Volleyball
Alexandre Dupont, Wheelchair Athletics
Ilana Dupont, Wheelchair Athletics
Lisa Frew, Wheelchair Basketball
Whitey Genoway, Water Polo
Kelsie Hendry, Athletics
Tonya Moisieki, Volleyball
Cory Niefer, Wheelchair Basketball
Alanna Lotter, Cross Country Ski

**Canadian Development**

Evan Zerff, Baseball
Andrew Yuen, Judo
Shylo Wollf, Canoe/Kayak
Cassandra Wilson-Anderson, Shooting - Air Rifle
Kai Williams, Canoe/Kayak
Danielle Roy, Gymnastics - Trampoline and Tumbling
Dwight Sadow, Cross Country Ski - Special O
Kendra Schae, Athletics
Brayden Schrem, Hockey
Aryn Schmidt, Curling
Tammy Schneider, Curling
Kim Schneider, Curling
Drew Schroeder, Shooting - Air Rifle
Alexander Scott, Lawn Bowling
Heather Seeley, Curling
Cindy Leanne Simmons, Curling
Jennifer Skilnick, Rugby
Jasmine Stinn, Wrestling
Calvin Slubow, Shooting
Chelesa Stone, Taekwondo - ITF
Brad Stobbs, Wakeboarding
Rudi Swiegers, Figure Skating
Brianne Thiessen, Athletics
Sara Thibault, Baton Twirling
Brett Thompson, Wrestling
Stuart Travers, Boxing
Sam Valekine, Diving
Ed Wallace, Special Olympics - Snowshoeing
Heather Walsh, Swimming
Jason Warren, Athletics
Elyse Weir, Rowing
Matthew Wenninger, Water Ski
Kiera West, Baton Twirling
Lindsay Wickstrom, Swimming
Joe Williams, Basketball
Cassandra Wilson-Anderson, Shooting - Air Rifle
Shylo Wolf, Canoe/Kayak
Andrew Yan, Judo
Even Zerff, Baseball

For more information on CSCS registered athletes visit: www.csc-sask.ca/athletes.php
"The CSCS services helped me to be physically and mentally prepared, and provided assistance on nutrition. These are things athletes stress about on top of training, so the assistance helps me to relax and focus on training."

Brianne Theisen
Humboldt Athletics
CSCS Registered Athlete
PARTNERS AND SPONSORS

Canadian Heritage
Sport Canada

Canadian Olympic Committee
Comité olympique canadien

Coaching Association of Canada
Association canadienne des entraîneurs

Government of Saskatchewan

“Sam Valentine, Saskatoon, Diving
CSCS Registered Athlete

“The Canadian Sport Centre services are amazing, like the nutrition specialist who helped me with eating the right foods at the right time, particularly during competitions or before practice. The mental training has been very beneficial because, when it comes down to the wire, you have to be mentally prepared and able to relax. All of these services help me to focus on training and diving.”
Supporting the Dream
of Canada’s high performance athletes

Mission Statement
We are dedicated to supporting the pursuit of excellence by high performance athletes and coaches in Saskatchewan to reach podium performances at international competitions.

Vision
To achieve excellence in world-class athlete services, quality coaching and long term sport development. That Saskatchewan’s high performance athletes and coaches will have access to quality support programs and services that will enhance their holistic development on their journey to excellence, while living, training, and competing in Saskatchewan.

www.csc-sask.ca